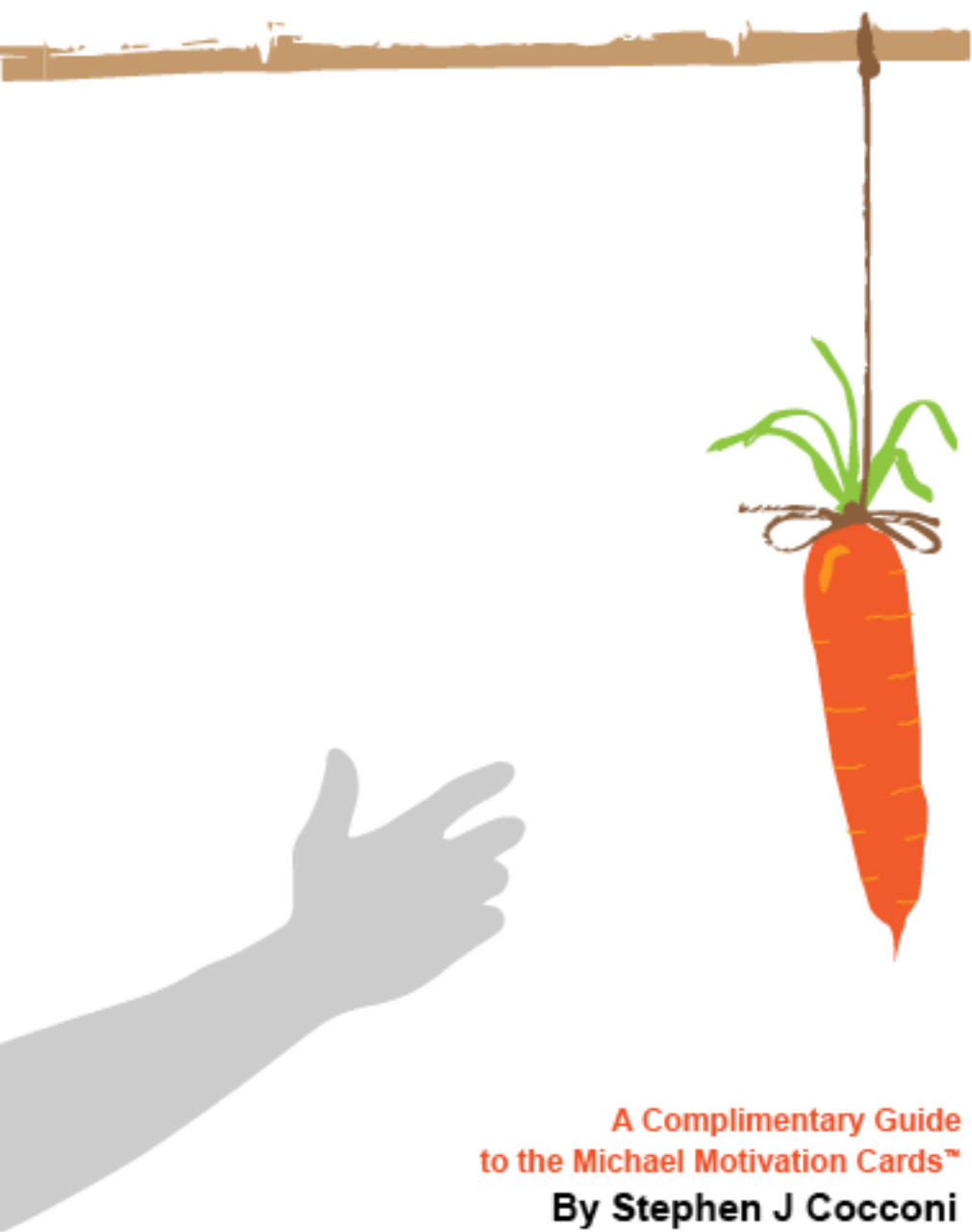


MOTIVATIONS

A Feedback System



A Complimentary Guide
to the Michael Motivation Cards™

By Stephen J Cocconi

The Michael Motivation Cards™ Deck

The Michael Motivation Cards™ Comprehensive Guide E-Book Edition© 2019.

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More in-depth information in the upcoming book: **On Motivations: A Vocabulary for Our Life Narratives that Describe our Humanity—Symbolized in The Michael Motivation Cards™.**

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Energize & Personalize your Deck

A Declaration of Ownership is more than identification and possession. Reciting the invocation engages your access to Michael's energy via the Deck and this guide, inviting an ongoing commitment of support between your Essence and the Michael Entity ... and now the Consortium as well. It insures that messages received by you will be uniquely tailored to match your understanding and interpretation of the Card's concepts. In other words, once you have invested your vibration into the Deck: it is now yours! You have established a unique conduit for receiving more precision feedback whenever you consult them. This Deck is your vehicle, you are its driver.

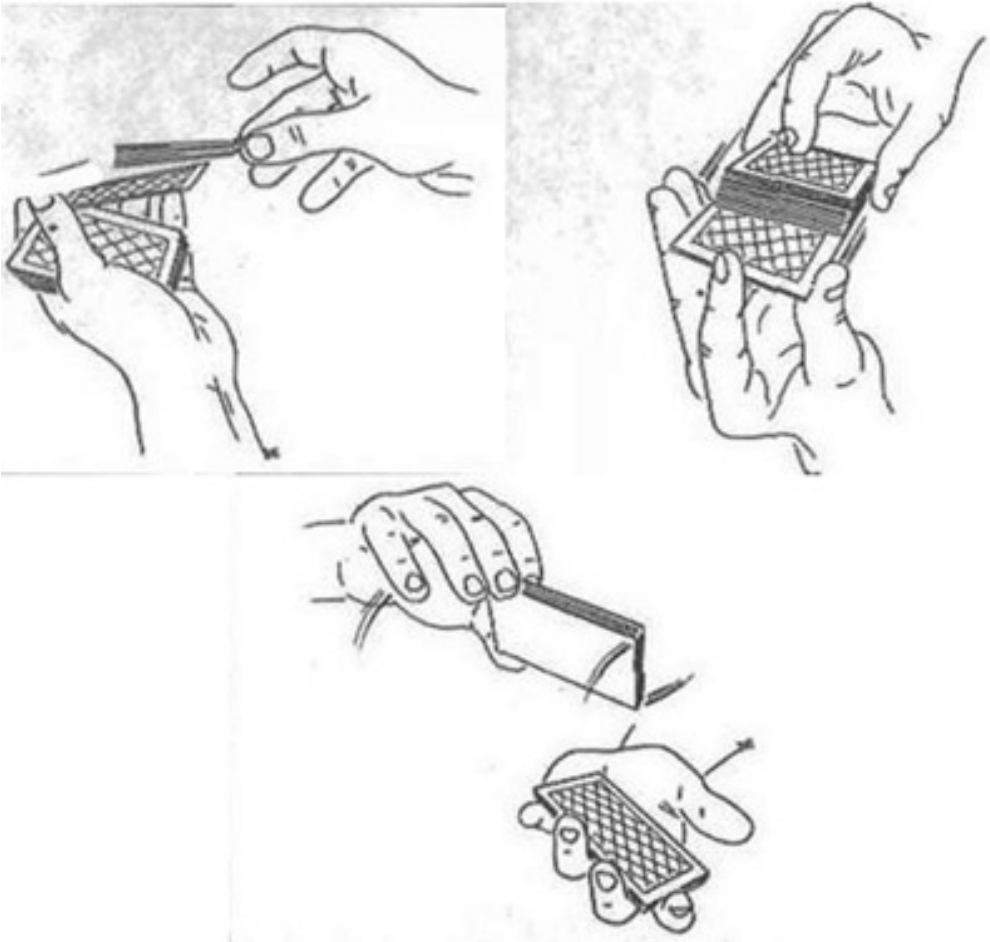
Read declaration aloud

Michael, I invite you to connect with my Essence through these cards. I grant you permission to provide me your perceptions and directions, whenever I consult them. So be it, so it is!

Preserve the Cards' Anonymity

Shuffle your Deck Carefully!

If you have ever played with a deck that had a disfigured card(s), chances are you recognized it very quickly and hence it your selection. *Accuracy depends on a random draw!* The non-standard size of the cards makes them susceptible to bending and tearing. Do not use an end-to-end fold or 'fanning' method since that will likely damage individual cards. Instead, try the 'flop method' of shuffling. Divide randomly sized packets and flop them over-and-under in your palm. To add further deviation in mixing the cards, occasionally rotate one of the packets 180 degrees then continue to drop them in a random fashion. This insures that some cards will be upright and others reversed. Another method involves separating the cards into small piles and then restacking them in a different order. When you are ready to choose cards, lay them face down mixing them willy-nilly; or fan the cards in your hand. Select your cards while keeping your question in mind. Your intent attracts and amplifies the appropriate motivations. View graphic example below.



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Legend of Book Notations and Conventions

This list of notational conventions is designed to establish connections between related ideas in the text. This E-book Edition uses intra-document linking, which on some devices may require you to utilize a CTRL key to activate it. As a bonus, this text is SEARCHABLE!

Following any key word or phrase associated with an adjunct concept.

I want you to be able to immediately link to any idea which warrants instant reference. In the print version, page numbers will be used. You will see the following in italics:

(Chapter X – Emotions) OR

(+ or pole and the Card number)

Note a plus sign or minus sign, indicating the Card’s “+” positive pole or “-” negative pole, respectively. You can always go to the Table of Contents to get to the list of Cards.

Citing quotations

Other attributional notation for from Michael channeled by me or Michael’s Consortium, are as follows:

[M] denotes the original Michael Entity.

{MC} is used for Michael’s Consortium.

MT or OMT denote the original, or orthodox, Michael Teachings.

AMA denotes my version I call the Applied Michael Approach™.

Other Abbreviations

MMC and the word *Cards* are capitalized as a shorthand substitution for the Michael Motivation Cards Deck™.

Footnotes

I prefer this older style (Strunk and White method) for both citation and for elaboration upon or clarification of an idea. I advise actually reading them!

Numbered Responses

Under each Card, the list of descriptors and responses are numbered to coincide with how they appear on the web site. These are not intended to rank of preference just sequence.

Michael quote from another source

I shall reference directly and list the Channeler or book or source where it originated. All other Michael or Consortium statements so noted, have originated with me.

Preface

“I was not proud of what I had learned, but I never doubted that it was worth knowing.”

– Hunter S. Thompson

This Preface is my statement of *raison d’être*. It is laced with bits of my personal history and perspective that I am writing from; and why I feel it necessary to present this material in this fashion. I am offering you an understanding of the writer’s lens that you are now peering through. Sharing events and examples from my own life, which, to follow the metaphor: reveals to you *how that lens was ground*. It might sharpen your clarity, or leave you cross-eyed and blurry. That will depend on whether you *can relate* to my point of view, or not.

As a Gift for your Support!

Buyers of this First Edition directly from Steven Cocconi will be entitled to a FREE updated version once corrections and modifications are made in the Second Edition. Your purchase receipt will be listed amongst those early adopters. Those who have received unpaid copies of this EBook from someone, you will have to purchase the 2nd. This does not apply to Kindle versions purchased through Amazon.

Where to begin? OK, first this task has been an arduous undertaking. It has taken six revisions, and one massive editing job to get this book down over 1,000 pages to the form you read it in. And, this is only the First Edition! Hence, please forgive any typos or grammatical errors since they will be rectified in the upcoming Second Edition of the *On Motivation: Comprehensive Guide to the Michael Motivation Cards™* EBook version until the content has met my requirements.

This book is a compilation of almost seven (7) years of struggle to get to the point! What point? – My point, in my voice, about what I thought were the most pressing issues of our day. After many revisions, and during a time of rapid and terrifying social upheaval that is paralleling *the most drastic environmental degradation* of my lifetime, indeed *ever recorded*; I finally had ‘ah ha’ moment (what I will later phrase as “Get Gotten”) I needed to finish its assembly. This realization came from a seminal review of our evolutionary path in a book by Yuval Noah Harari – **Sapiens: A Brief History of Humankind**. Much of what he wrote was already familiar to me. But like a great scholar and storyteller, he wove together threads of precise data into the fabric of a profound narrative. The implications he posits ran parallel with my own work. That saga, of Our Story, captured my attention!

In the vernacular of the underlying schema of this book, the Michael Teachings,

my foundation archetype is that of a Sage: a storyteller, a gatherer of information, a synthesizer of concepts; a teacher. My mind spends much of its time assembling perception and ideas into context in hopes of gaining knowledge, extracting understanding, and sharing wisdom. Each aspect arrives as I account for the building-blocks of reality's description: words. The myriad of words describing things (nouns), motion and interactions (verbs), and the vast array of nuanced words which color and enhance them, are at the heart of human comprehension... of anything! Learning and exploring their meaning, and the process of assembling words together to articulate meaning, has been the formulation of *my narrative*. That story has Four Grand Quadrants of Experience: Life, Living it, Earning a Livelihood, and one's storyline about their Experience of Life. Each aspect has a degree of personal and impersonal elements. Life is the given. I am alive, as are all living things, and are not my creation! Nature is in charge in-toto and in situ. But as a person of cognition, (as are most mammals) embedded with animal self-preservation, I am an active agent in confronting conditions and even forming some, which is the *process of living a life*. The pursuit of defining meaning and sharing them with the world, has combined to make this my primary avenue for earning my livelihood, my public presence, and indeed my personal identity. These ideas form the context of how the narrative I tell myself and the story of my life are configured and revealed. And indeed, the elements of narrative I share with you in this tome.

Harari's twin assertions: one grand thesis and one simple supposition, said it all for me. The first, we humans are cognitive beings and our minds run on data sets that are created by, and reflected in, our narratives: i.e. the stories we imagine and tell ourselves, either personally or culturally. He concludes that our grand social unrest generates from a collective cognitive dissonance because we lack a workable, forward directing omnibus narrative for **history** *OurStory*¹. One that incorporates all that is happening now and *sets a vision for where we could evolve toward*. Instead, in typical human fashion, we look backwards to beliefs, traditions, and fantasy projections of 'Golden Ages'. Or, into the supernatural, simplifying things into declarations of punishment for 'sins against God's will' or equate our own failings of will with alien manipulation, mass conspiracies, or just because we are stupid. (Admittedly, my bias is toward this last one. L) Yet, it is our animal instinctive nature which can sense, and fears a future *that feels* environmentally, technological, and socially *beyond our control*. And more frightening, these conditions can no longer be compressed-to-fit into the cultural narratives of the past.

That overwhelming state of circumstances upsets our collective psychological equilibrium, and sends competing interests scrambling to assert their narrative as the dominant answer to our dilemma. Usually those storylines are *thin narratives*.

1 I use this term doing away with the prefix "his". We can't afford to pretend that over 50% of the race, i.e. females (her), is not part of the story of our existence. Exclusionary words like history serve to reinforce a hugely bad habit within our thoughts, but worse; perpetuate a fundamental discrimination I can no longer abide.

They harken backward to some ‘status-quo’ of the ‘good old days’ using some ‘tried and true’ notions rationalized by our imaginations underscored by some set of ‘traditional values’ none of which are solidly articulated, and are seldom substantiated by the more thick narratives of documented history, rigorous analysis, or honest statistical data. In the process we are attacking each other and using someone’s version of ‘the truth’, or more blatantly ‘because I said so’, to justify it. We fight neighbor to neighbor, group to group, nation to nation, rich to poor, and human to all other species, *to prove we are right!* This, in a futile attempt to step backward into the past and retrieve some fanaticized personal security instead of moving forward toward building a mutually beneficial, safe, and sustainable, planet for all. Until we calm ourselves and act more like mature adults rather than tantrum throwing children or selfish adolescence, we will continue to race to the bottom of the evolutionary nadir rather than aim for a new heights for humankind.

But his second point addressed a topic which has captured over 30 years of my attention and investigation: human consciousness. His definition was both humane and extended far beyond humans: “something is conscious because it can suffer.” Suddenly, layers of definition rearranged into a greater cohesive understanding in my psyche. Anything that is alive has a degree of consciousness! More complex life forms, with us at the top of the food chain, have intelligence by degree; but can, not only problem solve but abstract ideas i.e. thought forms, to do so. From that platform we manufacture material objects from our own imaginations. But the four elements which set humans apart is 1) our ability to self-reflect, thus we can gain *awareness* of our own thoughts, actions, emotions and 2) *potentially change them!* And the inputs from these domains aggregate into what we have accumulated as knowledge. And 3) we can transmit and gain knowledge; via education. While education is best anchored to experience, it is definitely transmitted in words! And in the modern era that would include all forms of media conveying them. But most pivotal, 4) we can self-disclose – have a conversation with ourselves! Whether we tell facts or deceive ourselves, is another matter.

For me, it distilled our core dilemma! We need a new grand narrative! A more inclusive and comprehensive story about who we are, and how we can actually direct ourselves into a future we architect, rather than merely slug it out in a Darwinian dance with dominance and aggression (See the Dominance-Aggression Paradigm.) Not only a direction, but new meanings for it and new reasons for harnessing all we have learned. But to get there, I have known for decades that many of us lack the verbiage, and context for it, necessary to accurately tease out the threads of our unique patterns from the whole cloth of human existence. In other words, *we need a terminology to uncover our own narratives as they are acting through us, as motivations.* And as that happens, we can see more clearly what relevance and contribution we can add into the formulation of a new *human paradigm*, for our future. Our current global narrative is incomplete and made unnecessarily compli-

cated by derisive, distracting, or technically obfuscating political language which keeps us entangled in struggle rather than focusing on solutions.

What Have I Done?

I didn't set out to write a text book or a novel. I wanted to write *a novel guide* book. Novel in the sense that its content takes a non-standard approach, and that it appears in the world as a novelty amongst books. The effect of which, I present to you an interrelated set of ideas that reveal *the many layers of our shared human existence*. How we perceive reality, comprehend our experiences, and formulate solutions, is an outgrowth of the depth and breadth of understanding the parts which comprise it. Words are those essential elements of thought which our minds assemble into an expression of what we perceive in experience, profess to believe, or claim to have knowledge of. Cobbled together those meanings shape the narrative to our lives. Story lines in the telling of which relay my/your personal truth. And once clarified, we can dig into deeper strata of our psyche to see if that 'truth' was hinged on universal principles, personal traumas or misunderstandings.

Deconstructing One's Narratives and Assessing One's Motivations: the Author's example.

I've been a character driven by curiosity, spontaneity, and seeking. Over 60 years of living has taught me a few things and caused me to arrive at a few conclusions. Seeded throughout the opinions and writing style of this book these viewpoints are peppered with examples of them, and underscore reference materials I deem significant. I suppose the first one is simply this: *my preference is to be explicit!* Realizing that sophisticated readers who prize their inference from what they deduce I implied, might find this approach a dullard's naiveté. Yet, I think back to the many times that a writer or speaker nested underlying motives that went un stated, or implied, and no one challenged them. I choose to assume nothing and take nothing *as granted*. Besides, a comment once made about me, usually as a sneer, but I now consider a compliment, is that I "*have a magnificent grasp of the obvious!*" A basic premise of mine is that we have forgotten, or maybe just never named, aspects of our lives so fundamental that we have lost track of them in vast minutia which comprise *our modern daily lives*. It is time we get back to a global recognition of what those elements are; and I've decided to have a go. **On Motivation**, *is naming the parts that make us human, and tracking their presence in our lives. And with that expanded vocabulary begin to construct thicker, more thoughtful and precise narratives about each of us, and all of us.*

My evolutionary archetype has taken the mantle of the wanderer; discovering life rather than been on a determined voyage² with a set course. My perspective is best

² Extrapolated from a paragraph by actor Sterling Hadyen in his book: The Wanderer

captured in the concept called Antevasin³: someone who exists on the borders or in-between states; not-quite-in, not-quite-out. But the domains I've crossed were those not limited to, or by, property lines or imposed political designations, but of dimensions of mind and perspective, of realms of consciousness and imagination. It is a blessing and it is a curse; a ticket to ride and chains upon my feet. With a mere shift of attention, I can see from there while still standing here. This multidimensional perspective shapes the narrative in this book. The investment you make in reading it, and/or employing the Cards will yield perspectives about your day-to-day living all the way to posing philosophical and existential questions about who you are. And, why you do what you do? But also it will guide you to formulate new questions and pursue their answers leading you inward through self-discovery. *Temet Nosce* or "know thyself" is the one directive that grasps how your motivations, especially those not accounted for, can lead you to transcending your fears and bring you to the edge of your potential.

"I study myself more than any other subject. That is my physics. That is my metaphysics."

Michel de Montaigne

I've been interested in the subject of motivation as long as I can remember. When young, it came out as the simple question: "What is going to happen to me?" And then, *Why?* As time passed, and my ability to verbalize my thoughts refined, queries became more specific. "Why did you do *that*? What did you believe was going to happen? Where did you get that idea from?" And now that I am older and my sense of our Earth and the history of human beings broaden the scope of my awareness and concerns; the question arises: "Where do we think we are going as a race?" "Do we have a plan to sustain our own future?" "What are we *really* doing with, for, and to ourselves in the name of some vague direction?" Economic and technological progress? If so, what kinds, and for whose benefit? And finally, "Am I doing anything to make the future I want? Or am I just standing on the sidelines: waiting, observing, hiding?" All of it comes back to *WHY*. And the pursuit of why = motivation!

And Motivation = Inspiration + Purposes + Emotional propellant. Or, put in terms of the Michael Teachings: Energy = Overleaves + Soul Age + Life Tasks.

Over the years, observing others: people, animals, nature, geology, the stars, my body; I'd watch in rapt fascination trying to decipher every communication in the languages native to each domain. Probing gleefully and listening for every response, curious about what it was that made someone or something show up in

³ "A Sanskrit word appeared in the paragraph: ANTEVASIN. It means, 'one who lives at the border.' In ancient times, this was a literal description. It indicated a person who had left the bustling center of worldly life to go live at the edge of the forest where the spiritual masters dwelled. The antevasin was not of the villager's anymore-not a householder with a conventional life. But neither was he yet a transcendent-not one of those sages who live deep in the unexplored woods, fully realized. The antevasin was an in-between, a border-dweller. He lived in sight of both worlds, but he looked toward the unknown. And he was a scholar." — Elizabeth Gilbert, *Eat, Pray, Love*

their unique way. Certain questions arose from awe, other times issued by vigilance, and some forged by pain. Yet the spiritual motivation was the same: I must know why! A revving of my brain propelled by dueling yin-yang motives of why and how; I attended university and was lead into the parallel majors of Psychology and Economics. Many of my friends were confused by that combination. They could not see them as complementary courses of study. Sometimes I'd get shot a sideways glance - implying a tone of incredulity, plaintively asking, "Why are you taking *those*? What do they have to do with each other?" Over the semesters, I'd offered many an answer. But finally, in Sage fashion, one morphed out of all the previous attempts; "*Because Econ and Psych both look at what motivates peoples' choices. In Economics, the motivations are those we encounter from outside ourselves; and in Psychology, the motivations that arise from inside my psyche.*" In other words, the crossroads of real world concerns for physical and material security, social pressures and expectations, status and achievements, and the availability of actual opportunity presented to someone⁴; that intersect with the inner needs, hopes, talents, inspirations, fears, and aspirations erupting from within the individual. Contemplating this confluence of motivations and their unique alchemy within a person, or a group, or nation, or even a system like Earth's zoology, geology, or climate; IS my lifelong fascination!⁵, it has brought me to this endeavor. And, ironically, the recent science of Behavioral Economics was spawned from the very same fusion! Too bad, I didn't know then that I was onto something!

But it is equally unrelenting, and often times even annoying. Some of you may relate to a persistent mental nagging about something you are supposed to do, or get, or remember. Trying to shake it out of my psyche has been as unsuccessful as a dog trying to shake off fleas. It hangs on like an itch; the kind that makes me scratch and paw at the wonders which capture my attention. Yet, I'd have to say that it has given rise to a chase that has its correspondingly precarious moments, and yet taken flights of fancy which have revealed much about my own motivations: love, joy, hope, and sadness all seeming to bubble out of a my soul's cauldron, usually in a froth of humor.

Though I continually discover elation and amusement about life, my humor is sometimes roused in psychological self-defense. It can be a palliative against all that I am witness to in living: the many pain-based manimal⁶ motivations that we tacitly, karmically, or stupidly inflict upon ourselves, each other, and onto the Earth itself. But the trauma which drives those actions and their motivations *is no laughing matter*. Thus any contribution to life I might make, no matter how

4 Perhaps limited by race, nationality, social class, geography, literacy, physical capacity, sex or gender identification.

5 In the modern era, the field of Behavioral Economics was born as a fusion of my subjects. Interestingly, I was 30 years ahead of the game. But as usual my timing was off.

6 I remember hearing this term from a 1970's TV show. It has stuck with me ever since. For me it became a short hand to remind me, that my body is that of an animal, MAN. A mammal specifically, and more specifically an ape, and of course, the dominant species on this planet. With all those qualities built into our DNA is up to our Essence to both adapt to, nurture, integrate, and train, this body. The most precious of any pet we shall ever have. It is with us from start to finish.

small, is to employ my humor in service to putting the “light” in enlightenment. And through levity, raise our spirits with levity; bringing a much needed balm for healing the unique wounds we all commonly suffer.⁷ Not by mocking or laughing *at each other*, or by belittling the tender injuries themselves; but to serve-up joy-filled mirth as an antidote to heal the miasma’s of shame and fear which keeps those wounds festering, and each of us reacting antagonistically against each other to protect them. That’s my story and I’m sticking to it! What’s your contribution look like?

Given my career as an ersatz philosopher, I’ve concluded that in order *not to waste what I have learned*, I’d pass-on the lessons of my life I found useful, tantalizing, and instructive. Here are a few basic ones that were profound to me. But as Hunter S. Thompson stated in the quote above, many of mine were not fun to learn and many were not a flavor of conclusion I wished they were. Most importantly to me, *I am a Citizen of Earth*; and as such I am equally responsible for myself, to this place and my fellow beings. And, whether you accept the responsibility or not, so are you. I am who I am! No matter by semblance of Essence or assembly by DNA. That means that TUG (TAO, Universe, GOD) inside me, is the plan for me (my dharma), and when you followed yours, it was the same for you; though, each plan is uniquely formulated. And in actual fact, there is only one (1) Stephen J. Cocconi⁸ in the world today, so I figured I’d find out who he was, and live from those motivations.

While I strive to be an optimistic person and humane being, that does not mean I am naively utopian nor Pollyanna. Nor do I think that idealism is superior to realism, or vice versa. It means that I strive to be real: to be courageous and humble in pursuing truth and ever refining the rigor with which I evaluate it. Pretending to be anything but flawed or limited in one’s capacity to learn or understand is one of humanities worse character traits! Yet it emerges from our preeminent biological requisite...*to be safe!* It is not a cynical rejection of that reality to hope for better state for oneself or humanity; but brutal honesty calculates the trajectory of our compiled actions and policies showing us devolving toward dystopian state of resource depletion and overpopulation. That future IS NOT INEVITABLE! Yet the current direction our dominant behavior, as we tear larger and more irreparable holes in our environment, and dangerously widen the inequality between those who labor, suffer and are weakened by those who profit, luxuriate and are emboldened; makes the manifestation of those dystopian circumstances statistically more likely.

Like so many of the Baby Boom generation, my aspirations for humanity have

⁷ The comedy style called slapstick reflects a part of human beings which numb them to their own pain by transferring it to the clown. The injuries of the clown absorb the pain for us and allow us the relief of perceiving “glad it’s not me.” But indeed, in some ways, it is. The laughter is often scorn.

⁸ Go ahead and Google me. Unlike many, no one on planet Earth has shares this same moniker. Just me!

been shaped by Gene Roddenberry's positive future in his mythological universe of his *original* Star Trek™ series. A story line where human begins "got it" and moved far beyond their limitations of petty egotistical conflicts and power mongering, to a state of necessary cooperation for a superordinate goal: *eco-system survival*. Whether we ever explore space or colonize other planets, I hope it is driven from curiosity and good will, instead of the predominant ethos of our species now: *resource acquisition and exploitation driven for the benefit of a few*.

That is an overview of our here and now. My starting place is what is real. What I want to do is assist you in considering your beneficial potential, who and what you/we could be, and then employ the language of that awareness to author new narratives for the reality of your/our tomorrow. Some already are doing so! I created the Michael Motivation Cards™ as one tool for experimentation with assembling narratives, building what-if scenarios, providing a mechanical tool to mind map various combinations, otherwise known as prototyping ideas and noticing where their logic works, triggers you emotionally, where something is unclear, but most importantly, providing contrast to the habituated narratives many absorbed without thought.

Even with my metaphysical orientation, *my focus is this life*. My perspective regarding reincarnation is whatever any afterlife might look like; it will take care of itself! Whatever happens there, oh well! But on this plane, the physical, love still almost always feels better than hate, and mirth (amusement and engagement) teaches better than seriousness (gravity). Realism is not cynicism. Ideas are not facts. Pleasure nourishes but may stifle. Pain debilitates yet can motivate. Positivity can delude, distract, and cause me to run from a truth I label "negative". I've learned the difference between preference, need, and want. Only my *willful ignorance* (i.e. stupidity) rejects or avoids those ideas or realities just because I am frightened by them. It may portend failure to do something necessary. I thereby produce a needless waste: of opportunity, or resource, or sacrifice a person's feelings without purpose; perhaps my own. It also blinds me to other points of view. That narrowmindedness amplifies my fear of being wrong. It embroils me in debilitating shame. I imagine being vulnerable to attack and unworthy to respond.

By contrast, I love 'elegant solutions'⁹. Thus, I find it necessary to listen more than speak and be aware of my reactions; especially when I "take offense" to something said or done. Whenever I felt offended (i.e. emotionally attacked) by someone, I am being shown something I fear *might* be true. Whatever I've perceived as a slight, my reaction could lead me to identify a wound and its origins. I can detect when it has happened because there is a precipitous increase in defensiveness and sudden decrease in humor.

⁹ A term employed by engineers which means the fewest possible steps or inputs to solve a problem and produces the greatest variety of benefits.

I believe there is a key distinction about the mental process of reason, and the intellectual tactic of rationalization. Reason functions because it deals with knowledge and facts. Rationalization operates by the selective use of factoids which suit a preformed narrative to serve up as information. Humans generally prefer the latter to the former. Reason requires critical thinking as opposed to the fear of being criticized or need to justify criticizing someone else.

I use the 80%-20% Rule. I also call it the *reality threshold*. The idea is that in any given circumstance, situation, grouping of objects, is my accuracy about my assumptions, information, or assessment, at least 80% correct? This standard is useful in questioning my reality and being honest with myself. I find it extremely useful as a reminder meme. I use it to assess whether my assumptions actually quantitatively meet the 80% accuracy or truth factor, If less, how much and why might be asserting something I do not know to be factually accurate? Not only does this remind me to look for errors, own opinions I assert as speculation and not fact, but also gives me an initial division point to deconstruct an argument when it comes at me. On occasion about 20% of the time, I am forced to relent or prove to my Self that some argument is faulty in construction or inaccurate on the numbers it is based on. But I keep on course correcting. I acknowledge it as a humbling form of courage. Not fun, but essential.

Although humans claim to value reason, they usually rationalize instead. A principle therefore I hold as axiomatic is: *Emotions drive Everything!* We have them or they have us! Lying to ourselves about what we feel is the source of all dis-harmony in the world. Owning emotions, stating them responsibly and accounting for their driving force, lessens the unconscious reactivity to act- them-out. To heal them is to feel them, *all the way through*; until understanding is reached. And that fully happens when we have discharged their energy and neutralized their power over us. We all have known trauma. Some of us still live with it. We need more patience with it. We have enough time for that! Stop denying it. The only reason to 'hurry up' is to outrun ourselves. Thus a maxim I live by is: *show up, pay attention, listen, and think it through. Then, and only then, act!* As a foibled person, I too, often forget to do this.

So how does one live like this? It begins with the belief that it is better to pitch-in and create a solution than to bitch about it, or expect someone else to fix it. The first step and the central theme of this book: to name our motivations and the emotions that undergirds them. Form a relationship to them rather than mechanically operate from them. That knowledge can vault us out of rote automatic behavior and into a state of self-aware, deliberate, and accountable volition. Freedom, which everyone seems to howl is their ultimate aim, is rather a threatening proposition to our species. When given real choice, people end up imitating each other.¹⁰ Yet about 80% of the people, 80% of the time, assume the victim mantle

10 "When people are free to do as they please, they usually imitate each other." Eric Hoffer

(in any of its forms), claiming things like “it was an act of god”, “an accident”, or “I didn’t know.” Certainly, on occasion, reality has presented circumstances where those assertions are legitimate. Yet, all too often it is we, who have passed-the-buck, refusing to act proactively or responsibly in our own lives. Choosing instead to remain *willfully ignorant* of the implications of our passive acceptance of what we are told, or were unwilling to confront issues within our power to affect. I am choosing to assume that people are just afraid! No matter what the cause or source of those fears, it is time to dismantle and face them head-on!

Understanding the Author’s frame-of-reference: His Emogic.

Narratives about human beings and their journeys captivate my attention far more than books written in the how-to instructional style, an intellectually stuffy description of a process, or some profession of universal absolutes. Or worse still, a declaration of opinion without benefit of a window into the author’s life experience. Their emogic¹¹, is a layer of information often far more fascinating and illuminating than counterpoints of premises and conclusions. When an author divulges something of themselves or their process, the map of their motivations become more clearly in focus. I am able to mine more deeply into the vein of their psyche and extract precious gems of ideas or golden nuggets of revelation. From their honesty and wisdom, my treasure chest is filled. Yet when either coin was missing, I had to sharpen my ability to discern when fool’s gold or colored rock was passed-off as crystalline brilliance. As you read this work, you get a window into my thought process with no intended hidden agenda, save my own human failing to not see something within myself. So, as the old adage goes, you “walk in another person’s moccasins.” I offer you mine.

We are bridged to one another by similar types of archetypal encounters and developmental challenges. We all sail upon the same worldly ocean of emotion. We swim in the pool of our common human dilemmas and challenges; reveling in the ecstasy of our triumphs, and roiling in the agony of our defeats. Yet the causes of those joys and heartbreaks for you, and the situation in which they arose can be vastly different, in origin and substance, even diametrically opposite, to what I may understand or can relate too. A discovery for me, which presented a core paradox about human life: *We all feel the same emotions, but can do so for vastly different reasons!* Our Ego’s fear of being vulnerable with another, may lead it to get mired in demoralized rationalizations justifying aggressive words or behavior, attacking first; like a wounded animal striking out. Yet sadly, it may never acknowledge the human pain, sorrow, or bewilderment which underlies those actions. One objective of this book is to illustrate and unravel these many contradictions between thoughts and emotions, their emogic, and show them as having a unifying motivational theme: the evolution of Spirit.

¹¹ Emogic – The thought process interlaced with ones emotions and their biases.

Commentary on style, word choice, usage, and tone

I found stand-and-deliver style of instruction boring and counterproductive. It seemed the method was designed to hold attention through intimidation, rather capture it with engagement. As a student, I would be more afraid of “getting it wrong” than thrilled at the idea of learning something new. As such, I knew that my own presentation skills would have to enthusiastically convey the awesome wonder and delight I found in the pursuit of knowledge. Making learning not only a joy for students, but enthralling them into the process, taking them on a journey where they felt they were the crew on a voyage; as essential to arriving at understanding as the captain/teacher at the helm of the classroom. Drawing on my role as *a class-clown*, I proved to my own satisfaction (to the expense of those poor Nuns standing in front of us kids ☺) that my ability to choose an accent, make word play, or distract others from the boring parts of the material; could command attention! As an adult classroom teacher and seminar trainer, I formalized my pedagogical method, which I term: **ESI - Entertainment Style Instruction**. ESI is designed combining my seven (7) principles of **Education** = *Engage* + *Enliven* + *Expose* + *Explain* + *Explore* + *Enable them to learn*, and from there, + *Empower* them to THINK for themselves! What you read in the Card descriptors herein are birthed from this ethos.

The Story and Tone of Voice: The subtleties that make us imply certain feeling.

Many oracular or mantic¹² systems have, in my opinion, a decidedly *feminine voice* behind them. They emphasize receptivity or acceptance, even if they were written by men. No less perplexing is the choice of vague or aphoristic language sometimes leading me to think, “what the f... does that mean?” Because of these perceptions, I’ve endeavored to write with *a masculine¹³ voice*; referring to both Michael’s Energy and my sex; which, as one of its features, requires statements to be more focused, directive, terse, and often challenging.

Addressing a second potential issue, my ideas are stated in contemporary, familiar vernacular with the occasional use of slang and even profanity. My word choices are aimed to comment upon situational concerns that are ubiquitous to the human condition. So admittedly, as clear and non-partisan as I may strive to be, I am biased, by a preference toward modernity and conditioning by Western culture. Terms, concepts, and metaphors in this book, will equally reflect my background having taught web design and computer science¹⁴ and my immersion in the social sciences and therefore will be as prevalent as those drawn from esoteric spiritual references.

¹² Mantic is a term referring to any study or learning to develop prophetic capacities.

¹³ See Card 55 about how I delineate masculine.

¹⁴ Back in the good old days when HTML ruled the web.

And speaking of references...How many times have you listened to a person asserting some statement, or defending a point of view by prefacing it with phrases like: “experts say”, or “God has told us”, “the law or rules state”; or in the community of Michael Students “Michael Said”. But the two I think the most derogatory and misguided are: “it’s only common sense”, and “everybody knows¹⁵”. People peeling off these trite verbal dodges will use them as ways of evading someone’s query, when they won’t, or can’t, answer more completely. Invocation of these familiar and simplistic adages, inadvertently or otherwise, hides their own underlying motivation. Why? Because they are sub-consciously afraid that *they themselves can’t clearly identify what it really is!* And, if questioned or challenged about it, they divert with yet another familiar one-liner, “oh, you know what I mean.” Yet, with a little probing, you realize, *they don’t really know what they mean!* What could emerge, if explored, is the realization that it was some unnamed emotion, not an intellectual argument, *driving their defense*. It is much easier, and risks less vulnerability, to default to an automatic refrain, rather than confront and stumble through an analysis of our taken *as-granted* assumptions and beliefs which underlie our words.

The fear of getting caught; revealing that they may not have actually thought through a proposition is about as terrifying to an Ego (Card 57) as it can get. Its power rests upon the belief that it is RIGHT! The danger perceived by an Ego from piercing its own veils, is one of uncovering a deserted memory revealing a skeleton in the closet of its unconscious. Even more frightening is when it finds out that something else is in the driver seat, below the level of its conscious control! I have true compassion for the tender vulnerabilities a person might have experienced and are instinctively trying to protect. But when strategies or tactics issued from their unconscious reactivity are divisive, mean, or outright punishing; I draw a line in the sands of tolerance. Simply, I can tolerate a person’s hurt feelings, but not their hurtful actions carried out upon others. I have no compassion for, or tolerance of, *unconscious behavior* acted out from their unresolved pain being used to intimidate, manipulate or victimize another. And usually, that target is weaker and less able to defend themselves like: women, children, poor, or the elderly. Extending this to a world scale these are: pets, animals, Nature, indigenous peoples, small nations, non-violent people, or those with differing opinions. Negative Ego is often a coward; yet it shows up like a self-righteous bully.

I notice a slight anxiety arise in me (perhaps I am sensing in the other too?), when I speak with a person who has cultivated and broadcasts their crop of knee-jerk one liner’s, like those just mentioned. Instead of owning directly their opinion, or experience, which governs their ideas; they consciously or not, are abdicating personal accountability for their words. It is a way to hide behind an expert or a crowd. Like politicians who appeal to “the American people” as if it were one uni-

15 A phrase introduced to me by my colleague MorningStar.

form or unified bunch. I rail against the invocation of what is termed in rhetoric as *overgeneralization* and *false equivalence*. I can admit to not knowing something, but making stuff up (MSU), can be a very illuminating if we acknowledge doing so and scary when confronting it. A condition I see evoked in human beings is this: they seek refuge behind a principle, but seldom stand-up and actively defend a principle when it is unjustly being undermined or attacked.

A Sense of Humor? “Comedy is not pretty.” Steve Martin

Like hogs rooting up truffles of my wisdom (such as it is, or isn't) the distinct aroma of occasional sarcasm will waft past your sniffer as you peruse some of my sentences. Best know in advance that you might be tickled, shocked, stung, or will want to roll your eyes in chagrin at some of the things I write. Humor is an equal opportunity teacher. It assists everyone in flushing out where they are attached to some identity or belief, *especially when you deem it true or superior*. It can deliver the HAHA, and potentially lead you to an AHA! A friend of mine, whom I call the Bohdisnotfa¹⁶ terms it: “Illumination through irritation.” Amen sister! Levity happens through laughter. It only comes to an end when a favorite thought balloon is popped by the painful prick of an openly spoken and inconvenient truth, punctures the thin narrative of my ideas, and instantaneously deflates them. In such an instant, it drops like a lead balloon; and we/I experience it as the most painful way of getting gotten: total embarrassment of getting caught!

Anyway, I'd rather you take this commentary and feedback with the humor of possibility, and not with the seriousness of gospel. Laughter lightens and loosens seriousness. Those who espouse what they believe will seek to enshrine its seriousness with some absolutist dogma or assert some superior moral piety. We need more of the light, and less of the severe, to encourage us to get over ourselves! Or, more accurately out-of-our-Ego's!

Thus, I own it, right now, in advance; I use humor whether for self-indulgence, proof of ineptitude, or the need to 'dis some idea I think preposterous. Sometimes it can be merciless. Usually, I hope, it presents us a mirror we can laugh at together. Employing the archetype of the Fool from the historic Tarot, he understands the paradox that everything, and nothing, is sacred; *unless we have enshrined it so!* As such, it all should all be treated with *light* irreverence. God knows we have seen the historical legacy of taking ourselves too seriously! So this is my play, my sometimes job, and when I'm attached, my bane! Just as everything that comes to mind for you is your reaction to this material and a statement about you! *It is your teacher!* You can choose to learn from it, or be offended by it. THAT categoriza-

¹⁶ Students of Hindu religious texts will recognize the alteration of the word Bodhisattva. That title refers to an enlightened being of great compassion whose presence on Earth is to demonstrate total equanimity and model states of complete love and acceptance; i.e. Buddhahood. My friend Michaelene McElroy wrote one of the most heart-rending stories I've ever read: The Last Supper Catering Company. While my friend Miguel, is the 'Snotfa, ©, her main character named Bethankful, is a down-to-earth fictional example of a Bodhisattva. Read this book and laugh with compassion through the tears of joy.

tion is your choice! Besides, I humbly admit to believing that I am more of a wise guy, than a wise man.

A Stranger in A Strange Land

All that you read here is an example of a single human story in this world; mine. It expresses both my hope for humankind, and indeed as mentioned earlier, it is my *raison d'être*. Some may read my words and consider this material to be intense, or eye-rollingly obnoxious; perhaps grandiose, idealistic or obtuse, or just plain ridiculous. In honor of the truth itself, I fully acknowledge that any one of those conclusions may be applicable. But my own principles will sustain me. Besides, much of what is acceptable in current paradigms of belief are so hazardous to our health, contrary to the ideals of love, kindness, justice and sustainability; that some of my words and phrases will sound like I sneer and scoff at them. TRUE, I do.

Majority agreement does not make moral truth, it dictates oppressive beliefs. As a financially impoverished man, I would be classified as either underutilized at least, and at worse, *a waste of resources*. Of course, I infer this applying the machines standards in modern business-process-oriented-productivity models found in Capitalism. Those assumptions have ensnared our thinking and enslaved our labors...often for the profit of someone else and the diminishment of our humanity. But I have lived my life, my way, having paid my dues for the privilege. That is worth more to me than a 401K. Comparably, in the modern psychological realm, and given my spiritual beliefs and practice as a Channeler; I have already been branded with psychiatric epithets of: *delusional and mentally ill*. Depending upon the political climate, the repercussions of that social stigma could cast me as either superfluous at best, dangerous at worst. The resulting verdict seeks to marginalize me as a thinker and dehumanize me as a person. Fringe dwellers are seldom welcomed. They are ignored with suspicion or persecuted with zeal. I acknowledge all of these viewpoints...not because I believe them right, nor feel a need to defend some perceived slight upon my Ego; but because despite such characterizations, I simply name the invisible elephant of people's pernicious conditioning.

The fact is *they may be right!* In which case, if any of this material were found to be nonsense, you can still learn contrast from it! (i.e. what not to think or do). Like I said, it is better to address what is possible up front; doing you a courtesy, and acknowledging what humans do to each other; especially when they are afraid of what you have to say. And poking fun at the entrapment motive which belies modern pharmacological psychology; I consider my work, and the self-talk I regularly enjoy, as merely the *productive use of schizophrenia*.¹⁷ ☺

We Haven't Got a Person to Waste

We are in an age where historic sexism and racial stereotypes no longer serve the

¹⁷ Never been diagnosed. It just has been a label leveled in attack against me.

general welfare, and waste tremendous talent residing in the female half of the population; so it is necessary to acknowledge my perspective, *as a man*. I wear the body suit of a male. Augmented by surging testosterone, I bear all the biological, cultural, and psychological ramifications that come with it; both noble and cruel. Yet, our evolution into the Mature Soul era (Card 74 also read The Conscious-Awareness-Cooperation Paradigm) will only occur when *both* men and women of principle find the courage in themselves, and trust in each other, to act upon the convictions of equality and equity with equanimity. Only then with it carry us past the crippling bigotry and chauvinism of the past and minimize this malignancy into the future. What was once modelled as “responsibility” looked more often like blind obedience to authority (regardless of its credibility or competence) and had little to do with standing with one’s own conscience. Thus, annealed to the idea of accountability had been a tarnish of “who’s to blame?” and “who should get punished?” But I have learned a more substantive and humane approach from the mature men in the ManKind Project (MKP). MKP’s simple yet effective approach to demonstrating one’s integrity through self-accountability, empowering a man to confront his fears, shame, arrogance or unethical behavior, has grounded my life in ways that are both ancient and progressive at the same time. I have a network of fellow warriors of heart who aspire to love their families, their countries, their lives, their mission, and learn to love themselves with dignity, as well.

The adventure I invite you to take as you read this book, and one that you can repeat any time you choose a Card(s) from the Michael Motivation Cards™ deck. It is one of discovery, or rediscovery of terms and ideas that initiate an experience of intrinsic comprehension I call *getting gotten*. Getting gotten happens when new knowledge triggers a realization of dimensions not previously considered, or that was only an intuited or *felt sense*. It awakens one’s mind and potentially liberates one’s emotions. Teachers, philosophers, and psychologists alike recognize that introducing new words and ideas inevitably alters a person’s inner world, their Soloverse; filling the narrative of their lives with more detail, color, possibility, and opportunity for expanding one’s appreciation of living.

I’ve begun present motivation not as a singular source of energy, but a wide range of variation which fuels us at source level, and which I broadly categorize as Spirit. Elaborating upon that exploration requires thinking about our lives, and living it in a context of energy economics. When, where, and how do we focus, expend, acquire, invest and sharing energy? Within that context this book is a primer and source of information which can define motivations for identification, to comprehend their emotional drivers, and offer tools for implementing motivations at Will. To do so, the largest thought domain of course is that of Motivation: *i.e.* *what makes us DO something?* Hopefully you find cohesion between the terminology and the imagery used on each Card. These illustrations will further illuminate

the context of the cards, content, use, and the basis for their formulation.

Layers, Levels, Strata, Depth, and Complexity and Synthesis

Earlier, I called myself a “synthesizer.” Of what, you might wonder? Well, of many points of view and schools of thought integrated into the AMA and related methods of inquiry. Years ago, this “task” was clarified for me when I inquired about my seeming lack of unidimensional interest in the Michael Teachings. As we got to the end of the session, I knew I had to explain (maybe confess) what was going on in my own Self-Deprecating heart (Card 26). I described to Michael the many sources I’d been intrigued and captivated by. And how the fragments I channeling seemed to be incorporating those ideas and processes into my practice and into the lectures Michael and I were doing public speaking. Finally I just asked, “What is happening that I have all of these diverse interests? And yet, I find being a Michael Student and Channel completely in sync with all this?”

Their reply was this:

[M]”Steve, you pursue truth. Finding it in various other approaches is to integrate this system with other equally valid perspectives and methods. They coincide and complement our notions and expand the depth of our precepts. Your job in our teaching is to enhance its validity through association and make the MT a more acceptable tool.”[/M] – Michael through JP in 1991.

On a personal note, it was one of the most important channeled messages from Michael I had ever received. What I grasped that day began my journey toward the creation (or evolution) of Applied Michael Approach™. Although I wouldn’t realize it until 19 years later, when that name for it emerged.

Whatever visceral reactions my words have stirred in you, use them as feedback to dig more deeply within and uncover those beliefs which have masqueraded as truths. But what also may rise to the surface of your consciousness are tiny bits of diamond hard realizations: these are *your authentic principles and values*. This work is my humble gift and with it attends my most ardent hope that your emotional reactions alert and inform you to your relationships with the concepts presented in the Cards. For it is my belief, that until we deepen our narrative with definitive words and concepts that can assist our exploration of the plethora of structural possibilities, we humans will continue to act naïvely, foolishly, cruelly, and inevitably self-destructively.

We must reverse our tendency to act from sentimental or reactive bias, or from an intellectual sterility which strips us of the very humanity we are supposedly making decisions to preserve. The interplay of your thoughts and emotions compelling you to review, or reform, or at least reconsider any snap decision would be a victory

for deepening awareness! But I am aware of the limitations that a fear-driven Ego places upon our cognitive ability and willingness to trust a source of information which is either intuitive or seemingly mystical. If any part of what I've just written activates identification, or causes you to click into some gear of deep knowing: very cool! I invite you to read further.

Lastly, I would fail to serve you if I did not occasionally shock, or jar, you out of that state of intellectual lolling which passes for thought, yet ends up devolving into something worse still, tacit agreement. Nope! Therefore, a good swear word (notice the idea of *swear* - because I have pledged myself at that point) will provide the added emotional *zap* to shake you out of your "waking sleep" and reveal the priority of my statement. I'm not going to apologize for my grammar either. I don't replace every noun, verb, or adjective with a curse word as many people sloppily do when in the full grip of rage. *I use them as deliberate punctuation!* To those that might deem me uncouth; or impugn me as plebian, or of some brutish character, for doing so; my only response is...*I got your attention!* So, in the words of the old **Jethro Tull song: Thick as a Brick**, remember, "*I can make you feel, but I can't make you think.*"

However, I will endeavor to provide you material and an expanded vocabulary to broaden your horizon of thought and deepen your compassion for your emotional states. Hopefully, the vehicles of the book and Cards provide you both a tool and safe venue to nurture your curiosity, and to allow - *or trick* - your Ego to get out of the way. Then let in new, different, or unconventional input to deepen, clarify or redirect your story line. Awakening your mind to explore rigorous and contemplative thought while basking in awareness of your emotions: robustly, compassionately, and if necessary, bravely. Consider keenly what I am proposing in any of the Card responses. *Think about what lies behind or beneath your reactions.* Or the aspirations that are above and beyond what you may as yet realize. Probe the layers!

Since this endeavor has been a huge undertaking, please be patient with any errors, typos, truncated sentences or information that seems missing and should have been included. I invite any and all useful feedback! This book has been an almost entirely solo endeavor, and I have humbly admitted throughout the text, I am but a simple scribe trying ably as I might to convey mighty thoughts. I often fail. Know in advance you will have my undying gratitude for corrections, useful critique, or helpful sleuthing of resources, in improving this work for the next edition.

Please send me your inputs to: questions@michaelcards.com

Please note, the Michael Motivation Cards Deck™, the concepts and methods

they present, *are a means to an end – not the end in themselves!* Your heightened awareness and principled action that proceeds from it ARE THE ENDS. Reading this book and using the Cards are simply prompts to activate your awareness, not something to learn for its own sake. They entice you to notice and categorize your triggers for healing, comprehension and empowerment for more fruitful action. The thinking and feeling they vitalize is the process by which *you awaken to your Essential motivations and thus direct your behavior with purpose and courage.* And then perhaps our race will advance a bit nearer to the next spiritual iteration of Homo-Sapien-Sapiens: *the Humane Being.*

So, I've just shared with you the view from the window into my Soloverse. I hope it is obvious that my motivations for writing this book and developing these Cards, is to explore motivation itself and *contribute to the advancement of human awareness through stimulating your thinking!* And in sharing this information with you, provide you a little motivation that can fund and build *your own narrative* to contribute to life, while fueling a more profound and rewarding experience of living it!

My wish for you is to find enjoyment in discovering useful insights, laughter at the unexpected, and to have the fun of experiencing the light in enlightenment. May you all get gotten! Carpe Momentum!

Stephen J. Cocconi, Spring – 2019

Section I

Book Overview and Context

Introduction: Life, the Universe, and Everything! ¹

“Use your words” is one of the first conscious enticements a parent says to instruct a child. Our brain/minds develop in parallel with the number and diversity of words we know and command. As the only living species with a larynx we also are the only ones that verbalize sounds in a multitude of patterns called words. Words express ideas. They are names given to things, but also of non-material patterns or ‘thought-forms’ we invent to provide some meaning, shape, or pattern to our thoughts. Neural science and anthropology both agree is the basis for our evolutionary advantage as homo sapiens-sapiens “the self-aware ape”.

We can describe things in words! They form the narratives by which humans program themselves and convey meaning to others. Collectively, narratives compile and we have the stories, theories, and paradigms which shape the foundation of knowledge, and upon knowledge, civilization. Then why is it, whenever we hit difficult times, humans seem to abandon the very tool of cognition that can liberate them from their difficulties? We seem to dumb down and expect others to interpolate for us. Why? Well, it happens when like the human animal is overwhelmed by Nature’s primary guidance system: emotions. They seem to fall backward into states where visceral and defensive behaviors take over. Why is that? Because emotions drive everything! And, until we are truly honest with the magnitude of that realization and bring our awareness to consciously and deliberately map the mechanics and consequences of emotions upon us, we will simply be advanced apes, and nothing more. But, if we turn into ourselves, considering the possibility of a more all encompassing meaning which our ideas may reveal, then we may become something more. Something I call Homo Sapien-Spiritus or the Humane Being. I am naming this as an archetype for our future narratives to orient and perhaps manifest.

Such a transformation, in my estimation, is the only way that our species can take if we wish to flourish, and not merely survive. For millennia, humans have invented stories – called myths; narratives that describe both the physical and non-physical worlds. Fire, for instance, the ancient Greeks most famously postulate, was brought by Prometheus to us, stolen from the gods. We know that fire or more specifically combustion and flame, are natural processes; but power to transform food cooked, or cold to warm, a forest to char, must have seemed supernatural. But we, having the cognitive abilities to notice and then artificially emulate the mechanics of ignition, became almost god-like in the history of existence! We harnessed a natural force to our whims.

Beneath the many qualities that form the threads of human construction lie spiritual subtexts of metaphysical qualities. They are called Archetypes. These patterns exist in the personality and actions of all living beings. In the vernacular of the

¹ Adams, Douglass – Hitchhiker’s Guide to the Galaxy, pg.

playwright, they are the actors: The Roles. And then there are the many traits, like those portrayed in the deities and heroes in great stories and myths, from time in memorial. The Overleaves are those traits, the qualities of style, action, perception, motives and objective, which orient us as individuals in a multitude of ways. Together, they are wrapped in a setting of social milieu, World View paradigm. Levels of complex interplay between forces from narrow to broad, which further refine and shape the expression of the other qualities. Everyone is a complicated figure in one way or another, for any number of reasons. This array of personality attributes listed above make for the vocabulary for understanding character. With this terminology, of both constructing character so you understand them, improving your capacity for describing the setting in which they interact, and deepening your awareness, and perhaps compassion, of the vast total of human variation. The power of description and with it the gift of awareness! But with all such gifts fore-shadows the duty of responsibility. Those responsibilities: to pay attention, contemplate your experience, and act with volition; lie with you! Not just speak about them or too them; but to base your actions to assert your power to influence your world. The vast majority of human beings either limit this responsibilities to narrow spheres of concern or abdicate them altogether, choosing instead to passively follow systems like cows in a feedlot.

‘The Game’ of life, as mentioned in so many business schools and metaphysical parlance alike, supposedly is a place where all people ‘play’ in learning life; is a description which tends to trivialize the stakes and the efforts of living and the consequences of then someone loses that game. Yet, the play, like the stage of the world and the theatre of humanity, IS a live-action drama, where the characters that appear trip through a series of comedies and tragedies all being documented in the annals of memory. Many of which have equal amounts of pain as they do triumph or mundane repetition.

We Need A New Narrative – We Need to Know Our Motivations!

Man is the most inventive of all animals. We invent stories about ourselves (called identities) and stories about others (called beliefs), to explain or justify our actions. Yet, we are the authors of all the worst problems humans face. This has not always been so. But now that we have entered what scientists call the Anthropocene, where our species (anthro = man) has become the key intervening variable shaping the environment of the planet. That conclusion is irrefutable! It didn’t start in our lifetimes, or in the 20th Century, though it accelerated in the Industrial Revolution; it began when we became the dominant influence way back after the Ice Age. We abandoned migration of the hunter-gatherer, something I’ll call our Infancy (Card 71) or first World View, and became agrarian. With it our lives became concerned with possession, inhabiting permanent environments and controlling animals and spawning larger family units; and we adapted a second World View, our Childhood (Card 72). From there on, we have subordinated all of Nature (not

her conqueror mind you, just take from Her *indiscriminately*); and we have upset the balance so dramatically as to have entered a period of man-made climate change and initiated from , and other human exploitations, the Sixth Extinction Event² on planet Earth.

When our social structures transited from the infancy of our race as hunter-gatherers, into a paradigm of our childhood, we began to build and make up games to win. For the entire time human souls have been coming to this planet as their playground and workshop for evolution of awareness, they have used it, and each other, to experience a wide range of purposes: some amazing accomplishments and some devastating atrocities. During this period, the resources of Earth were taken as-granted, abundant, inexhaustible and therefore no need to consider how their use would affect other systems of life. They would simply not run out and they would always be there for us! That storyline of unlimited supply is now clearly a fantasy! It is an error, not of judgment, but of limited understanding of context.

This wide held species belief was enshrined by many cultures by the invention of various religious narratives which further rationalized their rights to supremacy over the Earth and of course, “lesser” peoples. Laid down in the creation story of Western culture, *“And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.”*; humans have never turned back in believing that their entitlement toward conquest, slaughter, enslavement of other creatures, and ravaging of the land, was bestowed from on-high. But a subtext rarely discussed that psychologically parallels our specie’s power, is the unspoken assumption that if we are created in the image and likeness of God; then WE are God on Earth! Therefore, whatever we do must be divinely ordained? Wow! What a neatly tied tautological bow! Where, in one handy inference any need for personal or species self-evaluation is completely dismissed. And since *we all play god*, anyone peering inward to find God, might invariably *upset the apple cart* of our unquestioned God-given right to rationalize our own behavior. Wow again! What another clever syllogism! Endowment assured: point, set and match! But many of us reject those ego-aggrandizing assumptions. I do.

Well, now we have a problem. It seems that our cultural narratives’ base assumptions are coming up short. And, by the looks of things, to maintain them is nothing more than a hollow *leap of faith*. But to some of us, it appears that we walk toward a precipice wearing a blindfold. Our little *pale blue dot*, as Astronomer Carl Sagan aptly called planet Earth as viewed from the Voyager I probe peering back from the vastness of space; is looking more brown, as we start to run dry of the raw resources we need to sustain us, let alone advance an exponentially growing population. Bottom line, *there are too many of us*, and too few concerted efforts

to put the brakes on our own destructive habits. Why? Because we continue to prevent ourselves from inventing new narratives of human potential to guide us! Those that include the well-being of a collective 'we', rather than some ad hoc, insulated or privileged 'us', with which we identify. Of the interrelated purposes this book seeks to convey, is that **WE NEED A NEW NARRATIVE**, and each of us can only write our part so much as we possess the terminology to do so.

Now, if you believe as the determinists and fatalists do, often equally defending their viewpoints with scientific theory or religious doctrine, that humans are hardwired by DNA to replicate, (i.e. be fruitful and multiply) or that God, Allah, YAHWEH, Zeus, Jehovah, Bagavahn, Shiva, Elohim, TAO, or whatever named deity you believe has ordained that we are divine or evil, will be resurrected, or rescued at the rapture, etc., etc.; then the human race is doomed by its own monumental stupidity of self-righteousness. However, if you believe, as I do, that our species has the capacity to evolve with and exceed our endowed wiring, then we have a chance to alter our future. We have altered the Earth by our actions in the past! There is no reason we cannot do so for our future! But in this reconstruction we can do so symbiotically, sustainably and even restoratively. Enhancing many aspects of our creations which benefit our lives and the lives other species, not merely transform them through destruction.

The question I pose is not what technologies we'll invent to do so, but what new narratives will we compose to offer ourselves a vision and purpose for implementing them? We already chant a mantra based on an acquisition, consumption and exploitation (-- Card 73) which we indulge our every whim and create waste for others to suffer. Or will we evolve a systems and resource view of human interaction with our planet; one that moderates the addiction to continued exploitation and focuses instead on fortifying our garden? (+ Card 74) Sort of like a diet of great nutrition and flavor, but with only minimal calorie intake. It spirits an ethos which raises us to the realization that we now have not only the power to be creators, but the responsibility to do so as well: each and every one of us! It is not God's Will, nor Fate, which governs us any longer. It is our own *free will to create anew; or languish in habituation*. And yet it seems we fear to be accountable for the consequences of that power which deflects us from actually owning that station. That aversion leads to helplessness, worrying about being blamed and as such face reprisal. It is time to overcome the fears wrought from our childish, selfish petulance and the juvenile arrogant belief in our superiority. We must recast maturity not as "grown-up" contention for dominance, but as emphasizing personal responsibility for the good of the whole. Let us enter into a period where *our narratives exemplify and reward mature and wise, adult behavior*.

The only way to do that is to become completely aware of all the components that make us human; and *notice which ones truly represent mature adulthood*. To achieve that end we need a new and expanded vocabulary and to further the skills of

critical analysis to contend with complexity. One that must identify then elaborate what drives us within: our base instinctual motivations, but also our intentional motivations which have emerged from the Spirit of humankind. Naming those aspects, and describing their functions and interactions, requires us to explore terminology that categorizes ideas and in some cases, invents vernacular to improve our recognition. But invariably, it must be said, that recognition of what is driving us, how it is functioning, and even why we do it, is only a precursor to the most important outcome of the process. The vital step is a change of our behavior – toward each other and toward how we live on this planet.

What follows in this book is a compilation many narratives I've encountered. Some tell a story themselves while others still call upon me to look at the process of how I develop a story, and more to the point, the stories I call beliefs: personal, cultural, political and spiritual. The *how* and *why* of what meaning the teller is trying to convey. In that way, I read/hear not only their story, but get an insight about the way they may have constructed their world view. What I hope to achieve in this offering is present to you a large scale narrative of how we construct narratives. One in which you can identify the actors but also segment the many aspects of your own story line, and expand your script descriptions to be more rich, vivid and personal. I'll label any such exploration as probing a thick narrative. Vital to this work, is to realize that much of the opposite: thin narratives of cultural stories, traditions, paradigms or myths, tend to pervade our modern conversation and leave us in the vague realm of generality, suspicion or confusion.

All this at a time when our scientific narratives elaborate with great precision both the macrocosm of our vast universe and the microcosm of our cellular existence down to the quantum level. We can outline the formation of the far reaches of the universe extrapolating from images taken by marvels of technological achievement like telescopes and corroborate them with sophisticated mathematical models. We have probed the building blocks of all life in the DNA molecule and can now augment the Creations of natural selection by our precise manipulation of genes before an offspring is born. A feat, that for the theologian represents a threat to the power of their divine agents defined in their thin narratives. And yet, for all our intelligence, and for whatever level of consciousness of the problems we create or the pain it generates, certain narratives have brought our planet to a dangerous precipice.

In this treatise on motivations from which we compose our narratives, where a great deal of spiritual and metaphysical precepts will be presented; nonetheless my focus is to enable all who read this to experience recognition of these ideas in living of their own lives. Feeling empowered by the experience of *getting gotten*, that knowledge becomes available for them to utilize in the most beneficial ways possible; for their own wellbeing and also for the advancement of humanity. Ushering in a paradigm of humane behavior where every living thing can flourish.

At this juncture in human OurStory, that a paradigm shift is not just a ‘nice idea’ to pay lip service to, but the critical path we must embark, away from accelerating our own species demise. Here I am talking more about our improved *quality of life*, not just the increase in population nor the number of years an individual might endure, but if we will thrive.

Technologies, philosophies, and collaborative efforts exist in many venues of human endeavor. We can stop polluting with energy generated from solar, wind, biomass, tidal forces and even contained nuclear fusion. We can increase nourishment for all with improvements in food cultivation and distribution, while making it less dependent on chemicals or genetical modifications. It is entirely possible, and plausible, to reclaim and clean drinking water. But spiritual evolution is required to make any of these happen and to move away from a paradigm based in scarcity, separation, and enmity; something I will explore more fully later as the Dominance-Aggression Model of reality. And make no mistake it is the majority paradigm which most political and economic institutions are built today. Subsequently, they also perpetuate the very organizational structures and narratives which make them ‘true’ in effect, and cause us to believe that they are inevitable as fact! Yet, the ideas in those narratives are often vague, ineffectual, and narrowly focused to preserve a status quo rather than evolve it. But institutions, structures and methods built upon those ideas can easily be redesigned, once they are re-imagined! We need to rethink and thus rephrase our narratives to more accurately expose the manipulative wizards behind the curtains³ pulling the strings and shouting warnings to “submit or be condemned”, if we don’t.

Narratives define us. Well-understood and expressed ones may liberate us.

It is said, that all of us have a story. Whether is it told in a mere linear recounting of events, or a more complex interplay of the episodes which we witnessed, each is expressed in a narrative. Famed Mythologist Joseph Campbell said that all these tales are a version of the hero’s journey. But in his analysis, we each are the hero of our own stories striving to feel alive⁴; on a quest for purpose – to succeed or to fail. Each of us therefore is the author, the central character, and the narrator of our own saga. Telling stories, relaying information from one person to the next, from one generation to the next, happens regardless of how we say it. But the telling of our own story, our internal narrative of those events and our relationship to them, is only as rich in conveying information the more we know and understand words. Or as the 20th century philosopher Ludwig Wiggstein put it, “The limits of my language means the limits of my world.”

Words describe the variety of motivations and subsequently how we employ our

³ A reference to the ‘great and powerful OZ’ in the movie The Wizard of OZ, who hid behind a veil using technology to frighten and manipulate.

⁴ Extrapolated from his often quoted directive: “follow your bliss.”

mind, body, and emotions which are the component parts when specifically assembled, for discrete motivational types. If you are reading this, I'm assuming that you have questions about *what motivation is* and *how to activate one in yourself*. Understand that I use the word motivation as a concept and class of energies, not a specific thing or single type in itself. Beyond that however, questions about motivations infer further, more basic and fundamental underpinnings to their structure. Essentially, you are asking about how to discern the question: what is life? What does one do to navigate the process of living? Additionally, you might be looking for guidance or understanding about acquiring the fuel which entails *earning a livelihood?* But encompassing these three interrelated concerns is the desire to have a more meaningful and fulfilling experience of life itself! It stands to reason then, that any support that can clarify understanding about motivation and empower you to know the many forms of motivations that exist, and that you may choose to utilize, would be pivotal in your striving toward happy and successful living.

Every idea holds in it some assumptions, some previous experiences, and some need to identify them. Humans have been formulating creation myths and cosmologies from time immemorial. It has always seemed to me that, paraphrasing Ernst Becker's statement from the Dedication page, whatever description of life I adopt needs to possess a framework which acknowledges the vastly diverse number of narratives into a 'larger theoretical structure.' Since ideas and people exist, and we are all here at this time in history, then acknowledgement of them by way of including them into reality is the only way forward! I am not talking belief; I am talking about placing each world view in relative position to their grasp of meaning and the permissions it grants people to operate upon each other.

I believe fundamentally there are two broad categories that we could put motivation under. The first is what I might call a finite outlook and the other might be an infinite outlook⁵. Biology expresses as its primary axiom that any organism 'struggles' for survival in a limited period of existence ending with death. That is the finite experience of the Personality. But whatever adaptations, specifically referring to us *homo-sapien-sapiens*, I'm taking the liberty to call *lessons learned*, that continue and are passed onto the race through ongoing transmission of genes, the lessons of history, but also of modeling behavior from one generation to the next: the race evolves! That is an infinite perspective, not ending with a single life, nor a victory or defeat in a contest, but comprehensive and ongoing development of our race; by extension – the next phase of consciousness.

Natural vs. Supernatural

The central premise of this book attempts to compare and contrast, then integrate two commonly considered clashing systems of thought. The scientific view which places our species as part of Nature. Then there is an opposing religious view of

creation, where human existence is a special case and held exclusive and above Nature. For me these two views are complementary, not contradictory.

While controversy raises the intensity of human emotion and can cause enmity and factionalism, this book is an attempt to create a bridge between these two theoretical views of human existence. The key unifying concept is simple: *all of existence is powered by emotion*. It is the fuel that drives everything human! Emotion is energy in motion. Motivation is fueled by emotion! The problem: if we cannot designate our motivations or name precisely the emotions and intensity thereof that drive them, then *we are at the effect of them, not at cause with them*.

Embodied in a human being, the two main compulsions that fuel us to create meaning and descriptions of our experience are: love, often referred to as passion; and fear, often referred to as suspicion. In either case, we wish to represent ourselves as not having an absolute explanation of the way things are, but rather, a set of descriptions or meanings, that include and weave the existence of both driving forces, love and fear, into a coherent explanation of how we conceptualize creation and evolution.

All the work done by the authors, Michael, myself and the Consortium, is anchored to the central premise that the many explanations of human nature and existence come from the emotional state of the individual or group offering its notions, and that all descriptions, no matter how implausible are rigidly held onto because of the strength of the emotional connection. Therefore, emotional honesty must precede intellectual honesty. Without people coming to terms with their belief systems (whichever ones they may be) from a place of inner peace, no new explanations of creation can be incorporated.

Love of God and adulation with Nature are neither at odds with each other, nor are they the only elements that must be considered when creating a schema to illustrate a greater order. In fact, these are but two avenues through which emotions are raised leading to the generation of possible explanations. Fear too, especially in the form of hatred, hopelessness, and shame equally drives our need to make sense or meaning out of our existence. “There is no love of life without despair of life.”⁶ In the terms of the Entity Abraham⁷, “You require contrast.”

The most cherished of all explanations are those which stoke the emotions within us and thus perpetuate evolution itself. Elegance and self-justification are the two elements which seem to be an enduring part of all descriptions for our beingness. Hence, I offer a system and terminology which also meets these criteria. Overall, this system of evolution and creation is one that is attributed to a spiritual source. In the modern genre of speech, this material has been channeled. In these pages

⁶ Albert Camus

⁷ A Channeled Being by famed medium Ester Hicks

are the culmination of many people's input and the intricate threading together of ideas, both modern and arcane. The name given to this body of information is called The Michael Teaching.

But what if, by some other agency in addition to natural selection, there are layers of learning that advances not only the race but the individual? Belief in such an agency would not even be necessary for the person involved. Yet an attitude where one realizes their contribution in, and with, the game as ongoing; even beyond their death, is what theologian James Carse calls: *an infinite player*. Thinking from the standpoint that our lives have effects and ramifications beyond our own mortality could sway the race into a frame-of-reference which shapes our attention to look outside the limits of our own mortality. The motivation of the infinite player is not focused merely, or primarily, upon the acquisition of whatever resources that provides him/her an advantage; but considers their actions as transcendental. Author Herman Kessler in his book: *Ghost In The Machine*, gives another term for it that I think it's both the social and economic spin on that concept is he called it the self-acquisitive motive (me) in contrast to the self-transcendent motive (we).

The acquisitional kind of motivation is finite. It perceives life from scarcity and competition. Life from this viewpoint has the dualistic lenses of winning and losing, me vs. you, and the limiting binary belief that there is only gain or loss, and locks us in polarity. This finite view is our *survivalistic database of animalistic instincts*. I've taken these notions and defined eponymously as the *Dominance-Aggression-Competitive Paradigm*, name after the main operation principles from evolutionary biology. Yet, offering a contrasting conception to this acquisitional outlook is a conception of a more Being-transcendent operating principle of life. Thus, a paradigm of an option-creation-generator is a perspective that to perpetuate life is to generate ongoing series of scenarios in which we can co-operate to perpetuate the play of living, not victory nor defeat. It is still an evolutionary model, but as first explored by Barbara Marx Hubbard, I'm terming this self-directive approach and calling it the Conscious-Awareness-Cooperation Paradigm for human development. It incorporates and acknowledges the operations of our mechanical-biological apparatus which has prevailed so far. But I make the bold claim, that we can work *with these qualities, rather than continually be governed and driven by them*. That we are all in this together and, to paraphrase Shakespeare's reference, continually *clean the stage so that all the men and women can conduct their portrayals*. The benefits and the sense of duty is more than just for the fulfilling of one's own personal ends. That is what we might call the transcendent motivation because it seeks the infinite and ongoing continuation the theatre of life, and sets the stage for moving the game forward rather than ending it with a victory over an opponent. And, as cartoonist Walt Kelly's character Pogo stated so prophetically "we have met the enemy, and he is us."

Thousands of years of recorded *OurStory*, and millennia more of orally narrated

human imagination before that, proceeded by a sense of awe and wonder stimulated by our burgeoning brain development; are the genesis for our inner probing. It was then, and continues to be, insights brewing from: aspiration, curiosity, and need that motivated humans had to search for meaning. These ponderings and explorations have tended to be aggregated under the broad heading of *the quest for knowledge*. But that search, fueled by a burning curiosity and desire to learn is nested within a more personal path toward discovery called the *spiritual journey*. Whether one calls it as such or not, everyone's life is a journey of an individual self, spirited by something on the *human path*.

You may, or may not, be a religious person. You may, or may not, believe in any sort of a deity. You may, or may not, have any particular doctrine, ethos, let alone theological foundation which undergird or predicate your conscious daily actions. Curiosity, wonder, longing, or some vague emptiness seeking fulfillment, are sufficient motivations toward your investment of time and thought about the subjects, and feelings⁸ about them, that will be discussed in this book. Read on, if you dare!

I presume that you are, at the very least, seeking possible a direction or strategy, perhaps desiring to gain some lasting knowledge. But just maybe you are hoping to uncover some deeper truth about yourself or life itself. Well, that knowledge and truth can only result when questions are asked. The list of ponderings below is a not new, but these questions are as core and fundamental to the human mind as air, food, and water are to the human body. Notice which of the following kinds of inner musings are posed to you from your own internal narratives? See if any of these phrases click with you.

1. Who am I?
2. Where did I/we really come from? (That is, before we popped out of Mom's womb.)
3. What should I do with my life? And how?
4. When, if ever, will I gain my fortune?
5. Will I meet my soul mate? If so when?
6. Where, or with whom, do I really belong? Who are my people?
7. And perhaps most crucial from our instinctive animal survival, "*What's going to happen to me?*"

Yet underlying all of these questions, one that many people believe is their Holy Grail of understanding, or the focal point where all other things will become clear, is the answer to the question: **WHY!**

⁸ Be on alert that later in this book, I'll discuss the neurological and linguistic conundrum presented in the word 'feeling' due to its many overlapping and imprecise uses. See Card 40 - Emotional for more information.

Naming the ‘whys’ of your life is the *wise* way to explore then unleash your unique motivations for living it. Your authentic Self’s answers to the “why” questions, will be found in the deepest strata of your psyche. They can be detected because they are protected with an involuntary vulnerability of emotions, needs, and personal truths, which shape your motives. But because the pains of human life have compelled our Egos to create defenses, a paradox often exists on our way to find them. As we approach the our deepest truths, we will face the greatest fear, like an invisible protector seeming like a monstrous shadow trying to protect the precious gems deep within.

I’m approaching these topics from the standpoint of a fellow human being; not guru, nor expert, nor prophet, just a teacher sharing what he has learned. I spent most of my life in exploring psychological, sociological, intellectual, philosophical, biological, and the components of human emotion. In summation, all fall under the heading once again of: *my spiritual journey*. One assumption I want to make explicit at the outset, no matter what a human being might label it: *the course of living a life is an exercise of applying one’s life force*. How one determines to utilize, exercise, and acquire your life force is a spiritual journey. Life Force combines one’s aspirations, talents, and will, on their personal sojourn, which for everyone culminates with death. Hence, during the time period between the bookends of birth and death; one navigates and challenges, encounters opportunities and limitations, and makes choices about how to cope with them.

The quality of one’s life experience and one’s ability to have influence over it rests entirely on how one utilizes their time and energy. Together: energy + time + attitude = experience of life. I am again advancing the premise that to be alive is to display your Spirit in action. As I will remind you repeatedly, however you define that word, God, Nature, DNA, physics, etc., or as I do by calling it TAO, it was Aristotle who thought of the proposition of God as “perfection conceived as activity”⁹. And our activity, as one representation of Humanness begins when we put energy-in-motion, i.e. types of motivation.

Life is About Energy

Nikola Tesla pointed out “if you want to find out the secrets of the Universe, think in terms of energy, frequency, and vibration.” Life is about energy! Our motivations are all fundamentally concerned with how to acquire it or take it, make it or build it, utilize it, spend it, exercise it, store it, invest it, save it, transform it or create with it, and realize when we waste it. But also, we learn from our relation to energy; our suffering from lack of it, or bathed in an abundance of it. But eventually it all runs out. Humans describe the various types of energy they pursue and utilize in physical, mechanical, and even spiritual processes. Calories, nutrients, strength, vitality, endurance, heat, electricity, watts, magnetism, gravity, force, Chi,

⁹ Used by Neo-Freudian Psychotherapist Brown and again quoted by Christopher Lasch in *The Minimal Self*

pressure, determination, resources, wealth, alertness; all are words that represent units measuring energy in different domains of human thought. Indeed, without the elemental energies of carbon, nitrogen, hydrogen and oxygen, the formation of our bodies and indeed the DNA of all living things, would not exist. Yet every action we take to acquire energy is motivated by some need for a specific type we hunger for, or feel in deficit of. How much, what kind, where, and other direct considerations, are unique to one's circumstances, but acquisition of energy is the goal!

Life itself, that is to say all of the biological systems upon which our human existence is predicated, depends upon physical types of energy: air, water, and sunlight. From those foundational precursors the important nutritional products of food which maintains our metabolism: proteins, sugars, and fats— come into being for us to consume. In the social and technological spheres of our existence, the energy types we extract like fossil fuels: oil, natural gas, or coal; are converted into electricity, heat, and propulsion to fund our consumption and production. Security, money, power, love, and enthusiasm are each intangible qualities having an effect upon one's motivation since they represent ideas that translate into the reality of how we are perceived by, and interact with, others.

On a psychological level, which includes all of our beliefs, strategies, behaviors, thoughts, and emotions - we shift from the noun of *life*, to the verb of *living*. In terms taken from the science of physics, it is the recognition of the *two primary objects of existence: matter* (things of substance) and *interactions* (how things relate to, and behave with, each other¹⁰.) As our motivations expand beyond the primal concerns of acquiring sufficient quantities of the matter of life: food or shelter or warmth; our attentions turn to more qualitative motivations like: 'how much' and 'how good' of something we should get or want. Under whatever heading or type of energy we speak of, converting it is the process we call living. These ideas are so deeply rooted and second nature to us that we take them for as¹¹ granted. Any talk about motivation, then, is actually a discussion about energy: how one gets it, invests it, and recovers when one is spent of it.

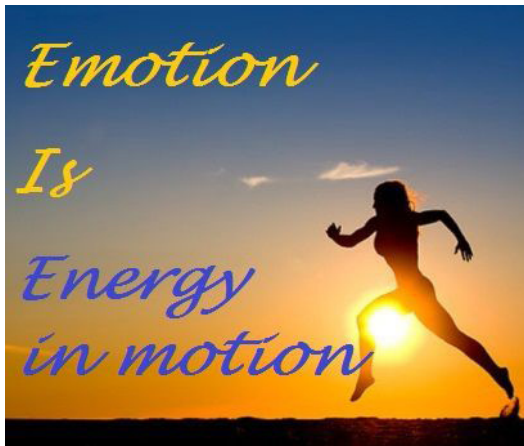
Motivation is Energy in Motion¹²

10 Noted by Professor Stephen Hawking in his Essays.

11 In changing the preposition from "for" which implies a future availability, I choose "as" because it explicitly exposes a fallacy of belief. Regardless of the idea or thing we "take for granted" there is an underlying presumption of permanence or continued supply. In reality, change and the human tendency to exhaust resources, cause most people to assume that some divine abundance or greater agency is at work. This fundamental flaw is why I employ the word "as" to expose the unconsciously accepted proposition that whatever variable one believes is infinite or fixed It grants one the permission to ignore as "out of sight, out of mind." Both as habit and psychological safety measures people often disregard any information which might upset their belief. In spite of the many of the social conditions, assumptions about human morality, and actual state of natural source materials: like fresh water, timber, soil health, clean air, and the abundance and variation of other organisms on Earth, which are disintegrating or diminishing, holding the state of these items as constant, is a psychological safety net for the stressed and overwhelmed mind of the average person. Denial of change allows one to consider fewer and simpler variables, thus making decisions easier, but wrong and self-defeating.

12 Author Peter McWilliams seems to have been the first to use this in print, but Michael and other teachers have been

To propel our life engine for another day and continue living, we are compelled to acquire energy to use as fuel. In the realm of energy supplied in motivation the emotional propellant which it contains is built by interactions with people and our environment; a process called cathexis¹³. Cathexis is the opposite of the more often used concept of catharsis, which is used in context to emotional purging. But equally as important is the effective divestment of waste and resistance, in forms that no longer promote the health and steady performance of the engine of the body. The energy we acquire from living provides us the essential fuel which propels us forward. Therefore motivation = Energy in Motion (i.e. Emotion) and is converted into power. But the kind of fuel one uses, its quality, availability, its scarcity or abundance, may increase or decrease the quality of that power. For instance, joy, enthusiasm, and curiosity are like the purest jet fuel or atomic fusion. The thrust feels potent, uplifting, and without friction. On the other hand emotions like shame, hatred or hopelessness cause our motor force to run sluggishly and pollute like burning noxious old kerosene, coal, or atomic radiation. Thus our emotions make our motivations more or less pure, effective, or sustainable. But in the case of *lack of sufficient stimulation*, where emotions of apathy, boredom, or grief pervade; motivation stalls or worse falls into a state of deprivation triggering even more explosive or detrimentally sluggish motion; leading to inertia, implosion, decay or death. To see a visual comparison of this phenomena view the Vitality Tone Scale™.



Motivation and energy are seldom linked in these terms. It is time to do so. In an era of resource depletion from over-harvesting all natural materials, and a trend toward the exhaustion of human labor by forces of wealth and authority; becoming aware of optimal use of energy is essential in both domains. Energy, as I have defined it above, does not only originate with material properties like food or en-

using it since the mid 1980's, as well. In the interest of fair citation, I am noting him as the first to publish the phrase.

13 Both terms originate in ancient Greek, but were popularized by Sigmund Freud and the Psychoanalytical School of Psychology.

vironmental factors, or arises from one's brain chemistry in the case of the human understanding and emotions. Yet there are sources of nourishment and propulsion all around us, even those that are mental and philosophical. The perception of a Truth, for instance, *may initiate a kind of system reboot*, cascading an energy surge affecting both mind and body, stirring a deeper forces. Those profound moments of recognition and awakening, reveal to us an experience of energy of Universal Spirit or Geist of Existence. For my purposes, I overtly reiterate and more often infer, the proposition that Spirit has two connotations. The primary reference is to that indomitable faculty of the human animal that causes our species to strive for improvement and to reach for understanding (Card 56 – Personality). Or the other is to refer to Spirit as that broader transcendental source of energy which connotes the existence of a Soul (Card 58 – Soul Spirit) or primal force embedded within the Universe itself (Card 0 –TAO). Yet, for spiritual seekers, the emotions are guides and fuel for the deep Love (Card 41 – Higher Emotional) which is the glue bonding the two ideas together; etymologically and in motivation itself. Love, is an experience of something non-material and essential for the striving for communion with life itself.

Whichever form of spirit you choose to believe in, they both generate emotion (energy-in-motion). That inspiration (spirit instilled) becomes the source motivation empowering the will. Will is that intrinsic force that resides deep within us all and is unleashed when the precise events turn it into a burst of power. Spirit itself can never be defeated, but its effects can be diminished. The way to gain access to these mechanisms is to learn the names of the motivations: like levers activating of a machine; and gauge their presence in you. It is the motivations we have awareness of that begin by naming their very existence and mapping their unique wiring within us, gives our Will a handle on where to located and operate them. That capacity of choosing to find and operate them is called *volition*. Once we learn the structure of the human energy system (HES), and the volition to initiate action, we can manage our energy, maximizing our effectiveness by proper employment and deployment of our emotional resources. In other words, instead of being at the effect of external events eliciting emotional reactions from us, and depleting us of life force; it is possible to direct your motivations from within to acquire and replenish your life force, by drawing the strength of awareness from your emotions.

A major purpose of the Michael Motivation Cards™ is as a vehicle to peer into external situations help flag the motivations of persons or conditions involved in it in an effort to expose where energy is being depleted and offer suggestions of how it might be recovered. Secondly, and more importantly then, the Cards act as a means to direct your looking inward to see what combination of energies may be accessed and deliberately brought to bear...*by you!* The more proactive one is capable of being, the more open to input one is willing to be, and then the more

informed the decision; the greater likelihood that one's actions will be more pure of intent and effective in solution. Transforming these bursts of spiritual energy from truth into purposeful action meaningful to you primarily occurs when one is willing and attuned to recognize truth, directing its emotional thrust into actions that are congruent with it. As the process evolves and is reinforced by repeated refinement, one is conditioned into ever more precise states of congruence system effectiveness. This is what in spiritual, social, and metallurgical knowledge domains is referring to as *integrity*. All three are vital in living a life with maximum life force. Spiritual power rises as a person becomes more aware of the switches which activate it. Those control switches are called personal truths!

But how can one convert the power from inner drive into outer works? *By the progressive, expanded and refined use of attention* to notice the subtle presence of your emotional reactions within. Then employ the intellect to parse its type and locate their activating triggers. Learning to recognize your truth reactions and the impulses they convey, what I have termed "getting gotten," one increases both the precision and effective utilization of spiritual energy. Such utilization motivated from an aware and clarified place is how I define the concept of taking "right action." [See the Zing-Clunk Scale or Soma-Meter](#)

Right action happens with each recursion of refined thoughts. Each behavior it generates hone-in ever increasing discernment of one's personal truth and that refinement is applied one's actions. The more precise and deliberate use of one's energy, the more specifically derived it is from their Spirit.¹⁴ Let me make a first time to contrast. The *need to be right* or self-righteousness, which are Ego defenses, does not engage in the rigorous evaluation of conscience which precedes right action. More on this subject in discussions of (-Card 6 – Priest, -Card 27 – Arrogance, and Card 28 – Stubbornness)

To achieve recognition of this distinction, one that leads to locating your own spiritual system resources, you need to employ the mind, and energize it with attention, awareness and knowledge. Every practice which promotes amplification of attention and concentration like: meditation, yoga, tai chi, running, or any activity which facilitates the reduction of distraction, is useful in this pursuit. Because human beings are learning and acquisitional organisms, a fruitful and necessary starting place to begin with is a language system which defines words and ideas.

The objective, for we as cognitive beings, is to accurately assess facts, properly identify and classify them, and then correctly name the kind and degree of emotional input they cause us to feel. Having clear and precise definitions of word meanings, offers a frame of reference which initiates relationships and actions toward exploring them. A broad-based language system which outlines and helps

¹⁴ Caveat here: in younger souls – Essence directedness is not necessarily altruistic nor transcendent. In fact, it is quite possible that a being wants an experience of some personal achievement or acquisition.

to defines those mechanisms, centers around a philosophical system known as the Michael Teachings.

The Michael Teachings should not be confused with, or adapted as, a religious canon or ideological doctrine. These tend to stifle thought or render ideas static. Yet even though one is not expected to have “faith” in the MT ideas, but rather merely as archetypes, it still by definition such comprehensive treatises is a “belief system”. Yet the OMT is intended to be heuristic and stimulating thought rather than dogmatic and stifling. The human race needs more of the former and NO MORE of the latter. Thus, the concepts presented in the Michael Motivation Cards™, uses the Michael Teaching core ideas opening a window to view the dynamic interactions of the mind with one’s environment. Employing these concepts as foundational elements you will continually uncover the essence of your personal truth which aids in building one’s integrity. This happens as one becomes more aware of the unique array of impulses comprising YOU. Every precursor in the evaluation of these aspects leads to a greater access to inner resources, thus more precisely your gauging right action for a situation.

Conditions prohibiting us from accessing our spiritual energy, or restricting its flow, derive from the habitual activation of our unconscious habits, particularly those charged by painful, and therefore highly skewed, emotions. Embedded deep within one’s psyche, these seemingly “stable data” of beliefs, are fixed pathways of rigid repetition which deprive us of the flexibility to either observe or access new inputs of energy; namely spiritual direction from Intuition and the Higher Centers. (Cards 37, 39, and 41)

But all of what I am describing requires active thought; indeed, deep contemplation, detailed categorization, and continual analysis of context. In a nutshell, I believe that the major broad underlayment of the most problems of human kind is a lack of constructive or deconstructive consideration of beliefs, experiences, and knowledge they witness, are exposed to and are taught. Said a different way, *I don’t think that people really think enough!* They’ve not been challenged to think beyond their beliefs. The modern era’s emphasis on convenience and our modern academic systems’ reliance upon indoctrination to substitute for methods of focused observation and follow-up analysis, is regimented programming rather than education. Primary and secondary schools should teach and exemplify how to think, not just what to think. And most significantly, they should provide detailed and worldly bridges to the reasons *why*, things are as they are. But even in our technological dominant times, more often than not, there is no effort to guide a person’s understanding toward *why*, just simply rendering people as *passive end-users*. Ivan Pavlov would either be proud or dumbfounded by this state of affairs, as we have all been transformed into salivating consumers, two-legged versions of Pavlov’s Dog.

Having taken a huge step to reveal the subtle mechanisms of how we, as ani-

mal-beings, can be conditioned to respond automatically (his Bell Theory of Classical Conditioning); his example was to show how to explore phenomena, breaking it down into its component facets and how each may operate upon us. But equally important to comprehending our place in society, and indeed the trends and structures of societies themselves, is to turn our minds, our awareness, and our ability to track and name, the way those phenomena make us *feel!* Because only when we comprehend the messages and influences that emotions have upon us, will we be able to fully account for our motivations embedded in our attitudes and strategies. It is emotion which drives our motivation to either liberate or destroy a mind.

What follows calls for you to think about your emotions! Not suppress, not deny, not control, and not indulge them either; but to fully trace them and describe their unique influence within you as to achieve a synergy with them. I speak to you as one who wants you to know, not believe. Too often, I hear people confuse these two terms. I hope to throw open the windows of your mind and shed light from the outside world onto the terrain of your inner world. To guide and encourage you to notice how the prism of your mind breaks incoming information into a spectrum of belief and knowledge, acceptable and unacceptable, enjoyable and distasteful, denying or affirming, i.e. what you perceive as reality. Your brain has a primary, usually emotional response, to what you encounter, followed by a secondary, mental assessment by intellect, often at a sub-conscious level. Placing a concrete interior experience alongside, and perhaps fused toward, an abstract construct – however classified, is what shapes the way you see your world. But this process goes largely unnoticed, and subsequently unnamed, with the ramifications being a continuation of automatic reactions, no matter how well rationalized.

Beliefs are static. Knowledge is dynamic. Both scientific and spiritual strivings have demonstrated that knowledge continues to refine, and in some cases, completely be reformulated the more we probe and the more we understand the implications to what we find. Beliefs, formulated into formal doctrine or loose dogma, do not change over time, but preserve as fixed, those precepts and rules which keep a group or way of interacting, in place and dominant in a person's reality. The pursuit of knowledge cannot help but topple in its wake old axioms or truths once held as sacred. This process has a parallel in that a person who has a genuine, personal religious experience, upsets the dominant religious strictures and as such attacked as a fraud or heretic by presiding religious hierarchies.¹⁵ To remain stuck in the attitude that “this is the way things are and they are never going to change” constitutes the foundation of what I term: “The Big Lie.” Resignation to this perspective is the primary corrosive element to integrity and the thief that robs us blind of our existing spiritual energy.

¹⁵ Joseph Campbell in his conversations with Bill Moyers described this contradiction of religious allegiance. A personal religious experience, especially one which falls somehow outside the “acceptable or conventional” norms of a synod or congregation is usually met with disbelief at least, scorn most likely, and as history has shown time and again, persecution.

Spirituality is not confined to religious belief or superstition in powers one cannot understand. It is related to one's personal moral compass for life choices. Knowing one's own inner world will shape the direction and course corrections taken in one's outer world. More than ever before, the modern human faces constant distractions of media, incessant thronging auditory background noise, persistent conditioning of market consumerism (i.e. branding), continuous time engagement, economic striving or hardships, uncertainty about trust or loyalties because of predatory competition. All collude to keep us away from being aware of the whispering inner voice that would otherwise convey to us OUR OWN PERSONAL TRUTH. This must be overcome by dedication, self-restructuring, and finding joy that is meaningful to you. There is no 'moral wrong' to want material possessions or security, or to have ambition. But the hyper-pacing of today's world and the unrelenting push of social engineering, which augments healthy human drives with an unhealthy dose of addiction, fear, and aggression; is individually, socially, and environmentally self-destructive.

For those who assert that there is no Self, or that a state of volition originates from it; like religionists who claim a fixed existence of a soul possessed by their gods of their mythos; or the scientist who has a excused responsibility claiming that we are merely a collective of DNA driven impulses for self-interests, are both culpable to the same delusion. Namely, that the very act of adopting those beliefs - as given, fails to account for the fact that they have still made a choice! In Rene Descartes famous statement "I think, therefore I am", he presents us with a logical foundation of Self, and by extension choice. When a question is raised in our mind and is then answered, who is doing the asking? Therefore, whatever agency within us display's curiosity and acts to pose a query, it reveals that it possesses the independent ability to inquire. Such an act is an inference of both: a Self, examining a circumstance, but also demonstrating the volition (i.e. choice) to do so. Or, avoid doing so. Questioning to seek knowledge, or imposing a restriction of inputs to remain willfully ignorant of it, both equally qualify as choices. In my mind, the former is a preferred choice to the latter. But make no mistake, choosing knowledge may be painful and frightening. Toward that human experience I have the greatest compassion.

Free will, or volition, or personal choice, are synonymous with being alive. When our mind provides us data, either primary belief or secondary attitudes, and merges with our heart, one's conscience seeks mediation of known options to direct the body how to proceed. What I do not suggest is that any or all options are available to us at a given moment. Freedom, which portends the use of free will, is always constrained by some limits to the number of possible options present in a given situation, or period of life, or restrictions of one's capacity. Regardless, one form of choice still available to us within, *and all times*, is that of discernment. It is a feature available to our minds which helps us to distinguish the situation that we

are dealing with, what is available to us, and the internal resources of our Soloverse that we may draw upon and apply into our interaction with the external world. Ignorance of this process taken from the standpoint of evolution: spiritual or physical, is neither morally wrong, nor deliberately stupid. But making the choice (called a decision), to deny the existence of these processes which happen ubiquitously in life; and thereby preserving one's ignorance in favor of a belief which causes, sustains, or inflicts pain; IS an act of stupidity! Or, as Forrest Gump's mother so rightly admonished, "stupid is as stupid does." Acting from immediate convenience or acquisition, seldom takes into account the long-run consequences and ramifications of those chosen actions. Not because we are inherently "bad" or some equally reductionist-moralizing condemnation; instead it is because we are creatures conditioned by reward and punishment, and always looking to quell cognitive dissonance with instant gratification.

What's my Motivation?

To *get gotten*...on what has been significant to me and share that information with you. What I give to you, dear reader, is a mechanism for you to *get gotten* on aspects about your own life in a way that is inviting and non-threatening, at the same time. Learning this way can minimize the fear of being confronted, yet raises your life enjoyment by helping you to unleash your appreciation for living it.



Connect, and Reconnect, Your Dots!

My job in this book is to create new connections between, what in some cases may be, disparate facts or thoughts or ideas which you've not known or considered before; or draw different connections between some that already exist. This book: The Michael Motivation Cards Comprehensive Guide EBook Edition, present the core motivational concepts in the constellation of human possibility. Each idea to be explored herein, but those 78 fundamental concepts encapsulated by each card, function like the celestial objects which hover in the night sky. Though some we see and recognize, there are a host of others out of our vision which are still part of creation. Empowered by the essence of spirit which drives us unrelentingly

toward new horizons a both self-discovery and human evolution; each of us in his/her own way act as did those ancient astronomers who gazed upon, and marveled at, the vastness. They look upon the night sky and bear witness to the multitude of heavenly bodies: planets, stars, galaxies and comets. But the act of *connecting the dots* and designating some as constellations, or planets endowed them with an entire mythology, naming them after their gods; was an active internal projection (apophenia)¹⁶ from within their psyche onto the physical universe. Every human being engages in a similar process of making meanings and creating patterns out of what they see. One way to illustrate the many variations that individuals have recognized and woven these nuances into a myriad of unique expressions, but sewn with the common thread of their source ideas, is to use quotations: some by people of renown, and others renown thoughts from the rest of us. Each phrasing captures a vector of meaning that makes up part of the whole idea. Some are timeless memes recognizable because of their use and repetition in modern discourse. Yet my point in presenting them is to provide as many doorways into a concept, or handle, how to open your mind to perceiving a familiar idea in a new way. But there is another equally, and in some ways more important aspect to observe; that these ideas have been swirling around in human minds from the beginning of recorded speech! What I present is not new, any more than the species called rose is recent. Roses have been cultivated, crossbred, and hybridized, to refine and vary their appearance. And like this metaphor is intended to imply, the ideas presented herein have been contemplated for generations! And, with each successive iteration, we produce both variations and refinements in the flower of knowledge and the scent of its implications. The Michael Teachings, new to this era, is yet another one more cultivation and aggregation of ideas to produce appreciation of the human experience. So using phrases from all historic sources, reminds us that the search for meaning is ongoing no matter which mirror, window, or doorway you access to discover it.

The first part of the process then is to identify each of the bodies i.e. those elements and concepts which exist in the universe, but may not, as yet, been observed. The second is to offer you a mechanism, vis-a-vis The Michael Motivation Cards™ to tap into spiritual energy and give you an opportunity for infinite reshuffling of those ideas. To look at any situation from a fresh perspective, one temporarily liberated from fixed viewpoints, opens you to seeing new possibilities or something familiar in a new way.

It is up to you the reader and the user of these Cards, to open your mind and view the ideas presented therein with a “beginner’s mind.” The processes of physical

¹⁶ Defined as the tendency of a person to see or detect a pattern supposedly objects. This would be the effect that caused ancient astronomers/astrologers to form constellations in the night sky. It is also the characteristic, according to psychologist that underlie what Carl Jung would have called synchronicity. Patternicity is another term by Michael Shermer that is similar in definition to apophenia. A related idea is that of pareidolia – which is to see shapes like faces or known images in objects unrelated. Like seeing faces in wallpaper or textured surfaces. In the interest of fair reporting, when a person is said to find meaning in the assemblage of a cards in a reading, this is identified as an instance of apophelia.

sight and spiritual vision share in common the same mechanism which restrains their breadth and acuity. That constraint is the density or rigidity of emotional attachment to a belief. Every human being operates on beliefs. That fact is not on trial here. Nor would I have anyone simply reject out of hand one belief in favor of another. Dynamic expansion, modification, and increased exactitude of beliefs are what we are shooting for. In some cases that will mean the dissolution or rejection of a long-held misconception, while in others it will act as moments of reinforced truth of a perception. This whole process underlies not only personal maturity, but also of spiritual empowerment and the evolution of awareness.

I reckon that if more people in the world could experience internal peace, stability, and sense connectedness to something deep inside, the way we treat each other and the planet itself; would at least be altered dramatically, if not improve profoundly!

Is what I am saying to you who are reading this, either appealing or in some way reminiscent of hopes and aspirations you hold for yourself, or for humanity at large? If so, read on and explore!

Vulnerability and the Energy of Evolution

In the sojourn of our lives - course corrections, alterations of or trimming the sails of intent, guiding us toward the right way to navigate a Spiritually Corrective Realignment (SRC). The Cards can shake loose familiar beliefs producing a moment of shift (getting gotten); a trigger producing a liberating SRC. These can feel disorienting at times or as if a fog has been lifted. Energy is released (catharsis), or energy is accessed or gained (cathexis). To stand in the face of the unknown is concurrently an act of willing vulnerability and the marshalling of tremendous courage. Both are acts of individual volition, i.e. personal choice. To live life dramatically and transcendentally is to be willing to continually weigh believed conclusions in contrast to new inputs and ways you evaluate the past. Exercising energy in this way produces an SRC leading to cathexis that is far greater in value and volume than the catharsis which might precede it. With repetition and practice the thoroughness, speed, and accuracy of review causes strategies to be more precise, adaptive, situationally focused, and open to modification. And with each modification, those spiritually corrective realignment's ultimately lead us into greater self-knowledge, and motivate our actions toward the formation of the *Humane Being*.

The Michael Teachings are a means to an end, not an end in themselves. Those ends involve learning ways of living life to the fullest. When our sails are filled with spiritual energy, the vessel that carries us is our Soloverse, and the state of the ship moves us toward the horizons of new possibilities - instead of actively veering away or trying to drop anchor in fear. In a sense the undiscovered country we are

trying to reach as we voyage is discovery (learning) itself, i.e. “to boldly go where no one has gone before.¹⁷”. It is the larger intent of introducing all the concepts that following these Cards and the Michael Teaching itself, to help us expand the boundaries of your Soloverse, to name the features of your internal landscape, and that of the shared geography of the human condition. In no way do I think that this methodology is perfect, complete, or necessarily the only way to achieve these goals. However their broad and inclusive boundaries are sufficiently outlined to cast a proper light upon each. It can go a long way to providing people those milestones and directional markers as they trek through their life mapping their Soloverse and traveling their sojourn of living.

To reach that goal these are what our world needs: More of & Less of

More of:

- **Love of our principles and Love in our Principles** – Begin by identifying that what we love are our values! Once we understand that we can reorient the ways we live life.
- **Compassion** – let it begin with honest sympathy. The balancing between our own contribution to a situation and being willing to forgive shame, yet still be accountable.
- **Learning what is enough.** Then making sure to always sustain ourselves by receiving enough.
- **Empathy** – the willingness to feel and minimize the suffering of others
- **Respect** for the boundaries and rights of both yourself and others.
- **Generosity** Share what you have. Knowing how much is enough.
- **Common Good** –Devotion to your Group, but also to the larger whole.
- **Creative Use of Intellect** Get people where they are with the talents they have.
- **Diversifying the way we Educate ourselves** (7 Types of Intelligences - Gradner¹⁸)
- **Courage** – Real willingness to confront fear within, not deny it nor suppress it. Heal it.

¹⁷ Many recognize this reference to the now iconic introduction to 1960's television program Star Trek. In placing it here I remind everyone, that while all travel the path of life, and each is exposed to the challenges, crossroads, milestones, and peaks and valleys; they have done so within the domain of their own Soloverse. Thus, we can say that everyone faces the same archetypal events, no one faces them in the same context, or confronts them with the same wherewithal, nor experiences the same outcome. Within the exploration of your own Soloverse, you are continually landscaping the terrain with the conclusions you reach and the light you shed or withhold on them.

¹⁸ Howard Gardner - https://en.wikipedia.org/wiki/Theory_of_multiple_intelligences

- **Faith based on facts and proven knowledge** – developing thicker narratives toward what and why we believe things. Reject thin narratives and superficial thinking.
- **Ownership and Accountability of Emotional Drives**
- **Engaging in Reasonable and Purposeful Conversation** (face-to-face)
- **Acknowledgement of Nature and Complexity** – Reduce complications and mitigations in our thinking and by closing loopholes and exemptions and exceptions in our laws.
- **Bravery** To overt and outward willingness to confront others and challenge them when they assert a position you know to be factually incorrect or deliberately misleading. Dismantle its fraud. Fight for the truth, even when you may face defeat.
- **Equal Justice Under the Law** Holding everyone to the same standards. No exemption, exception, or exclusions based on wealth, race, gender, or perceived specialness.

Less of:

- **Denial and Avoidance** – especially of underlying emotions that make one feel weak or vulnerable
- **Self-Righteousness** – Religious, Political, Emotional, and Ideological
- **Aggression** – Imposing fear through force upon others
- **Stupidity** – Cultivated Ignorance
- **Revenge**
- **Hurling Accusation and Blaming**
- **Complication:** Because of special exemption, exception, and entitlement
- Default to memes, traditions, habitual patterns
- **Resignation** – A willingness to succumb to apathy, indifference or cynicism.
- **Convenience** – Especially when we systematize and lose the skills we are mechanically replacing.
- **Rationalization** – Subjective, selective, and self-justifying arguments and prejudices all stemming from some powerfully painful and hurtful emotional origins

- **Cognitive Dissonance** born from Inconsistency
- **In-Group Identification**
- **Oversimplification of Issues** – All human involved circumstances have layers or levels of interaction. When factored together they render more complete solutions.

Our World: Is our Projection of our life on Earth

In the “world”¹⁹ of human consciousness, an overlay on reality that I differentiate from the geophysical planetary sphere we call the Earth; both the personal narratives about ourselves operating in parallel to those group paradigmatic narratives of science, religions, political or economic systems, each plays like an instrument in a symphony in our individual and collective minds. Depending on the orchestration you perceive, the composition of your narrative might inspire you with great beauty for rhapsodizing about life. But it is equally possible, as is the case for many people subjected to the harsher librettos of intolerance, scarcity, terror, and hardship, that their narrative is full of discordant sounds, or a cacophony of clashing ideas out-of-sync without a clear rhythm, leaving one enervated or overwhelmed by noise. The score of one’s life is a many layered and complex arrangement of parts. But what complicates those is when we are unaware of the instruments that are either set playing in the background, or ones we could include if we knew of their existence. Or, in some cases, dropped them out altogether!

Composing Your Life Narrative As Symphony, Instead of a Soap Opera

What if you could begin to name all of the players in the ensemble that makes up your psyche? Would you write a different tune? How about play the piece in your own time signature? Perhaps you’d take the one you already had and add an entire orchestra to accompany your single part? If you are interested, let’s begin by examining where to start in your process of expanded self-awareness; think of it as composure. Even if you engage in reading this book, using the Cards, or considering some of these ideas, try, just for fun, the though experiment of naming the parts (Overleaves) that play in the libretto of your life. Notice what themes, in the tune you hum, in your living are present? Then *as a thought experiment* see what instruments or players you might add in or subtract out of your Opus. If you actually grant yourself permission to cast yourself as the composer of your own life, you can create a masterpiece or a dirge, or just remain silent while others in the world simply expect you to dance to their tune. Playing with these metaphors; you as composer of your symphony, or author of your storyline narrative, or as selector of your own motivations, each can render an entirely new range of ideas for you to consider in understanding, and perhaps even directing, **YOUR LIFE!**

¹⁹ Soren Kierkegaard’s idea of the accumulated thoughts and actions of humans in contrast to the physical planet Earth which we impose our world-view upon and take action upon based upon our paradigmatic belief driven permissions.

In our journey through this book together, we will name the parts and deconstruct the mechanical processes and their implications. You need not possess a deck of The Cards though they are an adjunct tool which will facilitate this exploration by giving you visual and tactile access to non-verbal parts of your psyche. Each concept can be considered equally well by opening to a specific Card's section in the book. The crucial elements for your understanding are to uncover how each motivational element calls up an emotion that in turn shapes your thoughts and causes you to choose a strategic action in relation to it.

Together, those motives are unified, not always without friction or pain or effort; but for your own healing, and in turn the greater good of humanity and for sustaining the Earth, which is our home. Those values shape what appears in the following pages. The *masculine side* (Card 60) creates containers within which *our feminine side* (Card 59) can explore²⁰. Each concept is a 'thought container' and a part of our character, or elements of plot: setting, theme, or method, as we act out the stories of our lives. This book, and these ideas, enshrine that intent and create the container which offers you ideas to explore. Every Card's motivational parameters: clusters, quantifies and qualifies related ideas. Doing so improves your comprehension of each concept which expands and sharpens your intellectual and emotional literacy. *And thus enriches your narratives guiding you toward more profound experiences of getting gotten on your life design, and how to live it effectively and joyfully.*

To reiterate, I offer you a procession of concepts, in nouns, verbs, and their modifiers which may take your story to new depths, while more precisely refining your understanding of the motivations that drive them. The Michael Motivation Cards™ offer a tool presenting words and images that are modern and familiar, yet frequently reference back to the language, insights and wisdom of previous ages.

Let's begin.

20 Be very clear, I did not say men create so women can explore. All beings have masculine and feminine sides in their personality.

Summary of Use: Michael Motivation Cards™ Comprehensive Electronic Guide©

This Comprehensive Electronic Guide© is designed as a more in-depth exploration of the use and structure of the Michael Motivation Cards™ from the shorter and printed “Pocket Guide” which is included with the Deck. This work is a more definitive, but still simple-to-use reference. In this version, you will find a color copy of every Card and a more thorough explanation of the symbols used and their relevance to each concept. It contains the overview of its construction, instructions on how to use spreads, interprets the terms and symbols, and provides a more varied context for the Cards’ *answer* descriptors.

This Electronic Guide is also SEARCHABLE! You can use that function to get to any key word or phrase you instantly wish to locate in the text.

Eventually, a full exploration of the underlying Archetypal foundations of the Cards and the diverse ways this tool can be utilized as a medium for exploration of an idea, analysis of a situation, description of a relationship, or source of comfort will be published. It will provide Stephen Cocconi’s view of, and the Consortium’s reexamination of, the **Original Michael Teachings (OMT)**. This presentation takes a more Human-centric formulation of the original and is reformulated under compiled version called the **Applied Michael Approach™ (AMA)**. It is featured under three main offshoot variations: Vocabulary of Life Narratives (i.e. Motivations), Soul-Ciology©, how these concepts are illustrated in groups and cultures. The third is an exploration into one’s formulation of meaning and its dissemination between the Self and Ego, and then from the Personality to the rest of the world utilizing the tools of the NoFault Communication™ Method. This last aspect has added three key concepts into the AMA, 1) The idea of ‘getting gotten’, 2) The 3 Meta-Attitudes toward your experience, and 3) That “all trues are true, to someone, for some purpose, based on some experience, for some period of time... until it shifts.”

All of these perspectives will be explored in the upcoming print book: **On Motivations: A Vocabulary for Life Narratives that Make Us Human —Symbolized in The Michael Motivation Cards™**. In addition, that volume will set the development of all of these cards in both a historic context and comparison of metaphysical concepts which were/are present in the formulation of the spiritual cosmology encapsulated is now generally accepted as the **Orthodox Michael Teachings (OMT)**.

The Color Coded Card Chart

“A picture is worth a thousand words.” Popular aphorism

Graphic representation can show relationships well. This Color-coded Matrix shows all the cards with many of their related symbols denoted as Sets, Groups and Clusters. A Set are those Cards that share the same border color, and in the case of the Role Sets specifically, the same background image. Groups are Cards of a similar (horizontal) category yet each has a member from each set and therefore different border colors. Clusters are pairs or triads which denote specific comparisons.

The printed version of the Deck comes with an additional brochure which contains a color coded relational matrix of all the Cards. It lists the Michael Motivation Cards™ by number, set and group membership with the colors and symbols marking those associations. The magic of the Cards lies in the many layers of information embedded within them. This chart is a helpful visual map revealing the intricate connections of those underlying layers. You may download a .PDF version of this chart at <https://www.michaelcards.com/the-visual-guide-is-here/>

The Michael Motivation Cards : Denoting Sets by Colors and Symbols

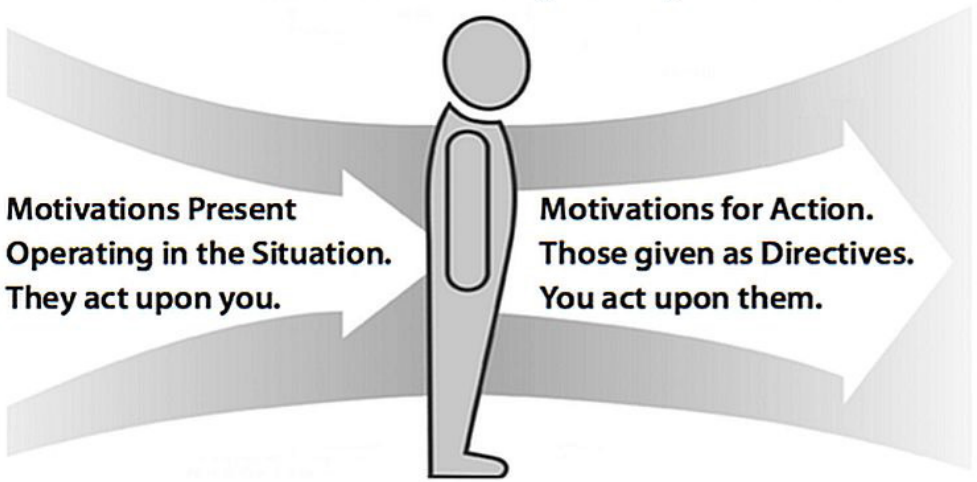
0 TAO A Q	61 Expression ♦	62 Action ♣	63 Inspiration ♥	64 Assimilation ♠
Role	2 Artisan ♣	3 Warrior ♠	1 Server ♥	4 Scholar ♠
Goal	5 Sage ♦	10 Submission ♠	12 Re-evaluation ♠	14 Relaxation ♠
Attitude	8 Discrimination ♠	17 Cynic ♠	19 Stoic ♠	21 Pragmatist ♠
Chief Feature	15 Skeptic ♠	24 Martyrdom ♠	26 Self Deprecation ♠	28 Stubbornness ♠
Mode	22 Self Destruction ♠	31 Perseverance ♠	33 Reservation ♠	35 Observation ♠
Center	29 Caution ♠	38 Moving ♠	40 Emotional ♠	42 Instinctive ♠
Body Type	36 Intellectual ♠	43 Mercury ♠	44 Jupiter ♠	47 Lunar ♠
Overleaf Set	43 Mercury ♠	44 Jupiter ♠	45 Venus ♠	46 Mars ♠
Augments	53 Frequency ♠	54 Feminine ♠	55 Masculine ♠	56 Personality ♠
Covenants	65 Karma ♠	66 Self Karma ♠	67 Life Task ♠	68 Essence Twin ♠
Cycle Soul Age	70 Time ♠	71 Infancy ♠	72 Childhood ♠	73 Adolescent ♠
		50 Pluto ♠	51 Uranus ♠	52 Neptune ♠
		58 Soul-Spirit ♠	57 Self Love ♠	59 Ordinal ♠
		75 Elder ♠	74 Maturity ♠	60 Exalted ♠
		76 Cycle Off ♠		



Motivation Card colors and symbols are chosen for their relevance in the MT. The 78 cards have cross-references among 23 interconnected categories delineated as: **Sets, Groups and Clusters.** **Sets** have a unifying background color and common image in the upper left corner. **Role Sets** are depicted vertically. **Overleaf Groups** have a member from each Set and share a common symbol in the upper right corner. These are depicted horizontally. **Clusters** appear on the chart noted by an additional symbol placed by the card's name. **Clusters** symbols add card meaning. They are found at the lower left corners. **Role numbers 1-7** derive from the original MT. Remaining numeric sequencing has no intended significance and simply flows from left to right, top to bottom. The Overleaf Set comprises Cards 1-52 and is depicted by the Gold leaf.

to you” from the outside world or other people’s actions toward you. The arrow coming into you from behind is *affective energy upon you*. It may also be symbolically thought of as the Shadow side, that which you cannot see. The right side of the image with a larger arrow emerging from you depicts *effective energy*; how to choose to act. Symbolically it represents the illuminated side, since you can see what is in front of you. Your choice is to continue react unconsciously, habitually, or reflexively; or respond deliberately with awareness and volition being accountable for your actions. When facing your life you now have the power here to govern your actions, and even decide your reasons about why you made a choice. This state is by definition, what I mean by saying you act as a mature adult.

Dual Motivations Analyzed by the Deck



The Michael Motivation Cards™ facilitate you, the user, to query about both states of affairs: what motivations are present *operating in a situation upon you*, but also what motivations *you can implement and take action upon them*. All you need do is to become aware of the way you phrase your questions. It is relatively simple. The first is, “what is happening?” The second is, “what can I do about it?” A third question has two parts about consequence, “what is going to happen to me, *if I engage the situation*”? And, “what is going to happen to me if I DO NOT engage the situation? The Cards are always meant as input about circumstances and are advisory as to your behavior. Use them as a contrast to your own decisions and your awareness will continually refine and expand as a result. Always remember, *you are the ultimate arbiter about the meaning of the Cards*, their relevance to a situation you’ve queried about, and whether or not the resulting messages are a description, direct instruction, or feedback to provide contrast. Considering the responses from each standpoint might not make your decision easier, but it will ramp-up your consideration of the many layers of nuance in a situation and increase your

capacity for in-depth analysis. No one *totally* creates reality, but everyone is the final decision-maker about what reality is and means for themselves! That is the ultimate definition of free will, volition, and owning your personal sovereignty.

Presenting the Michael Motivation Cards™

*“I must create a system or be enslaved by another man’s;
I will not reason and compare: my business is to create.”*

by William Blake from Jerusalem, Plate 10

Welcome! Whether you have just opened the book to get right into using the **Michael Motivation Cards™** or if you have arrived here in sequence from reading previous chapters, no worries! The format of this **On Motivation:** book, was intended for the reader to jump in and get useful feedback from the Cards, immediately. You can always consult the Table of Contents to explore the placement of related ideas. Enjoy.

The Deck is a feedback tool providing a broad vocabulary for descriptive commentary about the issues, people, relationships, or circumstances in the questioner’s life. The tactile and visual formulation of this medium anchors the information in a more kinesthetic way, affording you the opportunity to re-examine exact Card concepts or layouts, for later study and contemplation.



The source material of the Michael Motivation Cards™ deck originates with the same Michael Entity from the Causal Plane which introduced the concepts of *Overleaves*, *Soul Ages*, and *TAO's Cosmology of Creation* presented in the book **Mes-**
sages From Michael by Chelsea Quinn Yarbro. The Deck is a derivation extracted from that original information with augmentation from several complementary sources into a fusion. It is the first tangible tool to offer a user direct interaction with Michael’s energy through the catalyst of the Cards. You may expect the Cards’ tenor to relay a ***Masculine-Intellectual-Warrior-King*** tone in the written responses. In effect, you will notice that statements direct your thinking toward realism in your self-awareness and action in taking steps toward resolution. The symbols, names, and structural relationships featured in these Cards, derive from those original archetypes formulated over forty years ago, and have continued to evolve ever since.

The Cards' composition and descriptions merge Michael's messages into a narrative that can open a portal into your psyche. Besides functioning as a bridge for divination, it is built with a multi-layered design which can trigger one's own *free word* association of ideas, or stimulate your interpretation of images, like a *Rorschach projection test*. The Cards may also serve as a visual representation to construct a *mind-map* around any query, creative idea, or stream of consciousness. Indeed, diagramming any *Role Set* in this deck and constructing a mind-map will further illustrate the structural relationships amongst prescribed groups of concepts. Visually seeing these subtle connections, models life's innate expression of elegant layering of reality by showing you the many interconnected subtleties and relationships. Whether you agree with the concepts, our associations or interpretations, or vehicle of delivery, any method which stimulates rigorous thinking both broadens your knowledge, but more importantly deepens your awareness of what is true for you!

This deck is merely an apparatus to conduct a multitude of various thought experiments for you to describe and decide on your own reality!

The Motivations represented on each Card facilitate creative thinking. In modern slang we'd say they are meant as a friendly *whomp-upside-the-head*, jarring you loose of fixed ideas to see different, or out-of-the-box, points of view or solutions, about a situation. For persons interested in the Original Michael Teachings, which I'll also refer to as the orthodox Michael Teachings (OMT), they effectively act as *flash cards* for familiarization of its key terms and core concepts. Please realize that to use the Deck there is no inherent requirement to study this foundation material other than to satisfying any curiosity. Yet, I believe for many, the OMT is a rich vein of ideas for both discovery and illumination. Indeed, curiosity motivates from joyful stimulation and makes learning an adventure rather than a chore.

*{MC} The power of the Cards does not lie in their images or messages per se; it works when you notice how they trigger your memories, emotions, attitudes, sensations, moments of insight, or flights of imagination. Any feedback you experience can have an exhilarating zing in its clarity or a disturbing clunk in its unveiling. Use the strength of your reaction when weighing the applicability of a situational motivation or suggested behaviors to engage in, or to refrain from. Feedback is playfully worded, but aiming for practicality. Ultimately, since everyone interprets and validates their own reality: **your final understanding and meaning lie within you!** {MC}*

The Original Michael Teachings and the Cards

“Truth is the greatest good. Love is the highest truth.”²¹ Michael

The quote above is one of the first ever recorded from the source inspiration of this book and the namesake of the Michael Motivation Cards™. Truth, Love and Energy they said, were the original trinity emanating from the TAO and therefore are the metaphysical engines of existence. Fundamentally, seeking reconnection to them motivates the human condition.”²² As Spiritual Beings on a Human Path²³, *once life begins for the Personality, our motivation is to live it; both sustaining self-preservation, and for the onboard spirit or Essence (Card 58) we are compelled to self-actualize, i.e. live up to our potential as outlined by an innate life plan (Card 67).* We are launched on a quest of experience that incorporates both an individual’s need for personal care with motivations to contribute to the advancement of the human race as a whole; and perhaps life on Earth as well. These motivations are transferred generationally, via collective race memory passed through DNA and as spiritual inheritance of Soul Age. Once embodied, we imprint one another by love shared or pain administered. We are acculturated by race, custom, social modeling, economic class, and each carries their ancestral imprinting of family customs and its emotional legacy. Along with our genetic inheritance, they are unmistakable stamps of a larger design in our evolutionary process. The needs to uncover truth, find love, and unleash energy, coalesced as motivations during one’s evolutionary sojourn, a single life, is referred to metaphysically as: an *incarnation*. Successive lives for an Essence, each creating a unique Personality is familiarly known as the process of re-incarnation, and hence the notion of past lives. At the level of the TAO, there is only Unity. As we hold the Universe, the TAO, or God, being that Oneness, desires to experience separateness. That is experiencing separateness and at the same time experiencing itself within the separateness.

The original or orthodox Michael Teachings (OMT) describes the structural architecture of the metaphysical universe and the spiritual design of human nature. Central to that thesis is a personality trait system called **Overleaves**. Overleaves describe the subtle psychological perceptions of Ones’ Self, often felt only intuitively or viscerally. Engineered by the central unified Force of the Universe, called TAO, the undivided source totality of all things, it first separated itself into the properties of the entropy-divergent or feminine energy and extropy-convergent or masculine energy. This initial separation, sui generis (of itself), began the first realization of duality, and hence *other*, a concept central in all metaphysical teachings including this one.

21 Quinn Yarbro, Chelsea, Messages from Michael page 1

22 Channeled by Stephen Cocconi in 1990.

23 Paraphrased from Fr. Pierre Teilhard de Chardin – 20th Century philosopher, Jesuit priest, and credentialed paleontologist.

As the narrative of Creation continues, once these interactive polarized dynamic qualities were in place to add motion between the two interdependent impulses **seven primary forms** were generated which encapsulated all of these core aspects into matter. These fundamental building block characteristics are called the Roles. Within the OMT every other concept has structural association to one of these seven qualities. In this deck, they are numbered exactly as they were in the original text, Server 1, Artisan 2, Warrior 3, Scholar 4, Sage 5, Priest 6, and King 7. Since the Cards are modeled in structure form like the historic tarot, I've termed these 7 and the TAO card itself part of the *Exalted Arcana*. Since all other concepts are derived from and subordinate to their Exalted counterparts, (See the Color Matrix Chart Below) the rest of the Overleaves Group – Cards 8-52, are called the *Ordinal Arcana*.

With these ideas as the foundation, the OMT's relevance is systematizing the metaphysical foundations of the Universe and translating it into a Personality Trait system as the basis for both the similarities and variations of human character. So much of the OMT, and its derivation my Applied Michael Approach (AMA)TM, delineate their recursive nature in the archetypal qualities of human (and animal) nature here, in life, on the Physical Plane. I cannot overstate the significance of this last phrase! Michael's, the Consortium's and my emphasis have always been *living your life in this world*, not the next! Our aims coincide around the organizing principle that living life is the stage of portrayal where all spiritual experiments happen. Thus, to defer or constrict your choices or experiences due to a set of metaphysical precepts that deny your humanity, instead of explore it, are inextricably counterproductive. Thus, learning one's unique personal set of component traits or **Overleaves Profile or Personality Matrix**²⁴, is to give yourself the most effective manual for maximum productivity with your life. *What Abraham Maslow refers to moving toward Self-Actualization, on his famous Hierarchy of Needs*. With knowledge of the specific architecture of personality and a manual describing its operating system, i.e. this Teaching, one is empowered to reach the precursor state of *self-realization*. Said more colloquially, as self-knowledge. If you are having the thought that this process is difficult, let alone potentially overwhelming, it is not our intention to convey it so. In fact, delineating all these factors in systemic interrelated fashion is aimed at representing the *profoundly simple* (not easy, nor simplistic). These facets of metaphysical existence are for description and identification, similar in the same way that material sciences have constructed the Periodic Table of Elements, to describe the building blocks of physical existence. So, if your idealistic notions or Ego defenses react with an understandable, "this is hard", our response with love hopefully offers you compassion for your journey.

24 An Overleaf Chart, also termed by some a Soul Matrix or Character Composite is usually best begun with a Michael Channel, who is adept at viewing and listening for Michael's instruction about the qualities that comprise your Composite Chart. The author is one such source to consult, but there are several mentioned in the acknowledgments many of whose web sites can be located online.

(M) It is NOT about getting it right, or being good, it is about learning from the process, and bringing love to yourself and others along the way. The Human Path is an evolutionary one. It is impossible to attain all of what is possible to learn on the Physical Plane in a single existence. Strive yes. Fail often. Keep learning. Stop punishing. Or, do those things and learn about their effects, too. (/M)

So, it takes more than one lifetime to get gotten on everything there is to experience while being in a body! And thus, among the many phenomena explored under the aegis of these Teachings is the subject of *reincarnation* - and its philosophical counterpart metempsychosis, i.e. what happens to a soul after death. This thesis postulates that a deeper foundation for human perception is formed in previous incarnations or past lives. The formula is simple: the higher number previous lives (incarnations) for a Soul (termed Essence) the greater depth of innate memory (also called Instincts Card 42), a person is sub-consciously drawing upon. Metaphorically embedded in one's psychic DNA, *their-story*, shapes a person's current quality and nuance of character (or lack thereof) from the accumulation of experiences. The breadth of that array inevitably and endemically shapes their life direction and scope of their ability to be self-aware.

Within the MT this outline of spiritual evolution of consciousness is called Soul Age. Astute readers will notice we have created the "Cycles or Soul Age" group representing the five **(5) main stages of consciousness** development: Infancy, Childhood, Adolescence, Maturity and Elder (i.e. Cards 71-75) which culminate at the end of the deck. Yet, as **the focus of this Deck is a human life**, discussions and implications explore the process of *human development* and compare it metaphorically to attitudes and stances that aggregate within each phase. To further drive home the point about a single lifetime, this set is bookended by the two ineffable constraints of the mortal existence: Time (Card 70) and Death (Cycle-Off - Card76). They occupy this position, though less emphasized within the OMT, but are the undeniable delimiters for an individual on the Physical Plane.

(M) We believe that realism must inform both one's spiritualism and idealism lest they get trapped in the Ego delusion of magical thinking! Unattainable imaginings can be like star gazing, or more aptly navel gazing, into fantasy. But using aspiration as a guiding star to set sail toward the horizon of your human potential, and navigating the ocean of emotion, is the only successful way to grow. For that, you must actually leave the safe port of ideas, adopted beliefs or preconceived notions; and risk weathering the storms of living... yourself! It requires courage, a willingness to keep going when you get off course, or the ship has been damaged, or find yourself having to row when the winds of motivation are still and you are stuck in the doldrums. (/M)

Thus, each successive life is a new voyage, each with a new ship (your body and Overleaves), but you - the Role in Essence, is still *'the master of your fate, and the captain of your soul.'*²⁵

Each concept can be considered a part of a descriptive character development in the narrative of your larger existence. But there is more to the story of living a life than just the ship and its course, there is what you encounter. Whether you believe these are chosen by Essence prior to incarnation as in fated to deal with them, or that life is a random series of events which you rise to meet or fall away from and avoid, nonetheless they happen! Thus, the OMT concepts, and the cards written from the AMA perspective, explore other intriguing and relevant ideas which include: life purpose, soul mates, karma, addictions, intuition, masculinity and femininity, personal pacing, childhood traumas and the formation of Ego, the process of maturity development, and finally, death. Each is considered within a narrow microcosmic snapshot of one life time, and yet is contrasted to the macrocosmic broad view of a *grand cycle of multiple incarnated mortal personages engineered by an eternal Essence.*

²⁵ Paraphrased from the poem *Invictus* by William Earnest Henley

The Evolution to Michael's Consortium and the viewpoint of the AMA

In the following I am telling 'Michael Students' part of the story of these cards.

“Hello... this is the Consortium”

It was the year 2000. One evening, on a conference call with my fellow Michael Channel Holly Coleman and a half dozen Michael Students, out of nowhere Michael blurted out of my mouth... “we’re leaving.” After a moment of stunned silence, and not sure my head heard what my mouth had said, I again re-centered myself and let the session finish. Later when Holly and I reviewed the recording, we heard them explain further:

*[M] “We have reached the end of our concentration of energy on the Causal Plane. We have completed our mission to deliver to you the extensive body of ideas we have assimilated on our evolution through the stages of consciousness. We have lightened our load and are ready to ascend to the next level of focus.
[/M]*

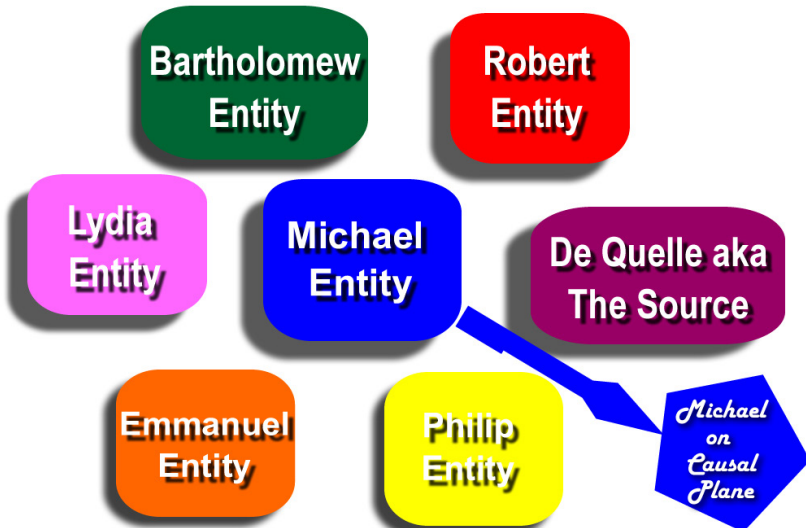
We looked at each other, and were both speechless. What were they doing? What was going on? Were our jobs in jeopardy? We played the tape again then listened further. They continued:

[M] “That point of reference is the Mental Plane where we will reunite with our Cadre and take up station considering and emanating the vibration of TRUTH, further honing it into its most pristine form. By 2002, (or its equivalent sans a time-space continuum) we will have migrated our attention away from the Causal (plane). We leave behind the sum total of our accumulated knowledge acquired in our direct learning and the alteration in language and form you, Students and Channels, imprinted upon us, with your 20th century English and technologies. Since Essence yours, ours and everyones co-exists simultaneously on every Plane at once, we acknowledge the slight oversimplification and misnomer referring to our transition to a higher plane as “leaving.” We know after working with human personalities once again, that the tendency to feel abandoned is so prevalent that many would, in their fear of losing us, attach a karmic cord to us, wanting us to ‘stay’. That method is not conducive to us nor to any of you. To allay your fear, an aspect of our consciousness will be eternally active at the Causal Plane, just as some of you provide us access on the Physical Plane for us. For want of a better analogy, we use you, (Stephen’s) computer lexicon and borrow the idea of an interactive multiuser database. Instead, however, of referring to it as “artificial intelligence”, what will exist is a completely aware animated intelligence. As a conscious aspect of our own totality most students and channels may note a barely discernible,

slight difference in the flavor or quality of our energy while channeling. What some may notice is an increasing level of inward looping our materials will take. Our channels as co-creators of these messages will rightfully, whether they are aware of it or not, co-create and refine our materials by discovering new uses and deeper interconnections. We shall be in transition moving through the Akashic reformatting process for roughly three (3) years until about 2005 or so. At that time, nothing will stop for any of you. And, as per our intention, the few of you that we have alerted to this change will calm down and essentially forget (assimilate) the transition in the first place. When we rejoin you from our new state of emanation on the Mental Plane, we will refer to our re-combined group of associate Entities as the Consortium. [/M]

The Consortium

Michael's Reunified Cadre on the Mental Plane



Michael's Consortium continues to use Soul Age and Overleaves as a primary terminology due to its clear descriptions and focus on the Physical Plane journey. Yet, with the infusion of combined knowledge from 6 other entities, their message expands. Michael' energy signature on the Causal Plane is an Animated Intelligence.

Later, in 2016, it would come to my attention, that one of Michael's companion Entities in their cadre had been channeling the same archetypal materials as the Michael Teachings. That Entity is actually prominent in Germany channeled by Varda Hasselman and partner Frank Schmookle as "Die Quelle", translated as "The Source." They too employ the Overleaves and Soul Age cosmology but bring a fresh and different perspective. Those variations are presented in their book "[Archetypes of the Soul](#)" (English translation), bore unmistakable similarities to what I had been receiving since the Consortium emerged;

{MC} We, the Consortium, view ourselves as information providers, not dictators of morality or reality. Indeed, there are far too many Preachers and far too few real Teachers, in your world today. The difference that we observe, and hence abide, is that the former tells you what to think; while the latter helps you learn how to think. The latter course is a far more disciplined and conscientious activity than the former. Both use the Intellectual Center but to different ends. Prognosticators want you to adopt and replicate their view; in same the way that a programmed algorithm is installed on the hard drive of your unconscious mind and is triggered by various cues. That is merely passive replication and mimicry. No evaluation! And far too often, when situations arise that are not accounted for by their preprogrammed codes, they generate responses like error or bad input. In human terms they deny events or rationalize them in whatever way seems to squeeze into their parameters; whether it makes sense or not. The teacher, by contrast, is charged to activate the mind. Thought requires one to do more than calculate or approximate, but to expand the parameters of existing knowledge through the rigorous processes of analysis and testing. In fact, the process is one of conveying to you the actual programming language, metaphorically what is now termed “open source code” so that you can uncover the algorithm formed by Spirit (your Overleaves) and then perhaps even ‘tweek your code’ to optimize your performance. This must be modeled and consistent to be viewed as fact; not simply digested as the pabulum of belief. We have said that the patterns of our teaching are found in every domain of Nature and thought, but faith in those patterns is neither required nor encouraged, simply offered for clarification, review and ultimately your testing for validity. Yet attention is to be paid to them as ‘thought containers’, or as standards for a source of study; to actively evaluate, compare and contrast. In this or any such research, you find revealed a broader schematic of understanding. This is our intent for you. Consider yourself a student at this time; learn through experience, and reject the old ways of being conditioned, i.e. – to conform just to appease the expectations of others. {/MC}

Now you have been introduced to the expanded co-author of the Michael Motivation Cards™, some additional commentary is necessary for specification and for ethical reporting on my part as author.

The Applied Michael Approach™ (AMA) and the Soul-Ciology™.

Evolution is change. By definition, it generates diverse variations of a thing to continue its adaptive process to conditions in the environment. These novelties are set into constant testing to determine its “fitness” (meaning *fit in its niche, not superiority*) which in turn promote and enhance the survival of that creature. That process applies to a collective like a species, but also the advancement of a system of interrelated parts/objects as well. In the case of the latter, a system is constantly generating variations, spawning those which further their diversity. Along the way it is inevitable that branching-off occurs and deviates from the original viewpoint. So too I have done so, from the OMT with my AMA. After many years of studying diverse interests, I’ve found they have been to build upon them as-is and find in other intellectual and spiritual disciplines notions that are consistent, complementary, but also contrasting in viewpoint, all in an effort to substantiate this magnificent thick narrative of human existence. By analogy only, you might think of the OMT as Freud’s original version of Psychoanalysis; and my AMA as the Jungian derivation of that work. In their case and in mine, much of the terminology is used almost identically. Yet in Jung’s work (and mine) I’ve introduced the idea of Archetypes (in concurrence with De Quelle’s viewpoint), rendering this work more psychological than metaphysical. I honor those Michael “loyalists” to help them distinguish any differences they detect by acknowledging these differences. In doing so, I more clearly introduce and represent my own perspective and objectives for my work; that while they coincide with the OMT, they are not strictly identical to them.

But there is a second reason. Human beings like to argue! And appropriately so when the objective is the pursuit of, or clarification of, knowledge; perhaps stumbling across truth along the way to useful wisdom. Yet, what the egocentric side of human nature (here I use the term more similarly to Freud and Jung – not making it an enemy but a structure of human personality), often does is seek to feel secure in what it knows, not necessarily embrace new information. Frequently, constructive debate of ideas devolves into a turf battle of “who is right versus who is wrong.” Fear of losing status or power in a group setting is preceded by a fear of losing certainty about one’s reality in a psychological sense. Orthodoxy in religious dogma, a political outlook, and economic class, or scientific theory can become a fixation of belief for a mind that needs to identify with it for intellectual stability and perhaps even prowess. Therefore *the risk of being wrong is tantamount to an existential threat!* The more complete the attachment to a preformed belief system, the more rigid its adherence and subsequent defense is likely to be.

The philosopher Arthur Schopenhauer spoke of the evolution of ideas as a process of vehement disagreement saying “*All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident.*” The best way to confront a pattern is to witness it and name it. I need *not defend my*

viewpoints because I do NOT claim them to be THE truth, just that which seems most truthful to me! I offer them in the dialectical fashion that Michael Students would recognize as *the triad of positive, negative and neutral*, in pursuit of greater understanding of what truth might be. But how many of you have the education to realize that this three (3)-fold process of evaluation, leading to stages of iteration, is actually G.W. Freidrich Hegel's famed **structure of dialectic**: thesis, antithesis, and synthesis? Here, it is asserted, that evolution is served by the presentation of a novel idea, it is next countered by outline of its contrasting position, the generally accepted orthodoxy, and then in the synthesis both are eventually incorporated into a new paradigm. That synthesis is not a 'compromise' like rationalization or negotiation, but the discovery of a more common ground where some elements of both generated something new. This process is ongoing. My view of the Original Michael Teachings as a source of clarity infusing my life with purpose and curiosity for me is sacrosanct. But as I have explored other teachings, sometimes antithetical – as I mentioned in my dedication by Ernst Becker, it has caused me to rearrange, add, and sometimes alter concepts providing points of view which seem to reveal and elucidate their function in human life in a more comprehensive or precise way...*for me!* But my point is...can you take this alternative approach to the OMT, my AMA, and evaluate it in a way that is not defensive? If you can, then wonderful! If you cannot, I pose the question that I do to all of my clients, "what emotional charge comes up for you? (naming the emotion and how high 1-10 – Go to the Juice-Scale on the Zing-Clunk Meter). Then, *what meaning does your mind make* to want to accept or reject the idea so vehemently? And, if you do, can you formulate valid arguments to constructively reveal your understanding or do you simply fall back into common refrain of "because that's the way it is"? If so, the more accurate Ego defense in operation is generally some assertion of "because I said so."

The phrasing of these last two questions is the underlying premises of the AMA. Namely, your emotional attachment to any identity, belief, or idea and where does it come from? In posing those two questions about anything - person, reaction, preference or situation, the resulting answers raise awareness of your own inner processes, but also collectively in greater knowledge about human nature itself. For me, that outcome is far more important than jumping into the box of a Role or a Soul Age:

{MC} One's beginning life blueprint is the initial narrative written by Essence and a character developed as Personality. In the process of living/learning, you discover more accurate terms to tell your story and will be less likely to merely accept labels as if you were an end product of someone else's design. You are a process unfolding with yourself as the writer, editor, and actor of your own life script and personal history. But the settings and themes you find in yourself are the challenges of living and livelihood.}{MC}

Comparing the Assumption of OMT with the AMA

This Chart is a side-by-side comparison between the assumptions of the original Michael Teachings and the Applied Michael Approach presented by this author. My reasons for this overt differentiation is that I perceive it my ethical duty to reveal them for adroit Michael Students. By summarizing and contrasting these practical differences, one can more crisply grasp the philosophical implications of both leading a reader to grasp their logic more clearly.

Original Michael Teachings	Applied Michael Approach
<p><u>Intellectual Centered:</u> Oriented toward the Mind. Introduction of new concepts and processes about the mechanical nature of being human. Gives a broad framework that provides an intellectual container, but does not restrict the possibilities of what may exist within it.</p>	<p><u>Emotional Centered</u> – Oriented toward Motivation. Aims to enhance literacy about your inner states. Then tools to assist you in detecting, identifying, then feel into that fuel and how you are using it.</p>
<p><u>Essence Process:</u> Design and Understanding</p>	<p><u>Personality Process:</u> Behavior and Self Awareness</p>
<p>Concerned with Evolution of the Essence: and– Living from neutrality or Spiritual Growth</p>	<p>To assists the Personality in awareness and accountability – Making choices based on courage</p>
<p><u>Key Motivators:</u> Fear and Love</p>	<p><u>Key Motivators:</u> Pain and Pleasure</p>
<p><u>Overleaves are Metaphysical Personality Traits</u></p>	<p><u>Overleaves Metaphorical and Archetypes to Choose</u></p>
<p>Past Lives Exist as Karmic or Self Karmic carryover and agent of preferences and phobias.</p>	<p>Past Lives are useful as representations of a pattern or a guide to where some pain has been recorded.</p>
<p><u>Chief Feature View:</u> as something to be “extinguished” because it is motivated by fear and leads to False Personality.</p>	<p><u>Comprehends Chief Features:</u> as Survival strategies of the Ego to protect the personality. Each has a positive use that can accentuate individuality.</p>

<p><u>You create your own reality.</u> Everything was planned by Essence –This implies that all opportunities of life are predestined and your only choice is how you react to them. Yet, somehow another may deny you a choice. It implies that “at some level” you manifested or arranged for everything to happen or arrive.</p>	<p><u>Life is about choice.</u> Essence influences in life options are influenced by chosen Overleaves and life plans. Yet, talent, luck and available opportunity combine to allow for maximum diversity. Outside circumstances have an influence as well. You may still choose your attitude toward the situation. But not everything is in control.</p>
<p><u>Reference to Logos:</u> The metaphysical structure of the TAO as immutable and multidimensional affecting actions in the Physical world.</p>	<p>Focused more upon the Physical Plane and <u>Ethos</u> (Ethics of Behavior) and <u>Pathos</u> (the emotional dramas that motivate it) to integrate under a purposeful life.</p>
<p><u>Soul Age:</u> is a subject offering an understanding of the variation amongst Overleaves. Offers a way of understanding one’s own and other predilections.</p>	<p><u>World View:</u> characterizing cross-cultural similarities in various sub-groups. Same as 2nd sentence. Offers options for styles of communication.</p>
<p><u>Young Soul and Mature Soul Paradigms:</u> in struggle with each other. Commentaries abound on why or how this will eventuate.</p>	<p><u>Dominance Aggression vs Conscious Awareness Models:</u> Looks at economic and social attitudes and institutions which seem to react.</p>
<p><u>Spiritual motivations:</u> (Overleaves and Soul Ages) as causal agents for life directions and outcomes.</p>	<p><u>DNA and environmental agents:</u> combined with political and economic factors, but resemble the MT traits.</p>
<p><u>Accepts mysticism as factors in events:</u> Asserts that the “law of attraction” is the major driving force – along with Karma and Essence plan (pre-determination) bringing factors into play which a person experiences as the reality they are part of.</p>	<p><u>Causality from worldly events and personal actions:</u> However it does not deny the possible existence of background motivations from early childhood or even past life insinuation.</p>
<p><u>Asserts the mind is the primary mover of evolution:</u> That a determined or clear mind will manifest whatever it can imagine. Yet, emotions get in the way and retard this process. The mind must control emotions.</p>	<p><u>It’s the “juice” of emotions which are the primary and primal power</u> that drives any idea, motivation, behavior (strategy) or social movement. Group emotions combines forces of individual or social energizing whatever rises as the dominant acts.</p>

<p><u>Emotions are a creation of the mind and the thoughts</u> one holds. Change the thought, change the emotion.</p>	<p><u>Emotions are the fundamental mechanism of spirit</u> for communication from Essence to personality. The Mind can learn to understand and help channel emotion.</p>
<p><u>Lump together life itself with the process of “living it.”</u> While the two are connected there is more emphasis on description than how to actually work the process. “Sliding” is an often vague and misunderstood term which can diminish in written form or in channeling the enormity of the energy required for such leaps of change.</p>	<p><u>Holds life as a material creation,</u> the noun, the matter, is amazing and beautiful. But humans “living it” is the process of interactions and they might not produce experiences vastly different than ‘amazing’ to the individual. Emotions are generated from the dynamic process and are not just from existing beliefs. Change is constant.</p>
<p>Fear is the ultimate hindrance to growth, love, and prosperity. Eliminate fear and the process of living has less friction, causing one to contrive</p>	<p>Fear of fear is the reason people act in ways that can rob them of courage to act and the joy of experiencing it. Shame is a far more debilitating emotion than straight fear.</p>
<p><u>Anger is always a secondary emotion to being afraid.</u> Holds that hate and anger are the same. It retards connection with another.</p>	<p>Partial agreement to the secondary hypothesis. However, <u>anger can also be aroused when someone’s deepest values or principles are threatened.</u> Anger becomes the steel to cut through illusion and see things without embellishment. Hate has fear in it, fury not.</p>
<p><u>“We are all one.”</u> Invoking the idea of our mutual connection and creation from the TAO.</p>	<p><u>“We are all in this together.”</u> What each of us does have an effect upon each other. In practical terms, there is no delusion that factions of humans exist, generally because of national borders, income, and soul age attitudes.</p>
<p><u>Somehow, everything will work itself out.</u></p>	<p>The only way that things change direction is when a large enough number of people begin behaving in a way that will move populations in that direction.</p>

<p>Everyone is free to choose.</p>	<p>License is not freedom! With enough might, it is possible to deny people physical liberty while impeding their ability to see that they are free to think for themselves. However, Winston Smith in Orwell's 1984 was terrified even to think such thought because of threats of torture.</p>
<p><u>Introduces multiple planes of existence as the place of an afterlife.</u> Karma is the mechanism which compels a person to continue to incarnate. It affects future lives and is best avoided.</p>	<p><u>Unconcerned with the "hereafter":.</u> Actions taken in this life are the most important. Fear of karmic creation itself is a contradiction in terms or a self-karma.</p>
<p>If one is not outwardly expressing an emotion then one is not actually having or feeling an emotion. Yet karmic residue is emotion constrained and unresolved.</p>	<p>Repressed Emotions are just as real (and progressively grow more volatile) than those that are expressed when they are being felt. There are times when tempered or delayed expression is useful as a strategy or safety or urgency. However, this condition is manageable only when a person is internally aware of what they are actually feeling.</p>
<p>There is only one TRUTH! And it is absolute: Logos. There are various levels of Truth: Personal, Group, World, and Universal. Truth is there to be discovered.</p>	<p>Facts are events or processes that can be shown to have happened or be repeatable. Truth interpreted from them is often personal. Truth is to be pursued and not proclaimed as being in possession of it.</p>
<p><u>As Above So Below:</u> Implies that everything that happens here is somehow come from on -high.</p>	<p><u>As Below So Above:</u> The other half of the Hermetic credo – However, I would suggest that if we really “create our own reality...individually or collectively” then what WE do gets sent on-high as the dominant vibration available to us.</p>
<p>Absolutes and Boxes: How you fit in them</p>	<p>Containers with Relative sizes: How you work with them, and go beyond them.</p>

Definitions are seen as standardized and assumptions are orthodox	Words define our understanding of all these. The ideas keep morphing as we learn more.
Overleaves are Fixed – A person does not sway from them.	Overleaf Energies are Defaults –They are one’s primary activation. Everyone learns to deal with all of them.
Getting Peace and Getting Done:	Getting Clear and into Action – Learning is Advancing.

Soul-Ciology™ and the Shifts of Paradigms

Everything nested within the AMA has applicability to a more social and psychological overview about the human race. I’ve designated this thesis context: Soul-Ciology™. Humans as a species have the competing interests borne of limits of Soul Ages awareness, which I refer to as World Views. Soul-Ciology is my framing and comparing of socio-political positions generated from the soul perspective of persons of various World Views. Though my investigations have shown little metaphysical exploration into the concept that socio-political and familial-religious beliefs are influenced by the diversity of perspective that follows the maturity of the soul, and collectives of soul perspectives in cultures and societies, I believe it may illuminate many nuances, and avenues for solutions, by doing so.

To begin, it is importance to re-announce, using World View instead of Soul Age terms, that the entire planet, but mostly its dominant species, humans are at an evolutionary precipice or shift point. In terms of the Michael Teaching that we coming to the end of the Young Soul (Card 73) perspective or paradigm and entering into the next phase, the Mature Soul perspective (Card 74). Just as the Soul Age or World View path of development is inevitable for an individual, so too is it applicable and inevitable for a collective of souls as well. Yet, here is a caveat that is vital to understand, and it relates to free will and the power to create our own future through our choices. **Evolution is inevitable, but advancement and improvement are not!**

[M]“The only reason that some people believe that their Free Will doesn’t change anything is because they don’t vigorously exercise it. Even when they do use it, they often don’t notice when it did effect a change they wanted.” [∕M]

Activities chosen by human beings directly have an effect upon Nature and thus the livability and sustainability of planet Earth. Human consciousness will progress to the next level from sheer momentum. But whether or not the conditions

are laid for the planet, and the well-being of all living creatures to flourish, it is completely at the effect of how you manage your resources. Many 'New Age' philosophies have asserted some automatic guarantee that everything will be just *peachy*, and somehow... "all work out". Like hundreds of religious dogmas before them, such conclusions are based upon *Magical Thinking* and not upon the mature awareness of critical thinking. For those who claim free will and human abilities as creators, then the only reality one can honestly embrace is that whatever overt actions you commit, or covert inaction you abdicate your personal responsibility for, **IS WHAT WILL SHAPE THE FUTURE OF THE PLANET AND HENCE THE QUALITY OF LIFE FOR ALL LIVING THINGS!** Thus, if you want to have a more sustainable planet, a more just society, more equitable distribution of resources, and an expansion of human awareness leading to a deeper grasp of universal knowledge, then these realities must be actively embraced. Abdication for personal responsibility, or the adherence to superficial and insubstantial beliefs, will still karmically commit a Soul to reincarnation to a planet they will be bound to help heal...if it can be!

With this in mind, I offer you the AMA as an augmentation, rearrangement and contrast of the terms of the OMT and not proclaim some absolute truth. The universe is dynamic, not static! So should be the understanding and continued exploration of the Michael Teachings.

Emotions: Evolution's Propellant -Context in the Applied Michael Approach™

Recall that I use the word emotion to mean: *energy in motion*. Emotions are our essential signals from Spirit, which act as our guidance system for human conscience, and when we learn emotional literacy – our doorway into self-awareness. As I've alluded to during many descriptions to this point, naming our fundamental emotional reactions to any incoming stimuli or event is the key to expanding our awareness. In my shorthand, I call any strong emotion...*the Juice!* And life is all about how much Juice you bring to it. When using the Cards pay attention to any spike in *Juice*, *whether you deem that juice positive, desirable and pleasurable or negative, repulsive and painful*. Each charge of over a level 4 carries a worthwhile signal for you to pay attention to. What does it indicate?

Once the spiritual, or as I am aggregating them as metaphorical or archetypal aspects, are elaborated; further investigates the claim asserted in this treatise; that no matter what your strategy or "reasons" may be; your underlying motivations have been shaped, and anchored, by the *forces of emotion*. They can appear as biases thought, of our favorites, tastes, preferences, penchants, or predilections. They are equally held in place as the prejudices, we might call our preconceived notions, dislikes, bigotry, and hypocrisies; all active because of the galvanizing force of some emotion(s) fused to them. The charge of "juice" that an emotion produces has effect upon one's rationalizations and strategies to react. Yet, traditionally, base-primary-primal emotions are often misidentified with what I will call *secondary interpretive labeling*. This not only occurs when we are communicating them to others, but it short circuits both our neural wiring and confuses our ability to trace their origins. Those ongoing distortions can ripple through one's psyche and relationships, leaving a spaghetti like mess of misunderstood entanglements. All emotions are tied into the base level primal factors of pleasure and pain which opens us to the spiritual dichotomy of love and fear.

Here I once again reiterate the Four Stepping Stones for Spiritual Evolution:

- **Consciousness** – Literally alive and cognizant. Noticing of things. The ability to feel; more specifically, it can suffer and develop fear and defenses from it. An animal/human can be highly conscious of its surroundings, but have no self-awareness, little unique intelligence, and nothing but species memory, not knowledge.
- **Intelligence** – Taking cognition and turning it into words, pattern recognition, and problem solving abilities. But also, to create abstract ideas from extrapolating patterns of physical phenomena. The growth of intelligence usually coincides with the growth of awareness. I contrast this with "smart" or "clever". Any animal can be cunning. It has a range of developed instincts and is vigilant.

There may also be a specific kind of skill or degree of acuity with that skill that does not directly reflect on the general knowledge base or ability to contemplate. In the world, we can see many examples of certain people who are highly skilled in a technique, behavior, or craft; but whom in deeper conversation, have either a narrow or shallow grasp of larger issues in play. Also, there are many variations of intelligence that interlock with situational awareness. Think about Forrest Gump. Not much cognitive ability, but great emotional intelligence.

- **Awareness** – One of the key aspects to genuine self-awareness is regular self-disclosure between the sub-conscious Ego and the more overarching Self. Additionally, the use of Mindfulness practice to open to the whispering voice of Spirit to offer its counsel. In other words, it all rests on the abilities to listen and tell oneself the truth. It is built on a foundation of recognizing one's internal reactions to external stimuli. Paying attention to the effects of actions upon self and other. Having the capacity to pause, reflect, analyze and account for the emotions and sources thereof about one's life. One has to be conscious to be aware, yet only minimal knowledge is needed. Even when one cannot problem-solve well, a person with self-awareness faces this kind of dilemma with humble self-honesty and pays attention to their intuition as an emotional guidance system for visceral information.
- **Knowledge** – On a species-wide basis, it is the sum of ideas that have been acquired, considered, tested, and finally seen as facts that can be replicated any time. On an instinctive level, knowledge resides physically in the cell memory of all our ancestors' collective functionality, transmitted through DNA transfer. On the psychological level, Carl Jung gave us a term, *the Collective Unconscious*, where our race history has its depository deep in our psyche. Adding the effects of the two previous together, Rupert Sheldrake proposed a dynamic notion of species wide connectivity the "morphic resonance field", which was made famous in the allegory of *the Hundredth Monkey*. Innate knowledge for the individual is information that has become reality for that person. It is a combination and assimilation of all of the three aforementioned layers: consciousness, intelligence and awareness. Knowledge has an element of personal experience; use, direct memory, or visceral feltsense. Knowledge can be stored in either the part of the mind that is active and awake, capable of being recalled; or innately stored in deep intuitive understanding, the sub-conscious. Even without the awareness of a detailed vocabulary to describe it, the latter falls under the heading of personal unconscious. It is the basis of the procession of learning that we call Soul Aging.

Gaining Awareness of Emotions is Gaining Knowledge of Self

I am redefining some of the parameters around which most people confuse or misunderstand and mislabel the various kinds of emotional energies there are. I

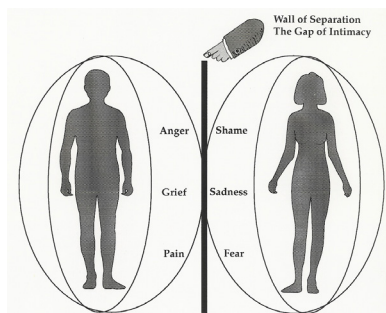
borrow the term coined by psychologist Daniel Goldman, *emotional intelligence*, to speak of those who might be subtly aware of the emotional status in relation to anything that is happening to us in a given moment. But to gain a deeper knowledge of ourselves and the dynamics of communication between persons, we must begin with emotional literacy, i.e. the ability to accurately name which streams are running beneath the surface. So the identification of emotional states must rely first upon accurate description and definition as I intend them. Some of you may dispute my parameters in my definitions. I welcome meaningful discourse and constructive disagreement. My objective is not to be right or righteous or the absolute expert or Grand PoohBah of all that is. In fact that level of *selling this* would ultimately be bullshit. It would be grandiosity, which is one of the Ego's many masks, to hide its own vulnerability. Because otherwise, we would engage in psychological projection. Instead I stand humbly, with my spirit, even though sometimes afraid of the pummeling that I might receive, and knowing that I'd rather find the bedrock of truth, then swim around in a quicksand of self-deception. Or, sink us both in a mired swamp of deceit.

Emotions have Duration: Gauging Which is Which

- **Reaction** – Instantaneous, Immediate, Authentic
- **Mood** – Situational, Seasonal, or about a circumstance
- **Temperament** – Born with, Instinctive, Overleaves

3 Strategies to Cope with Emotion

- **Express them:** Fully naming the Juice, the intensity, the dialog or association, and allowing yourself to feel them without self-criticism or resistance. This can take practice!
- **Withhold them:** You know something but choose not to tell it out of fear or strategy.
- **Suppress/Deny them:** Trying to hide the emotion because it may not feel safe to express that emotion. This can lead to depression in the long run.



What happens when we override our Emotions?

They eventually explode or implode!

Most Self-Help, New Age, Religious, and Psychological philosophies categorize certain emotions as “negative.” Pronouncing painful emotions as “bad” or “undesirable” or “inefficient” has made us want to avoid, dislike, judge, and even override these emotions. Our relationship to these parts of our human experience is “*Oh no, not those ugly feelings again.*” Hence, we will use any strategy we can to avoid them. In trying to avoid our painful emotions, it is akin to adding flame under the pressure cooker. In the Loving Communications© Model, this process is analogous to the offset in pressures like one sees when a full balloon is compressed on one side and then must bulge somewhere else to compensate. That process came to be called the *Suppress-Express Effect*. Later you’ll note references to two corresponding effects which are related to emotional suppression and how it is detected by others. But eventually, whatever the emotions suppressed within become repressed until they are seething; eventually they will displace (explode or implode) into the maladies listed below:

Suppressed Emotions can lead to behaviors that exaggerate or contract our possibilities:

- Suppress Joy or Hope / Becomes Cynicism
- Suppress Sadness I Becomes Depression
- Suppress Hopelessness I Becomes Grief, Apathy or Depression
- Suppress Grief I Becomes Disease and Exhaustion
- Suppress Fear / Becomes Terror and Insanity
- Suppress Powerlessness I Becomes Apathy
- Suppress Shame I Becomes Hatred & Blame or Suicide.
- Suppress Anger I Becomes Rage and Violence
- Suppress Rage or Resentment – Eventually to Violence or Self-Sabotage or turned inward, Disease.

Even if you are not aware of an emotion in a given moment, when you are triggered by something it will surface! If it has *high juice* (I.e. repressed compression), then you are still at the effect of it. All strategies to suppress or talk yourself out of your emotion are still driven by the “Oh no, not again” impulse. Strategies do not empty or eliminate that emotion. Indeed, the very act of trying to avoid having an emotion means that you are still motivated and controlled by the force of emotion itself but more precisely because a pain-based belief has become fixated. Ultimate-

ly, both must be “gotten” and the emotion *expressed*. Evolution HAS ALWAYS OPERATED BY EMOTIONAL EXPRESSION! The choice is the modern era, one only you can make for yourself, is whether you *run-the-juice safely and accountably*, or whether you continue to use random events or confrontation to give you permission to have your dump?

Our Social Context About Emotions

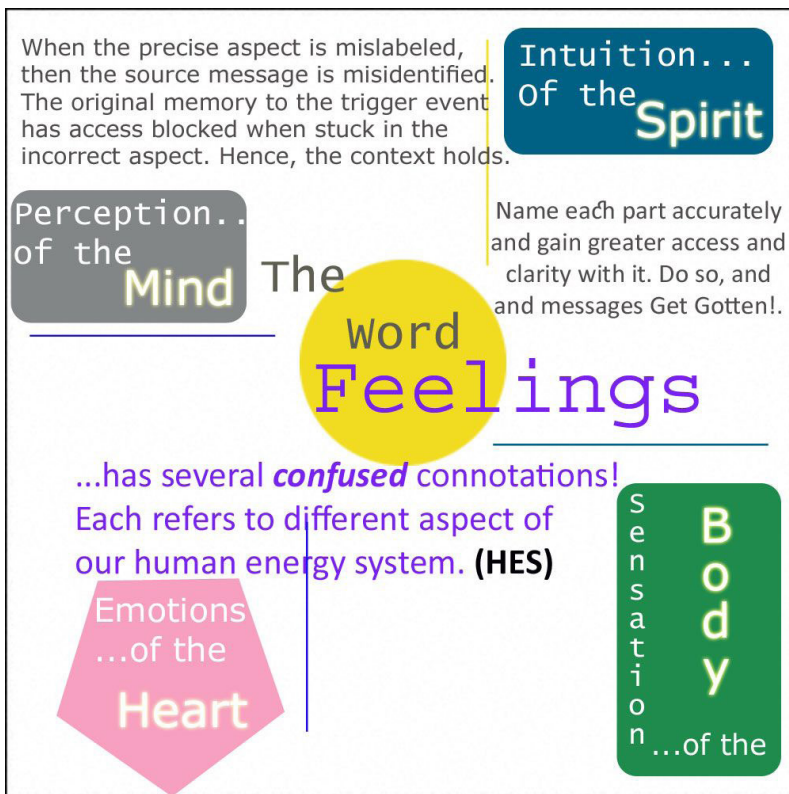
Most Spirit adepts and Psychologists alike, considered emotions to be the step-child of the mind. Evolutionarily, however, emotions developed far earlier than thought. As a preceding statement, know that I differentiate the concept of the mind, from the wetware controller of the coordinated physical body: the brain. The brain is, of course, the central processing unit (CPU) which has evolved over eons. It is the neurological/cognitive apparatus that generates the electrical field in which emanates the mind, i.e. where thoughts are formed. But also in the brain lie the amygdala, thalamus, hippocampus, corpus-collosum and pineal gland, and other aspects of the limbic system which translate emotions into sensation; then down to the brainstem, the reptilian brain – the medulla oblongata, which governs physiology and motion then into reaction. They are all founded in the brain! They inform the mind, but they are not verbal like the mind! And the more intense the presence of an emotional charge, the more likely one’s mind is captured and swayed by it.

The Great Confusion: Dissecting the Word “Feelings” into its Parts

Language, I have maintained throughout this book, will be the key for gaining greater awareness personally and eventually contributing to the sum total of human knowledge collectively. Like the formation of a beach on the side of an ocean, we each contribute a grain of sand/experience until it accumulates and gains the distinction of being more than just shoreline.

In any human lexicon, language usage may sharpen or blurs, enhances or diminishes, our awareness of layers and the meanings or designs in each. In English, there is one profoundly treacherous quicksand of distorted meanings which helps perpetuate our ignorance. That Word is FEELINGS! As shown in the graphic below, it is a word whose multiple uses direct our subconscious wiring, aspects we can literally analogize to our neural network in our brains, is then confused and even ‘short-circuits’ our deeper understanding of a multilayered experience.

To gain knowledge, and therefore some power with our emotional states, we must learn to dissect our statements and the use of the word FEELING, into its component parts.



The 7 Steps of Dissecting the Word 'Feeling' into Component Parts

- 1) **Intensity of my State (the Juice) is:** 1–10– See the Zing-Clunk SomaMeter below.
- 2) **My Emotion(s)** attached to it. (i.e. anger, fear, shame, glee, contentment)
- 3) **My Body Sensations** present are: Pains, tingling, tightness, backache(s), etc.
- 4) **My Thought or Inner Narrative is...** “That hurt so much. He is a bad, mean, ugly person.”
- 5) **My Strategy** used to protect myself or acquire safety. These can be Behaviors or Attitudes.
- 6) **My Relationship to or Decision** about the Emotion, Thought, or Strategy being OK or not.
- 7) **My Conclusion** made about an event or person. Phrased as: “**My Mind Makes the Meaning.**”

Use the table below of **Primary and Derivative Words** to help unravel the emo-

tions – motivations that you are aware of in any given circumstance or confrontation, and you can begin to find the “buttons” that activate you. Remember, those trigger buttons may also react to situations where you are flattered, or attracted, or joyful but still might have some unconscious behaviors going on that cause you to perceive yourself as uncomfortable with your own reactions or the actual overtures coming toward you.

Dissecting the Communication and Naming the Emotion

One of the most difficult things I’ve found to relay to a person is how significant the activity of parsing-down the word *feeling*, into its component parts. The deconstruction of the word singles out places in the brain which are generating stimuli that we are experiencing, but not actually cognizant of what or why. In the graphic below, *the word feeling*, presents a four 4 quadrant diagram. In each sector, an aspect of the word is factored more specifically into its actual component function originating from different Centers. Common American language usage tends to confuse these four fields and thereby causes the brain to overlap functions in a confusing manner and minimize the person’s ability to accurately deduce the source origin. In other words, for an aspect of Self to “get gotten” more precisely, it requires simplifying it to base components. Saying that I have a feeling that “something is wrong here” is an intuition based upon some stimulus originating from the Instinctive Center (Card 42).

Use of the same word to voice either of two different meanings gives rise to a crossing of wires in our minds, similar to the effect I’ve mentioned about the sloppy or catch-all use of the word “feeling”. When concrete and abstract references get interchanged because of the slippery vagueness of conventional grammar, our ability to differentiate is short-circuited. Confusion is given ground to take root and maintain a neural dissonance. Generally, however, at such a low level of voltage we hardly notice the constant background dissonance of inconsistency. When meaning distortion occurs often enough: where propaganda distorts truths, beliefs misinterpret or malign actual experience, or outright lies or facades are sold as “facts”; our system’s natural “bullshit meter” gets woefully damaged. Yet enervation of electrical discharge grows in our psyches. Instincts so activated, the system rebounds to ground itself against the constant low-level shocks. It seeks out ways to numb emotions and sensations, attempting to cope. It disables a sensory system which would otherwise alert it to the same incongruity it is now overwhelmed by, and ill-equipped to reconcile. To accomplish this, it seeks forms of anesthesia. These in turn, become our addictions. (- Card 66)

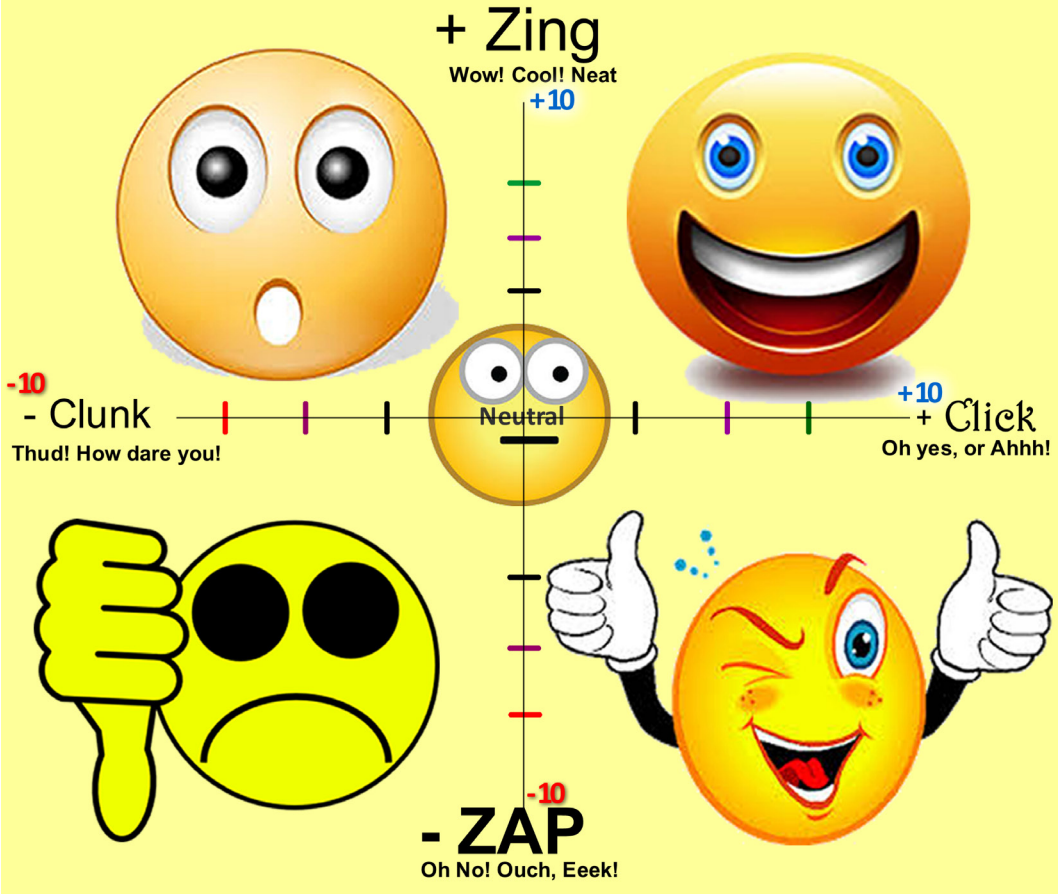
On a Scale of 1 -10, What’s The Juice? The Zing-Click Meter i.e. The So-ma-Meter

Using body sensation as a gauge is not new. Naming and categorizing those states

helps one to discern levels of meaning that is not readily identifiable to the mind. Gut feelings or nagging sensations are two euphemisms applied to visceral experience when they are activated. As the intensity of any emotion grows, even when a person has the capacity for a secondary “meta-awareness”, contextual thoughts and reactive *juice* are much more biased and fixate the mind. This is crucial to gaining awareness *NOT to put too much faith in your ideas when in high juice!* Instead, the practice of awareness and the discipline that needs development is naming and tracking an emotion(s) path of thoughts that it binds together in some narrative that has become buried beneath the surface of your awareness. This skill IS A HUGE step towards self-knowledge and healing.

The Zing-Cluck Meter or the Soma-Meter

Using body sensation as a gauge is not new. Naming and categorizing a "nagging sensation" or "gut feeling" or visceral experience when juice activates them helps you get gotten!



The Zing-Cluck Meter™ is a tool of body awareness for emotionally gauging your response to a stimuli presented to you. It is a tool you can use to determine how an emotion, thought or experience affects your Human Energy System. It

can help you determine if what you feel is an illuminating or refreshing zing, or an enervating zap, infusion of energy; or a decisive click like gears engaging precisely to give a surge of grounded power, or a thud in your body like a weight of reality was just dropped on you like an anvil. (See Card 65 - Karma, negative pole). Any of these body-emotional reactions bear some aspect of one's Instinctive truth (Card 42 – Instinctive), which operates unfiltered and the without calculation of the intellect. When there is a reaction which none-of-the-above stimuli have been triggered; a flatness or passivity (i.e. no sharp or detectable body reaction.) then the event: idea, words, situation, or card response has no personal energy attachment for you and appears as merely information. It is essentially a method for verbalizing an effect. In Michael and No-Fault Communication Sessions, it is quite common that I pose the question “**on a scale of 1-10, how intense was your reaction?**” It directs the client's attention toward noticing the many “background” energy shifts that occur in the presence of a stimulus. Languaging micro variation of intensity within a specific emotion from one moment to the next, and noticing when one type of emotion shifts to another, provides feedback to the Self. That information can help a person map, and then perhaps trace the pathways that have been in operation underneath their outward reactions. These “unders”²⁶ can be thought of as the thoughts and emotions stemming from previous experiences whose effects are detected, but the cause having remained hidden.

1. **Positive Zing:** Is a charge that exhilarates us. It fuels us with immediate emotions of enthusiasm, hope, or gratitude for having ‘got gotten” (i.e. profoundly understood.) Many experience these emotionally as a surge of excitement. Physically, as a shot of adrenalin or rush of power. Mentally, as a gripping attention or induced state of intense thought or immediate awareness of new possibilities. It has been called the “Ah-ha!” experience by some where something comes together as a new idea or solution.

2. **Positive Click:** When experiencing it, some will remark “I knew it, I knew it.” The confirmation would lend a sense of confirmation of something previously suspected but not confirmed. A release of some kind will ensue. It might be calm, laughter, tears or anger. The affect upon one's mind is “the truth is finally out, I can stop pretending.” It has been called the “Ah-ha!” experience by some.

3. **Negative Zing:** (or Zap) is like an enervating shock or being jolted out-of-body. One maybe momentarily stunned into silence, It is usually followed by feeling of going numb, or bewildered or discombobulated. Others experience the event with a deep confusion like a “circuit overload” which might trigger any number of defense mechanisms.

4. **Negative Clunk:** (or Thuds) have the effect of a sinking feeling. Michael

through JP Van Hulle once lightheartedly connoted it as “the disgusting ring of truth.” One feels an instant depletion of energy. Enthusiasm diminished almost completely as if “all the wind went out of your sails.” Doubt overwhelms your position or assertions. Your body may go limp or rigid, like you might faint or throw up. Generally, the effect occurs when some ‘truth’ has been exposed that you also believe but have hidden from; or when you realize something that makes total sense and makes your Ego feel completely wrong.

Zings are not necessarily “right” answers and getting a Clunk is not meant to indicate that it is somehow “wrong.” Take the zing or clunk as data about yourself.

A Story About *Juice*. Holly and me, with Fred and Heidi

Just paying attention to the intensity of your body’s reaction, even when it is not displayed outwardly, is essential for self-awareness. Juice is a euphemism. It is a shorthand slang, employed by practitioners of either the Loving Communication© Method originated by Fred Keyser and Heidi Fox; or myself and my partner and friend Holly Coleman and who work with the AMA derived hybrid called NoFault Communication™. We use *Juice* describe energy-in –motion, emotion; especially strong surges of it in any direction or of any particular flavor. Years ago, Holly and I were brought to the doorstep of Fred and Heidi in need of help to navigate the many complexities of feeling that two professional Empaths exchange with each other. One of the most useful qualities that they revealed to Holly and me was just how much we had taken *as-granted*. Not only had we often confused the names of the emotions with other mental concepts “miffed” instead of mild anger at a level 4, embarrassed or “offended” instead of shame- at a level 6; or when we were “feeling vulnerable” we were actually in a high state of fear, say a level 9. Individually, our capacity as emotional containers was very large, but eventually, even we would become saturated. Eventually, we borrowed Fred and Heidi’s technique of assigning a number of intensity to each of the emotions by speaking the phrase “on a scale of 1-10, I have having a # of named emotion; i.e. a 5 of anger and/or 7 of fear. As we began using rating method of intensity and the naming of emotions for sorting and clarifying, what emerged as a byproduct was a much quicker and more articulated way to dissipate the energy; but also, move towards finding the triggering events which raised and locked those emotions in us. That part of the process they referred to as “getting gotten on the context.” As one assumption of both Method’s hold, relationships (I’ve also called the Mutuality²⁷) Having such a wide array we were entangled with, it served not only to accelerate our finding deeper “buttons” with each other, but to accelerate the resolutions we could find between us.

Later, as Holly and I refined our own professional offerings, including a course we

27 A term of Saniel Bonder’s “Waking Down in Mutuality” from Waking Down: Beyond Hypermasculine Dharmas : A Breakthrough Way of Self-Realization in the Sanctuary of Mutuality Paperback – January, 1998 by Saniel Bonder, Linda Groves, and Daniella Woolf

called Psychic Hygiene and Energy Management, it became clear that an integral part of that work needed to include naming emotions, distinguishing them from thoughts, but also ranking their level of significance and influence using the scaling method of 1-10. But first, we had to state a simple method which could help a person notice when they had been triggered and whether it was one that exhilarated or enervated them. Hence the Zing-Clunk Meter. Now I employ these tools with my NoFault Communications Method™, using precision listening for emotions, contexts, and unresolved wounding which prevents one from Getting Gotten on their desires!

Getting Gotten: On the experience, the context, on the Emotion

Getting Gotten, or Grok, as coined by famed science fiction writer Robert Heinlein, is an experience of a noticeable shift in state of energy or focus of attention due to some new information being expressed. Paying attention to one's internal reactions is the first step in following the process where your understanding can change instantaneously. It may very likely appear as a physical reaction to words or conditions that consciously or sub-consciously validate a deep personal truth. Almost like a quick "hick-up" or jolt, like "goosebumps" that causes an immediate relocation to another emotion, thought image, or sensation of a previous time or place. That moment of 'getting gotten' is seldom under one's cognitive control; they are often released as an unconscious tick or visceral reaction. In such a state, it is common for a person to experience a sudden memory or realization from a previous moment from their past. Behaviorally, the person who experienced it, overtly or subtly, has a perception of being truly heard and understood by another.

One might phrase it aloud by reporting, "I just got gotten on that statement." Sometimes, one person doing something or using a tone of voice may be the trigger where the receiver is stimulated. Statements or impressions don't have to be exact 'mirrors' either. A mere resemblance may initiate that cascade of memories or sense of recognizing something similar or familiar. That their intent and the phrasing of it so closely reverberate with an innate or intended meaning, that it is common one might have an immediate and noticeable reaction. Metaphorically, at that moment, any log jam or stuck gears will have shifted; perhaps minimally and in other cases with maximum significance initiating moments of great inner movement. These sudden changes can be very profound. To the well defended belief or strategy, these can seem like being "outed" or "humiliated" into public scrutiny. It is the primary objective of the No Fault Communication™ to get people where they are, for who they are, as they are.

Getting Gotten can occur in the lower numbers of the Zing-Clunk Scale or in the higher numbers. In the higher (nearer to 10), the experiences of being understood or comprehended so completely may result in a life changing realization. Colloquially it might be referred to as an "ah-ha" experience, or "a peak experience," as

Abraham Maslow named it. In spiritual or religious circles the term ‘epiphany’ is often used to label the event or realization. But the common factor in these events occurs when a person’s *core context* about life belief, a historic memory, or some unresolved emotional turmoil suddenly “makes perfect sense.” A full body systemic relief can bring on an uproarious experience of laughter, more frequently a jolt of shock or a breakdown into tears; but not uncommonly, an uncontrolled explosion of pent up rage that has been held back by years of repeated rationalization. These changes are often sudden and can be very profound.

Western cultures tend to employ the Intellectual Center (skepticism) to override what’s going on in our “gut.” This can lead to confusion as to what is true or right for us because we are getting conflicting messages *internally*. So our mind is saying it’s a good idea, but your body is in resistance to it. For example: You tell yourself you should take the job, but you have a knot in your stomach and eventually get injured on the job and have to leave it. Use your mind, emotions, body and spirit equally to help you ascertain your truth.

This technique is very useful when trying to figure out what you “should do” about something in your life. When you use the Zing-Clunk Scale, you will generally get an instantaneous response, which has strong emotional and kinesthetic components. Notice that while you can get a quick answer using this approach, the mind may want to jump in and override the answer with lots of data.

CenterIng: Identifying a Zing & Clunk from Each

Intellectual Center: Expanded ideas, possibilities, no choices, creativity, opportunities; black and white thinking (Any collection of thoughts, images, or inner voices)

Emotional Center: Happiness, joy, peace, love, fearful, angry, loving, bliss, shame, helpless, sad, grief, hurt, etc. (Any emotion)

Kinesthetic Center: Warmth, limber, relaxed, calm, tight, tense, pain, flexible, restful, muscle tightening, cold, head ache, knot in stomach, nausea (Any sensation)

Human System’s Four Centers: Spirit, Mind, Emotional and Kinesthetic or Body.

<p>Spirit</p>	<p>Inspired “On track” Uplifting</p>	<p>Uninspired “Off track” Revealed</p>
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Intellectual - Mind	Creative ideas / Opportunity/Attention Possibilities / Options	Black or White, Binary viewpoint Between rock & hard place
Emotional - Feeling	Joy, Happiness Contentment Inner Peace	Depression Apathy Distress
Kinesthetic Moving/Visceral	Energized Attraction Motivated	Tired, Dragging Revulsion Procrastinating

Naming and Clarifying Primary Emotions from our Miscategorized Rationalized Ideas

Primary Simplified Emotions Use these Words and Notice!	Derivative Feeling, Behavior, or Accusation Words Simplify these to its simpler counterpart on the left.
Anger	Frustrated, irritated, annoyed, bitter, vengeful, hateful, contempt, mad, furious, vicious, hot, indignation, hostility, evil, animosity
Fear	Anxious, scared, tense, worried, suspicious, apprehensive, distrustful, terrified, bad, obsessed, aversion, greed, terror
Shame	Stupid, dumb, humiliated, embarrassed, mortified, self-destructive, self-hate, offended, hurt, superior, lust, arrogant, attacked, critical
Sadness	Grief, depressed, down, angst, melancholy, anguish
Confusion	Uncertain, mixed-up, chaotic, neurotic, scattered, out-of-control
Guilt	Sorrow, remorse, betrayed, blame, avoidance
Shock	Stunned, surprised, startled, amazed, dumbstruck
Hopelessness	Resignation, loneliness, loss, tired, despondent, gloomy, glum
Helplessness	Numbness, despair, victimized, overwhelm, frozen, morose

Powerlessness	Defeated, useless, abused, uselessness, anonymous, insignificant
Glee/Elation	Happy, delirious, giddy, hyper, silly, giggling, funny, crazy, zeal
Peace	Contentment, satisfaction, calm, serenity, grace
Joy	Serenity, bliss, glad, gratitude, appreciation, beauty
Love	Like, affection, devotion, amour, cherish, appreciate, loyalty, safe
Power	Secure, confident, trusting, competent, potent, mastery, assured
Hope	Sanguine, expectant, faith, commitment, optimistic, sure
Enthusiasm	Exhilaration, cheerful, inspired, passion, thrilled, mirth
Curiosity	Engaged, captivated, inquiring, piqued, interested,
Satisfaction	Contented, fulfilled, quenched, sated, gratified, satiated

These emotions and their derivatives are also represented on the Vitality Tone Scale™ below.

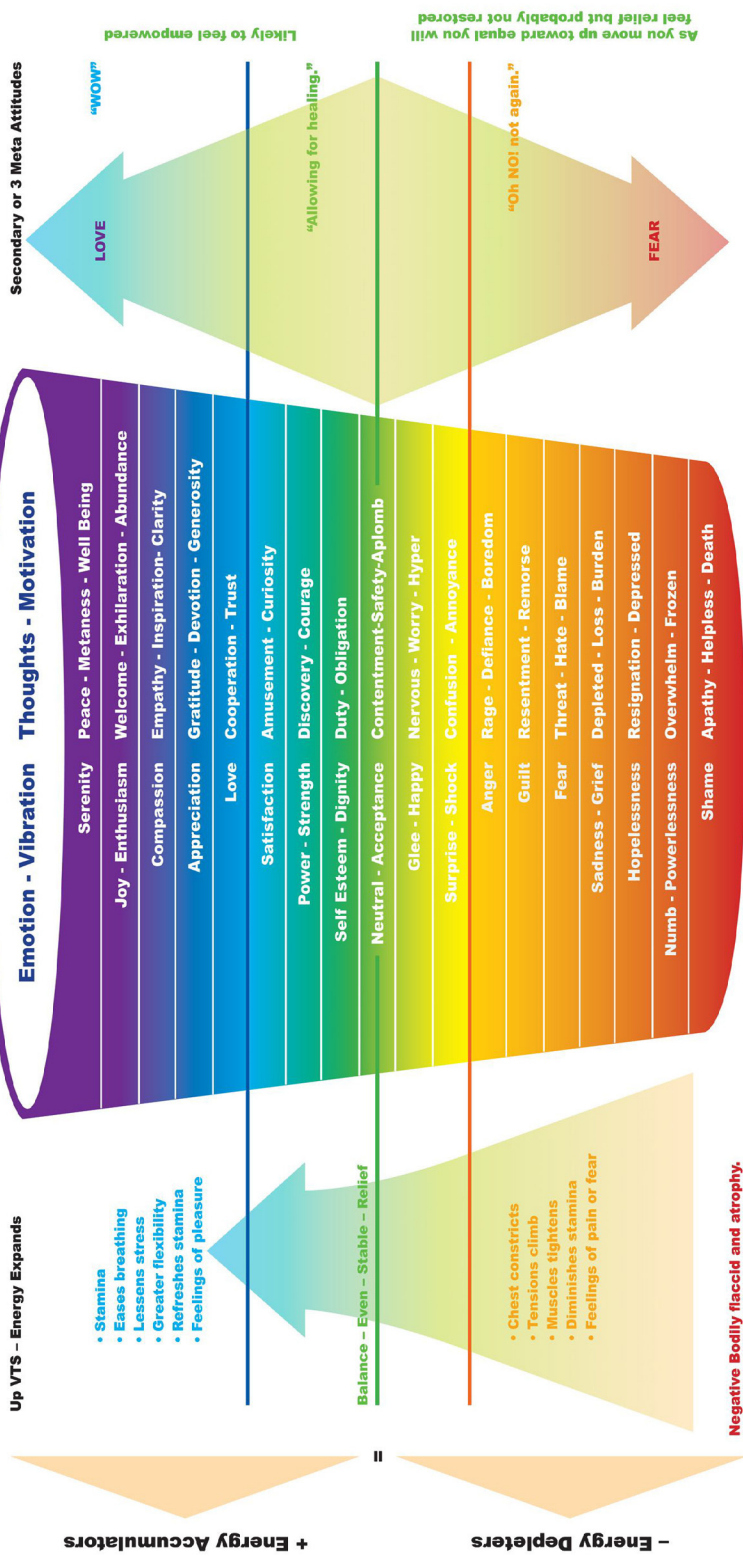
Recalling back to a statement mentioned earlier said by famed inventor Nicola Tesla, “If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” The Vitality Tone Scale™ (VTS) equates emotions with states of vibration and from vibration into physical vitality. No emotion is “good” or “bad” but each radiates a level of gravity or density that is registered in one’s attitude; enhancing or dampening one’s ability to garner energy. The VTS graphically depicts, in ascending order how one might feel/think at each level.

Understanding Energy Reserves From Minus to Zero (0) and Zero to Plus

The subject of Life Force Energy (LFE), called Prana in Sanskrit, Chi in Chinese, Mana in Hawaiian, and perhaps Grace in English, it is battery source (Card 58) of vital energy necessary to exist. Your battery can either be drained by fear or recharged through love (Card 57 & Card 41). One of the more subtle features of use VTS displays has to do with assessing how much, and or when, your batteries are being depleted or recharged. One outgrowth of this measurement is whether someone may find themselves enjoying the relief of a partial restoration of LFE drained because they have sunk well below equilibrium and are instead merely (but necessarily) getting back to even. That measurement process is what I mean when I indicate moving *from a minus to zero point*. Sleep, weekends, vacations, or alcoholic beverages are often used as strategies to climb out of deficit and just get “back to myself.” Above the middle line, or Zero line of “Acceptance/Neutral” one can begin ascending up the VTS where one begins to gather LFE beyond what

is needed just to survive or exist in stasis, but feel the surge to begin to strive, and then as you raise your overall sense of wellbeing, even perceive yourself as thriving as your experience of life. Having emotions and attitudes in the top half of the scale, from Zero to Plus, causes progressively more life affirming experiences for you to notice and perhaps even attract into your life. You will still age, but you will enjoy every minute.

Vitality Tone and Attitude Scale



Emotional states: Messages from Essence and Personality

Emotional states are messages from Essence and Personality about its perception of incoming stimuli. No emotion is ever “bad or wrong” since each has a specific purpose to assist in your survival and empower your thriving. The scale graphically depicts the correlation between emotion and vibration and the likely thoughts and motivations that attend them. Using it as a tool for identifying and naming the state affecting you; both empowers your clarity and intuition while loosening any stuckness that might be in present.

The secondary feature of this chart is the “Attitude Likely Held” names three (3) perspectives one might hold as their secondary relationship to whatever the primary feeling state is.

- 1) “Wow, this is fascinating! I’m alive and learning.”*(Inviting and Open)
- 2) “Thank goodness, here this comes up for my healing.”*(Accepting and Non-resisting)
- 3) “Oh no, not again!” (i.e. those scary emotions) *(Rejecting and avoiding)

**Any emotion can be consciously held by one of these three mind sets.*

Message #3, is the most prevalent attitude most people have toward vulnerability. Emotional healing happens when you #2 allow and #1 invite them to present and run their course. This does not mean react to them or on them, just acknowledge their presence and listen to their message. Under defense #3, a person will stuff, invalidate, ignore, numb-out, or deny their authentic primary emotions, trying to lock them out. Yet, resisting their presence actually locks them in, and unfortunately makes them stronger as they try to override your attempts to block them.

Metaphysical Scale of Emotion: Love and Fear have many Children and Stages:

On the Love Scale, each level welcomes a person closer into your experiences. Loving Self first *Amour Primera* (+ Card 57) the more love you have to share with others. On this scale, each level becomes more non-attached to any one person and the love energy is generalized to humanity as a whole. At this level, Love is a state of being that it is not an individual emotion.

7 Levels of Love (Mutuality and Cooperation)

1. Nurturing
2. Alliance
3. Reciprocity

4. Appreciation
5. Comprehension
6. Altruism
7. Agape

7 Levels of Fear (Antagonism, Competition and Separation)

1. Apprehension/Discomfort/Covert Hostility/Resentment
2. Denial/Ignorance/Rationalization/Pretense
3. Fright/Reaction/Violence/Threat
4. Retreat/Worry/Despair/Dread
5. Terror/Paranoia/Panic
6. Numbness/Trauma/Madness
7. Apathy/Resignation/Collapse

As fear grows, it affects the quality of the entire life. Fear is like a drop of food coloring in clear water. In a very short time, fear distributes itself throughout every aspect of the person's life. Initially, the cause may be localized to a particular person, issue, or situation. As long as the person refuses to engage their fear with truth and compassion, they will hold the fear energy in their bodies. The result is a state of "dis-ease." Now, with these guidelines outlined, let's move more into the Constructions and use of the Motivations Card Deck.

Purpose of the Michael Motivation Cards™

{MC} Any mechanism which ignites Personality to engage Essence will advance awareness for both the individual and, by cumulative effect, humanity as a whole. {MC} *Michael's Consortium, by Stephen Cocconi*



You may think of the cards of having 3 distinct functions: Detect, Describe, and Direct motivations. They provide language which assists you to gain knowledge and understanding of your deepest motives, but also explore the talents and traumas that lay beneath them. For expanding and sharpening your self-awareness! This is mainly accomplished when the Cards or spreads motivate a useful conversation; either within your own mind, or between you and another person. They offer a neutral medium to approach an issue or get an inspirational idea.

In an era when human pressures mount in the face of overpopulation, greater inequality, and environmental degradation, it is crucial that individuals act thoughtfully and with deliberate intention to raise not only their own consciousness, but aid those whose lives they touch. Only creative solutions based in a sense of personal- and social- love and respect will push us through this time of monumental, but frightening, change. The next evolutionary step of the homo-sapiens will not be biological, it will be spiritual! A focus of the Deck is to assist people in navigating through these transitions. Its intent is to motivate self-aware persons to heal Ego-fears, those painful and personal and those held collectively or universally. Their liberation will usher in evolutions next step forward: the *Humane Being*. From that perspective, humans will employ their technologies for advancements in wellbeing, and restore health to the planet. Use these Cards to assist you to become clearer, find self-acceptance, and empower you to act with more courage and love in your life. AHO!

Thus, we [Michael and I] present you with these cards:

[MC] *“Our message of individual empowerment through self-validation has always been the hallmark of our teachings. We have commissioned these Cards to open a direct gateway between us: one that offers you immediate access to us anytime a question arises. This expansion does not replace the value of human channels. The tactile nature of the Cards and their imagery, add to your experience of the message the senses of: touch and sight, as a way to explore other dimensions. The images on each card act like hieroglyphs conveying various undertones in the diverse contexts of your questions. A picture is worth a thousand words! But they also elicit your emotional reactions and your interpreted projections. Those factors mingle with Essence and your meaning emerges. They serve as both a mirror of the patterns happening behind scenes, and they offer you a window into the conception of something new. The words and descriptions are narratives which direct your awareness helping focus your attention to grasp hidden contexts present. The cards offer you the choice to decide the value of the messages for yourself.”*[/MC]

The Michael Motivation Cards™ Deck is a mental work station and also a visual stimulus to produce an emotional response and hopefully, a spiritual insight. Whether one puts faith in any form of divination, or believes that any type of Oracle is merely a pointless exercise in superstition; either *are completely welcome* starting frames-of-reference. However unlike other historic forms of Oracle's, like: Tarot, Astrology, Mediumship or Channeling - which I myself am a product of, the subjects matter addressed and the vernacular used in this book are purposely contemporary. Both are intended to offer comment on the tangible world of modern concerns and realities in referencing actual human circumstances, dilemmas, and challenges. Repeated patterns that have dogged human society are strategically called to your attention throughout this book in order to illustrate the powerful tendency to disavow awareness of, let alone any responsibility for, many of the perils that befall the race.

Different thoughts expose different motivations and can thus alter the basis for your decisions. It is my intention and my hope that in some small way this tool serves as a momentary intervention for thought to occur. And thus guide you toward possible insights and solutions in the face of questions which lead you to consult these cards in the first place. Different inputs produce different outputs and the result means a different future.

Belief is not necessary. Attention is!

“I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.” Jimmy Dean – Singer, Actor, Entrepreneur (sausage king)

No matter what your beliefs about spirituality, religion, psychology, or society, none of them should get in the way of paying attention to your reactions. *Opinions are a dime a dozen, but what value one has attached to that opinion or belief, is reflected in the strength of your emotional reaction to it or with it.* Consulting these Cards is an exercise in noticing the strength of those reactions and attachments to them, and then exploring your behavior...*with curiosity, not condemnation!*

You are guided to self-discovery. No matter what the source, any input that invites you into contemplation will expand your awareness. Pay attention to your emotions. Open your mind and use it! You have a perfect right to reject any of these assertions. However, we invite you to be thorough in your detailed reasons for doing so. Name calling (“ew, the author’s a jerk” or “well, that Michael’s Consortium is a low vibrational being”; or Minimization (like “oh, this isn’t spiritual or positive), but especially Unnamed Preference (“I just don’t like them”) is a dodge of awareness and preserves your ignorance and denies you self-knowledge via your Ego protecting you from revealing the cognitive dissonance of potentially conflicting, hypocritical or unfounded beliefs. We do not care if you dislike these Cards, it is vital to your own growth of awareness that you can articulate why you do! It can help reveal your own principles and values as well if you *articulate why you like these cards as well.*

A Neutral and Safe Vehicle to Receive Feedback.

Ever had the edgy feeling that someone was going to tell you something you really didn’t want to hear? Maybe it was a boss; maybe it was a parent, perhaps a friend, even a stranger in a crowd, any of whom might deliver an observation, or worse a revealing critique; about your behavior, performance, or aspect of your character?

Probe deeply into your memories, you’ll come up with one. In my preface I reminded you of our shared human dilemmas; those crucible events and milestones of development that all must trudge. Their arrival is seldom foreseen and the ways perceived or deal with vary as infinitely as Soloverse’s exist. Pain or triumph may linger and we may hide It away. Thus, it is just as likely we can get gotten on our unfavorable tendencies or unpleasant quirks, and that frightening thought of our most vulnerable/cherished secrets, perhaps dreams; being exposed and trounced. But those are description of direct communications. What about those that come indirectly? Where circumstances are neither public nor confrontational?

That is where the Cards can serve as a useful tool. Indirect, or at least, non-hostile or confrontative and private communicate between one's Self and Essence, is the key to receiving feedback. To soften the blow of a get gotten moment whose content makes us clunk with a kind of dread that comes when an avoided reality or protected secret is exposed, the privacy of a Card is a useful catalyst. So to, when sharing the Cards with someone, doing a so-called "reading" for them; a psychological safety buffer exists as the Cards are the objectified third-party. In such cases, even if a person dismisses the relevance of the feedback, you and they have had an indirect, perhaps "kinder and gentler" form of interaction. Westerners particularly, who dress themselves in labels of rational and brave, hold in abeyance all of their hidden Shadow qualities that threaten a cultivated self-image. All people have a self-image. It is an evolutionary quality of the human brain for identifying me from you. But, our social and spiritual aspects may build extra veneer atop who we know ourselves to be, with layers of artifice to hold in, or hold back, those aspects of ourselves we dislike, have shamed, and even disowned. At any moment of life, our system gets gotten in a variety of subtle ways and at varying depths of perception or awareness. Feedback from the Cards is solicited by you (Personality), from You (Essence), can be non-threatening and yet personal. Emotional displacement onto the Cards allows for the contemplation and digestion of information in a way that eliminates the threat of raw exposure. Again, no need to believe, just notice.

Consult Michael, the Consortium and a Variety of Information Sources

Michael Motivation Cards Deck™ is a conduit to query and receive transmissions primarily from Michael and Michael's Consortium. Yet, this tool's vocabulary opens consultation with any number of sources. All one need do is name the specific source or type for direct feedback. Michael and the Consortium working with your Essence is the "default setting."

1. **Essence (Soul) or 'Higher Self':** Your Self or the person's being asked about.
2. **A directing Sub-Personality:** An aspect of your subconscious patterns that have a directive, habit, belief, strategy or imprint that seems to be running the show. Name it, or describe that part's effect and call upon it. Cards respond for it. Reference Sub-Personalities on the Web site.
3. **Request input about a single idea or purpose;** for a point of focus or consideration in meditation. The card carries a vibration that influences your mood by expanding your comprehension of the concept.
4. **Collective Unconscious:** Input from spheres of knowledge outside the control of the conscious mind. You may ask a question about groups like the race, your co-workers, your family, nation.
5. **Akashic Record:** A place where your Essence History and Personality Blueprints are stored. This would constitute peering into the Techno Realm.
6. **Spirit Guides:** These may be known to you as your personal guides or departed loved ones.
7. **Nature Spirits or Power Animals:** If you relate to Animal Totems as a source of zoomorphic support. Ask freely. These would be the Terrestrial and Faery Realms.
8. **Avatars and Angeles:** Ask the wisdom of Jesus, Buddha, Lao Tzu, Krishna, Ganesha, Angels, Guides, power animals, or spirit of loved ones. Hold them in mind and pose your question. Here we speak of the Angelic Realm.
9. **A Creative Jolt:** Need something new to jar your thinking out of the ordinary?

Five Aspects of a Card Feedback

- **Clues to learning:** types of lessons ensconced in the circumstance for the user or the other person(s) involved.
- **A description of an attitude present.**
- **A call to action:** Offers a strategic behavior in which to engage.
- **A point of view to adopt:** suggests or implies an attitude that clarifies a situation; provides guidelines to shuffle assumptions or alter the user's frame of reference.
- **Possible outcomes:** emotional or tangible consequences to an event or interaction whether the user addresses the situation, or if they do not.

Built-in Methods: Feedback and Divination

Any system for informational feedback is often accompanied by a specialized vocabulary. The Motivation Cards are no exception. The language and subjects used in Card descriptions are in contemporary terms and examples, and present more tangible references to actual human circumstances, dilemmas, hopes and challenges. While the terminology presented by the 78 Cards is taken directly from the Michael Teachings, it is employed as the architectural backdrop offering structure relationships not apparent at a surface level assessment. Yet, rather than reference some arcane, technical, or jargonish nomenclature, all of the ideas presented bear contemporary meanings. As you proceed, I believe you will discover more layers of use than merely esoteric or symbolic reference. Your reactions are what are most important. Noticing them, being willing to then assess them, is a choice you make every day in your life experiences, anyway. The words and symbols of the cards are a concentrated substance of what reality holds, but like life, what you do with that information is a reflection of how you operate. That realization alone is a monumental one for many of you.

The essential form of feedback is to help you become aware of the many parts of human life and name the emotions attendant to them. A foundation precept underlying the Michael Motivation Cards™ (MMC) Deck is *Emotions Drive Everything!* As the primary filter of our perception, they shape our meanings and opinions and fuel our actions. *Getting gotten* on (i.e. naming) one's emotions and then grasping your mind's meanings, the behavioral/reactive triggers they activate, or alert you to historic conclusions you carry from the past, will broaden self-awareness and potentially aid you in healing any unresolved wounds or confusions that have dogged you. From there, one is elevated into a dispassionate state of expanded impartiality called *metaness*. It is clear and realized state of mind, from which more reasoned and effective decisions can be made. These terms are borrowed from my mediation and facilitation coaching service called No-Fault Communication. Thus, how you react to any Card or its messages is designed to help you get gotten and reach a *meta*-perspective about dealing with a person or deciding any issue. Living is the process of making decisions. The more of them you make, the more you engage life. The more you make decisively with astute discernment the more you fully live.

Secondly, the MMC can be used as a form of Divination which simply means consulting an intuitive source about possibilities. People mistakenly confuse that idea with fortune telling. It is not. I've never found that any card deck conveys prescience; although I've met a few rare persons who can. The vocabulary proffered by the MMC is a precisely selected, yet commonly understood, terminology functioning like a Rosetta Stone providing non-physical sources a vehicle for expression. The MMC ideas are in contemporary vernacular and have little of the obscure meaning that esoteric Tarot or Runic archetypes may have. The MMC are

meant to be read as they are presented. There are layers yes, but with no cryptic deciphering intended. If you haven't got a deck, go to www.michaelcards.com

About Divination Systems and Card Decks

Divination is the act to “divine” (receive guidance) by some supernatural force or agency, to gain some insight into a relationship or direction of some future outcome. For those unfamiliar with historic divination tools - also called diviners or oracles; methods like: Runes, I-Ching trigrams, and the most familiar Tarot cards, are examples of organized systems of messaging. For those skeptical of such resources, consulting The **Michael Motivation Cards™** might cause you to readily dismiss the utility of a tool that stimulates one's sub conscious or probing of the Collective Unconscious. I invite you to stretch beyond any self-imposed restrictions or perceived limits and open your mind to other possibilities. To a degree, one could likely classify the MMC solely on the basis of its “look alike” to a fortune telling deck. That would be a mistake in assumption and a dismissal of possible benefit unbecoming someone who claims an open mind.

As stated, giving credit where credit is due, I have consulted many systems of feedback both psychological and spiritually oriented, and borrowed structure and methods from them in the transfiguration of the MT from a literary format into an interactive and visual tool. Not all sources were in “spiritual” or “metaphysical” in nature, but all showed value to me in that they seek to elicit information from you psyche. *Awareness begins when getting gotten is triggered.* When your curiosity is stimulated to peer into that source, sometimes mustering some courage to face a fearful echo, you venture into realm of self-discovery but also moments of self-reckoning. Many profoundly useful apparatus, some cards format – others not, have sought to achieve those ends, each appealing to those who found in that system, something that intuitively spoke to them.

I have found that deconstructing these other esoteric feedback systems as models of structural design has been invaluable. They are:

Medicine Cards - by Jamie Sams and David Carson

The Runes and the Rune Cards - by Ralph Blum

The Creative Whack Pack - by Roger von Oech

The Tarot Handbook: Practical Applications of Ancient Visual Symbols by Angeles Arrien (using the Alister Crowley' Thoth Tarot Deck by artwork by Lady Frieda Harris)

Animal Speak: The Spiritual and Magical Powers of Creatures Great and Small by Ted Andrews

The Spiritual Tarot - by Signe E. Echols, Robert Mueller, Ph. D., and Sandra Thompson (using the Morgan-Greer Tarot Deck)

The Rashneesh Neo-Tarot Cards - by Baghwan Shree Rashneesh

The TAO of Power: A New Interpretation of the TAO TE Ching by R.L. Wing

The Mother Peace Tarot Cards - by Vicki Noble

The Voyager Tarot Deck – by James Wanless & Illustrations by Ken Knudson

The I-Ching Book of Changes Translation – by Richard Wilhelm and Cary Baynes

Sacred Path Cards – by Jamie Sams

Native American Tarot Deck – by Magda and J.A. Gonzalez (Printed by U.S. Games Systems)

A Game of Insights: FOR MEN ONLY – L. Tobin and B. Falling Leaves (Jade Mist Press)

The MMC is NOT a Tarot Deck!

– It is an Archetypal representation and feedback tool.

Many are familiar with the 800 year-old deck of cards known as the Tarot. Although there are a few structural similarities to the traditional tool, it should be stressed that the Michael Motivation Cards™ ARE NOT A TAROT deck! The symbols and archetypes employed are unique and follow none of those represented in traditional Tarot.

Of the literally hundreds of Tarot variations in print today each employs the same suits, symbols, and terms. Their only differences are represented in the choice of images and the author's written interpretations. None appear in the MMC. Differentiating the MMC Deck from Tarot is important in that the construction, purpose, and tone, seek to open your mind and get you to notice your reactions, rather than have you rely upon one fixed meaning or interpretation. The many feedback descriptions are not intended as gospel, but rather to stimulate your thinking. Helping you to resurface your inner awareness, rather than simply provide you some esoteric or rehashed information. And unlike the potentially arcane or obtuse reference of the former, the MMC terminology, images and references are decidedly contemporary, making them much easier to comprehend and interpret. Occasionally, I may make a comparison to the Tarot since ideas are universal even when packaged differently. For example, Card 76, Cycle-Off has some equivalence to the Tarot's Death card; and Card 68, Essence Twin to the Lovers Card.

Section II

Decks Construction and Appearance

The Deck's Construction and Appearance

The deck is composed of 78 cards divided into subsets, each having a unifying color scheme and background image. The symbols, colors and groupings are presented in the Card Color Chart showing the interconnections. Corner symbols further associate specific cards to one another and underscore similar elements of meaning whose associations have relevance within the MT system of concepts. An in-depth overview of each card's meaning is presented in **On Motivations: A Vocabulary for Our Life Narratives that Describe our Humanity** – *Symbolized by the Michael Motivation Cards™*: available at www.michaelcards.com

Card Suits*, Symbols and their Axis Associations

# 61	Expression	Diamonds (Red)	
# 62	Action	Clubs (Black)	
# 63	Inspiration	Hearts (Red)	
# 64	Assimilation	Spades (Black)	

(Red = Motivation arises from within)

(Black = Motivation is triggered by external circumstances or curiosities)

*Traditional suits were assigned as a way of anchoring familiar ideas to these new concepts.

Sets and Groups, Numbers and Colors

Overleaves Set Colors are adopted from The Michael Handbook by Jose Stevens Ph.D. and Simon Warwick-Smith. Border colors do not align with historically assigned chakras colors.

- **TAO Pair**— White (0 & 77) Alpha & Omega
- **Server Set**—Green (1, 11, 19, 26, 33, 40, 47)
- **Artisan Set**— Indigo Blue (2, 8, 15, 22, 29, 36)
- **Warrior Set**—Red (3, 10, 17, 24, 31, 38, 45)
- **Scholar Set**—Yellow (4, 14, 21, 28, 35, 42, 49)
- **Sage Set**—Blue (5, 9, 16, 23, 30, 37, 44, 50)
- **Priest Set** —Violet (6, 13, 20, 27, 34, 41, 48, 52)
- **King Set** —Gold (7, 11, 18, 25, 32, 39, 45, 51)
- **Role Group** — (1, 2, 3, 4, 5, 6, 7)
- **Goal Group** — (8, 9, 10, 11, 12, 13, 14)
- **Attitude Group** — (15, 16, 17, 18, 19, 20, 21)
- **Chief Feature Group** — (22, 23, 24, 25, 26, 27, 28)
- **Mode Group** — (29, 30, 31, 32, 33, 34, 35)
- **Center Group** — (36, 37, 38, 39, 40, 41, 42)
- **Body Type Group** — (43, 44, 45, 46, 47, 48, 49, 50, 51, 52)
- **Augments Group**—Brown (53, 54, 55, 56, 57, 58)
 - **Yin and Yang**— Contrasting Duality Brown — (54 & 55)
 - **Soloverse Set** —Brown (56, 57, 58)
 - **Orientation Scope Cluster** - Ordinal and Exalted—Forest Green (59 & 60)
- **Covenants Group**—Gray (65, 66, 67, 68, 69)
- **Cycles and Soul Age Process Stage Set**—Tan (70, 71, 72, 73, 74, 75, 76)

The Arcana: Exalted and Ordinal Families

Arcana are energy groups which reflect similar basic taxonomy and relationships of vibration.

Exalted Arcana members are of cardinal, or *preeminently important*, influences in the Deck. When Cards 0, 1, 2, 3, 4, 5, 6, 7 or 77 are drawn, a major catalyst, either person or event is in the mix. Those effects are explained in the following:

* **The TAO Set, TAO-0 and Nexus-77**, are the bookends of this Deck. They posit the repeating nature of reality: sameness and change. TAO (Spirit) is the core substance of existence itself. Nexus is the constant circumstance of change, in infinite possibility, loss, or chaos in action. Nexus events imply movement in parallel realities. us it's this Deck's *Wild Card—the unpredictable!*

* **The Role Group Cards 1–7** represent the primary archetypal actors of this system: *Server, Artisan, Warrior, Scholar, Sage, Priest, and King*, respectively. Their appearance of one or more in a spread signifies a person portraying those characteristics in the situation in question. Other interpretations for consideration are: **1)** you should emulate the persona of that Role, or **2)** another player is acting from the energy of that Role, or **3)** a more subtle implication; calling you to imagine looking at the situation in question through the perspective of that Role, or **4)** you are being invited to develop or operate that Role archetype within your own personality. When a Role card appears, remember; *YOU are the primary actor to whom the cards are responding.*

Ordinal Arcana comprises the remaining 69. **Cards 8–76** are divided into specific sub-classes. These convey the dynamic qualities in situations: *what has been chosen and what can be changed*. They are the thematic archetypes of challenges, lessons, feelings, losses, stages, and rites of passage which occur to everyone during a life time. Ordinal Arcana cards in a layout indicate a perspective conveyed, offer a question, method of analysis, point of reflection, positioned stance or instruction for action. *These qualities are acting upon you, or you employ them.*

- The **Overleaves Cards 8 – 52**, specify the building blocks of life’s perceptions. These variables act like the adjectives and verbs affecting a noun: the actor or who. Specific sub-groups are prompts to points of entry for influence: **Goal Group** (what), **Attitude Group** (why), **Chief Feature Group** (when), **Mode Group** (how), **Centers Group** (where), and **Body Types Group** (appearance or presentation).
- **Cards 53 - 58, The Augments Group**, are factors of significant but nuanced **MT** concepts. They are spiritual constructs that refine Personality, shape one’s persona, or fund psychological well-being.
- Card 59 & 60: Near, personal or Wide, impersonal
- **Card 70:** Time— the inevitable factor of constraint and measurement. Is it your friend or foe?
- **Cards 71 - 75** explains the **Soul Age** developmental process and how it affects stages of learning on the Physical Plane, and the 5 Social World Views.
- **Card 76:** Cycle-Off is about completion points.

Check for Overall Reading Polarity

“The Eskimo has 52 names for snow because it is important to them; there ought to be as many for love” **Margaret Atwood, Surfacing**

Positive, Negative and Neutral

In a dualistic world polarity is the yin and yang opposition or contrast present in any definition. It is the point and counterpoint which propels the dialectic model of evolving ideas. It is the expansion, followed by the contraction, the process which eventually leads us to a new equilibrium of idea or understanding. Any Card layout presents you with a subtle message about which aspect of polarity is present. Your task is to identify which aspect the Illuminated or positive pole or the Shadow or negative pole may be pervading the subtext of a reading.

Chosen Spreads will likely have a combination of both Illuminated and Shadow sides. Note what percentage of each polarity appears: 50%-50%, 30%-70%, 80%-20%, etc. The percentage offers a gauge of how much, or how fast or slow, to proceed. When a majority of cards are in the Illuminated position the reading signals a movement forward or beyond, an expansion, adding to, an opening of ranks, use of newer methods, or seeking new options. Cards clustering in the negative, or Shadow position, convey a general state of contraction, subtraction, a move back or inward, a closing of ranks, a use of known or conventional alternatives, or the narrowing or discarding of options. It may imply *do-not-act* on plans you've had.

Neutral: the Mirrored Card Headings

The neutral, or equilibrium, point lies at the center between the poles is the core precept of the card and is the mirrored word in the middle. Notice that the appearance of each has slight variation. In the upright position, the word is in white text with a black stroke around it. This implies that a person in the Illuminated pole is authentic but does not automatically share everything; yet has as his/her center exists a state of calm self-knowledge. In the reversed position, the word is in black text bordered with a stroke of white which signifies the Shadow side. When a fears revealing their authentic Self they strategically project a *positive appearing or sounding*, but still, constructed persona. Historically the OMT has called this the “false personality.” The Shadow side believes it must conceal or withhold its suspicions, judgments, and vulnerabilities within, in order to feel safe or perceive itself in control. Be mindful if you project a *good* or *bad* connotation upon the positive or negative poles. There is no moral wrongness in doing so, yet noticing why you default to such labeling can reveal your context about such circumstances, and discover interpretations based in fear.

Positive Poles or Illuminated Side—the Upright Position

“And of all illumination which human reason can give, none is comparable to the discovery of what we are, our nature, our obligations, what happiness we are capable of, and what are the means of attaining it.” Adam Weishaupt

The positive poles implies that you are acting from a loving, Essence-aware and respect-driven state of being. This light side imbues you with the desire to serve others and be truthful with the Self. Motivations from this place do not imply that you act in some holier-than-thou, pious, or Pollyanna manner, either. Working from Essence does not guarantee that you will be virtuous or victorious in your endeavors. All that is assured from this ground of being is a state of authentic awareness in which you honestly communicate with Self about your actual motives and genuine emotional reactions.

The Pole’s Qualities: Possible Interpretations. Ask about these meanings for you.

Poles are not dualities of either bad or good. They are nuanced qualitative variations.

<u>Illuminated Pole</u> = Love-Abundant	<u>Shadow Pole</u> = Fear-Scarcity-Lack
Essence Directed (Infinite) Asserts core principles and values.	Ego Dominated (Finite) Defends against an imagined threat.
<u>Motto: I think, therefore I am.</u>	<u>Motto: I believe, therefore I’m right.</u>
• Curious, Open, Evolutionary	• Vigilant, Defended, Survival
• Authentic (True Personality)	• Contrived (False Personality)
• True (for you)	• False (to you)
• Add too	• Subtract from
• Itself – as is	• Opposite – not what it seems
• Present time	• Past or Future, not present
• Realize and Assess Benefits	• Name and Evaluate Costs
• Considered and thoughtful	• Naïve or oversimplified
• Take the Risk	• Be Cautious
• Unconventional	• Conventional
• Go outward	• Go inward (tells you where)
• Realistic	• Exaggerated – Over/Under-rated
• Expand, Advance, or Proceed	• Contract, Retreat or Return
• Do it now	• Wait

• Not Evil	• Not Virtuous
• Open ranks and allow in	• Close ranks and keep out
• True Agenda	• False Front or Hidden Agenda
• Faith, Trust, Confidence	• Piety, False Civility, Suspicion
• Going forward or on track	• Going backward, wrong way
• Needs Freedom, asserts power	• Needs security, controlling
• Try new methods	• Use known methods
• New options available	• Viewing only limited options
• Visible, transparent, clear	• Invisible, opaque, not clear
• Direct: diplomatic or blunt	• Indirect: subterfuge or lie
• Engage: Stand & Communi- cate	• React: Fight, Flight or Freeze
• Detection/Direction (You are correct in your assessment. You are using “good” judgment.)	• Projection/Transference (Emerging from you onto the other person. Prejudice/bias.)
• Conscious Incompetence moves to Conscious	• Automatic habit of 2nd nature, or Unconscious Competence

Negative Poles or Shadow Side—the Reversed Position

“In every man, of course, a demon lies hidden.” Fyodor Dostoevsky

“He wears a mask, and his face grows to fit it.” George Orwell

Maxim: NEVER FEAR FEAR ITSELF!

- Acknowledge it! Find its positive intent for your safety.
- Then, forgive it, reassure it, release it, and in some cases - put it to use!

Shadow side puts you on alert that fear is operating at some level, within someone. Here, Ego is activated and is moved by fear motivations and stimulates activation of one’s defenses. These strategies in the **MT** are called **Chief Features** (review cards 22–28). Fear is a demanding and potent stimulus, producing emotional and physical stresses. In Shadow, your actions may be overly reckless or hesitant. Either way one is probably unaware of the subconscious distress which drives your mood or behavior. Fear is not always cowering nor disempowering. But also note that unease about life matters may shout a protective warning or alert you to immediate danger. Be alert to the presence of fear, but don’t fear, fear itself! To disregard fear misses a chance to learn something. Pay attention, but you choose or it will choose for you.

The Trap Door or The Escape Hatch Rotate Up or Down

Each Card has three words appearing on it: the positive, negative and neutral. The term at the center of the card is primary motivation and thematic principle represented by the large type. The ranges of possible expressions or actions within that domain are bookends of the positive to the negative poles. When a card is turned (vertically – since that is the way the words and images are oriented) one of the poles will appear at the top. That pole alerts you to the cluster of elements operating at that moment. If the card shows a negative or Shadow pole, you can rotate the card to see the opposite direction or strategy you might employ instead. If the card shows a positive or Illuminated pole, rotate the card to understand that your positive intent may be co-opted by the strategies of the negative poles should you become afraid or contracted. For example let's use Card 18, the Attitude of Realist. The Illuminated side of Realist is Objectivity while the Shadow side is Speculation. Now let's apply the process just outlined. If the Speculation appears, you can employ the “hands-up”¹ escape hatch method, which by rotating upright it opens the energy toward the Illuminated idea and you deliberately change the polarity of the Card. Doing so reveals to the user the expansive and liberating means to escape the trap of mistaking your subjective views, or opinions, as the facts. When Objectivity is selected, rotating the card helps to clarify the “hands-down” trap inherent in that energy. The opposite of objectivity is one's opinion or supposition. Reminding oneself of this truth is meant to offer a warning marker which a person can refer to, helping to prevent mistaken actions.

Any time you find yourself motivated to make a choice and change your intention, this act of rotating the Card to the pole you desire to study or whose assistance you wish to engage is an active means to attract that energy to you. Over time, this exercise causes you to be more focused on your intentions and thus make their presence in your life stronger.

¹ Michael Students will be aware of similar descriptions exist for “sliding”. They are the ideas of “Hands-Through” and “Hands-Across”

Section III

Layouts or Spreads And Interpretation

Card Spreads: Choosing a Layout

Spreads hone the meaning of, and indicate the direction of, your query. Choosing a layout is assembling Cards into a story. Each Card adds detail to the narrative. Spread compositions signal different card interactions, each with its own specified purpose. Sometimes, you may want to improvise a layout that reflects some inner set of priorities. Consider your question thoughtfully as it will provide the context for interpreting the card's feedback. For the suspense to mount, and your surprise to be real and unexpected, draw cards face down when populating your layout. You might also feel compelled to place a card(s) into positions not in sequence of the layout. You may insert any card into whichever position of the spread that seems correct to you. While card placement does not have to be in sequential order, it is recommended that you turn the cards over in the sequence specified by that spread.

The Anatomy of a Card: Layers of Meaning

Throughout this book, I've referred to life having many nuanced layers like: living it, earning a livelihood, and your experience of life, for example. There are many layers laid as strata in your psyche and journey through being human. Deciphering the Cards is a process of delving through layers and determining how each adds or subtracts some elements into the message conjured by your question.

The following deconstruction is an example of how might go about the task of accounting for each input that the symbols, words, and your reactions to them have to offer.



First and broadest contextual layer is the Card's Title. It is the mirrored word at the center. The significance remains constant regardless whether the Card is in the upright(positive) or reversed(negative) pole. Rely on this broad idea before refining the details. Receive the word from a neutral perspective. Yet, notice your reaction to it. Try not to explain why, just yet. Rather take in all the aspects: psychological dialogues, emotions, and any involuntary physiological changes that arise. They could be pleasurable and receptive or discomforting and rejecting. It may help to use the Zing-Clunk Soma-Meter to gauge the type and intensity of the effect. Sizable variance is a clue.

The second layer, narrowing and specifying, notice the pole which the card has landed: the Illuminated or positive, or the Shadow or negative.

Other Layers – Adding Content to the Narrative

The third layer is the Group member. Groups will be horizontal on the images chart. The Overleaves categories are Groups. Determine if you have a: Role, Goal, Attitude, Chief Feature, Mode, Center or Body Type, because of the symbol in the upper right hand corner. Group members do not share the same color because each derives from a Role Set. The Group will inform you of the general dimension

you are dealing with. Read further about the specifics in Set and Group descriptions

Fourth layer is the Set. Sets share the same border color. They also can be identified by the common image share by each constituent Card. The Set informs you that shared attributes of the parent Card are present in a more specific form in the subordinate.

Fifth layer refers to the Axis Influence. That can be determined by lower right corner When the Card is part of the Overleaves Group, that card will be encompassed by one of the 4 primary elemental qualities of this system: Expression, Action, Inspiration, and Assimilation. The tenor of the background quality will remind you of the dominant orientation of the Card, and help you focus your attention. For instance, imagine you have many Action Cards: which would include both King Set and Warrior Sets members – but also Masculine Energy, Personality, and Ordinality. The more represented this flavor are present would suggest that something needs to be done, behavior altered or intensified, and

Sixth layer nests the Scope of the Card as either Ordinal or Exalted. Here we are considering if a Card is more personal and narrow in focus, or it has implications that are broad and impersonal, or affecting a large number of people, or operate on a worldly level.

The Layers in, and of, your Reactions

The list of parts above is a starting point for investigation. Using them facilitates constructing the structural elements built into the Cards/Layouts themselves. It is an Intellectually Centered (Card 36) process of gathering data/ideas. Yet, what is often lacking, for many people, is the awareness of the messages on a deeper spiritual level. To access those alternate meanings, trace those the stream of emotions which arise in reaction triggered by the words and images on the card. Using your Emotional Center (Card 40) to parse out the type and intensity of feeling may direct you to connections that may be beneath the minds consciousness; commonly referred to in other realms of study as the sub-conscious. It is there, where one an older, instinctive, and non-rational process of human reaction-formation, I have mentioned before termed: *emogic*, is busy incorporating and arranging it according to some emotional gravitational schematic imprinted in one's Psyche. What you have emogically organized is not based on the strict linear construction of consistent logic found in inductive or deductive reasoning. Instead, it usually a reductive rationalization process, including or excluding disparate aspects of an experience to match some pre-existing internal hierarchy of beliefs. Those with a high level of emotional fixation and attachment. Paying attention to high levels of "juice" behind your reactions to seeing a particular Card, is the first layer of using intuition and intellect in combination. Use your mind to trace and understand the sources

of an emotionally charged trigger event.

Recognizing your e-mogical wiring is to find the lattice work of events and beliefs that have been cobbled together into common pools of feeling, rather than logical categorization. Each time you consciously stop and take note of a strong emergence, the possibility of mapping your inner world unfolds and expands, leading you to discover more of your strengths and purposes. In addition, it extends your competency to govern what you decide to express. Descent through each layer of emotions: the strategies or beliefs they elicit, can potentially guide you to the events where they all originated. That discovery avails you a huge opportunity to free yourself from the limitations or confusions of the past, and regain power hidden there for you journey into the future.

Paying attention to your reactions and noticing what images or internal associations come to mind when peering into the well of internal layers, can provide you a more holistic picture of what and where you are at.

What may be important in a specific card, or its placement in a layout, may be obvious or subtle. There is no right or wrong way to interpret cards, but there are many layers of possible that can be analyzed for meaning. It is important to pay attention to your immediate reactions if you have any. Reference the Zing-Clunk concept with its ranking of intensity.

*Here is a list: **Visual Inputs***

1. Images on the cards' face. (your reaction)
2. Word concept at the card's middle (your reaction)
3. The Cards polarity – upright or reversed
4. The word in that polarity
5. Your understanding of the concept
 - a. as an English language word;
 - b. as specified in the Michael Teachings.
 - c. Pertaining to an individual or issue inquired about
6. Add'l qualities defined by card's membership in a specific sets or groups. (Refer to the Cards Color Chart)
7. Layouts or Spreads
 - a. One of 12 developed layouts useful to hone the direction of a type or category of question.

- b. If in a layout, notice the distinct prominence of polarity of cards. (How many +'s and how many -'s ?)
- c. If in a layout, notice the associations of multiple members of a set or group present in a spread.

Reading the Cards in a Spread



Authors Note: The process of interpreting the Cards is a training ground for developing your intuitive sense about things. Just because a Card has appeared in one reading in a certain way DOES NOT AUTOMATICALLY indicate that the meaning will be the same twice! If the context of your question changes, the interpretation of the card will also be different. Remember, during your partnership with Michael, *having energized and personalized your deck*; you are learning to develop your listening for that inner voice which is responding to the cards. And, it is not just your intuition and inner voice you are exploring, but how to trust your abilities, as well.

1. You may turn over each card singularly or display some or all the cards at once.
2. Read each card in the order intended by the layout.
3. When you view a card, first read the concept in the center. The card may appear in either the upright (positive) or reversed (negative) position. Regardless of the position, you may decide that the opposite pole is actually in force.*
4. As you populate your Spread, read the placeholder title giving it context to other cards. Then reference the specific Card's descriptor for various content meanings which further definition of the message.

**If the comments for any card are unclear or do not seem to have obvious application to your question, choose another card to overlay on the confusing one; it will add clarification to the rest.*

What if it doesn't make any sense?

If your query needs further clarification, below are a few suggestions:

1. First notice any resistance you might have to the cards that appear: either to the words or images. If it is high, you may be experiencing your system/ego blocking your ability to see the meaning.
2. If the booklet's first response under the heading of the Card seems irrelevant, read further.
3. If needed, ask the same question again, but use a different layout to receive a contrasting response.
4. Or, use the same spread, but change the phrasing of the question noticing if the result seem clearer.
5. And YES, on occasion, the Cards you draw may not have any relevance toward your query at all!
6. *****Caveat** – I've noticed that if there is another person present, there are occasions when I, or the one drawing the cards, is inadvertently acting as a conduit for the other person who may not be able, willing, or knowledgeable about how or what to ask. If you encounter a moment where someone else is present, or you had in mind a person other than the one you were asking about, it could serve you to ask them if the reading seemed significant to them.

Defining the 10 Spreads and their Purposes

(1 Card) Michael Thought— *For a daily contemplation or single insight*

Allow this energy to pass through you and notice what you experience. Feel the *zing, zap, click, clunk* or *thud* of your body's reaction. And then, ask why it is happening, or where it happened before? <https://www.michaelcards.com/tarot-layout/michaels-thought/>

(2 Cards)- Yin/Yang Duality Spread — *Useful for momentary decisions*

This spread relays a sense of *whether the path is open and proceed or closed and retreat*.

Card 1: *Yang: Do it!* The Masculine Approach to your situation. Take action.

Card 2: *Yin: Don't do it!* The Feminine Approach to your situation. Allow action to happen around you.

Try it online: <https://www.michaelcards.com/tarot-layout/yin-yang-duality-spread/>

Time Trajectory Spread (3 Cards) — *Past, Present, and Potential Future*

Card 1: Past event or influence.

Card 2: Present feeling or circumstances.

Card 3: Future is what may occur based on the Past and Present elements combined. It is a possible future. Your choice is to stay the course, or change it?

Try it online: <https://www.michaelcards.com/tarot-layout/synthesis-spread/>

Synthesis or Polarity Spread (3 cards)

— *Positive, Negative, Neutral*

Shows the ramifications from each aspect. Base your decision to act from the neutral motivation.

Card 1: Positive—*Elements which might be added to enhance a situation for a positive outcome. If a Shadow card should appear in this position, it could indicate that a contracted stance is somehow acting on your behalf, or, the results of your action backfire.*

Card 2: Negative—Points to what is lost. If an Illuminated card appears here it is indicating that a beneficial experience may lead to a negative outcome.

Card 3: Neutral—Reveals the summation of your inquiry. It is the catalyst for your choice. If circumstances seem undesirable, harm will be lessened since you are now informed.

Try it online: <https://www.michaelcards.com/tarot-layout/collaboration-spread/>

Relationship Spread (3 cards)

— *You, Other, and the Relationship*

When one desires to know the central connection of a relationship to a person, thing or circumstance, this is the spread to use. You may ask about the patterns or applicable concerns present from your perspective, or ask about the situation from theirs. It is a snapshot of a specific moment in time. While the viewpoint of the Other's Card may be a valid read about them, remember that it is still your Essence extracting that aspect of information about the relationship. In other words, the message is how it affects you. If you pose the question on their behalf, understand that it is their Essence and Michael who deems what is necessary or appropriate for you know. *Psychic voyeurism is an invasion of a person's privacy and is blocked unless they grant permission, etherically.*

Card 1: You—What *I* bring to this interaction, or what position *I* represent, in this interaction.

Card 2: Other—The relevant energy of the *other*: person, thing, principle, or situation relative to you.

Card 3: Relationship—Conveys the energies being exchanged; the foundational qualities which underlie the joint *WE*. May direct what to do, or how you can be with it, but it should clarify understanding.

Try it online: <https://www.michaelcards.com/tarot-layout/relationship-spread/>

Time Trajectory Spread

A traditional inquiry finally brought to the Michael Cards, covering an issues time periods of the Past, the Present, and Future. For a review of Motivations of Time (see Card 70) Trace the path of an current situation or relationship from its roots (possibly unknown to you then); to the current crossroads of decision or concern or interest; then find out the direction those motivations will take you.

- **Card 1 – Past** - How things were. The motivations upon which this situation or relationship was based. Influences from the past may change in retrospect. It is possible to return to a place of origin and alter your original motivation.
- **Card 2 – Present** - What things are happening right now. The circumstance or considerations which are currently in play. Motivations and ideas which stir your wondering, plans, or concerns. Notice your mood upon seeing this card.
- **Card 3 – Future** - Where the situation or relationship is liable to go considering the trajectory of the Past assumptions and Present awareness. The future card suggests the direction of an outcome of situation if one continues employing the motivational force suggested in the previous two.

Try it online: <https://www.michaelcards.com/tarot-layout/time-trajectory-spread-3/>

The Karma-Action-Justice Spread (4 cards)

— *Useful for determining the unconscious or unseen subtext of a relationship, debate, or circumstance*

A karmic situation is one trapped in a worldly action- reaction cycle. is spread reveals the content and names the elements around which you or the universe is seeking balance. Completion requires reciprocity, retribution, or restitution for resolution. A useful layout when you're wrapped in a struggle or in the veil of intense emotions (positive or negative). Guides you toward accountability for your actions and towards a remedy. Situations that might best be analyzed with this spread include: **A)** An important decision involving another person: spouse, child, boss or parent. **B)** A major move or career change. **C)** A decision about your health. **D)** How, or with whom, you are about to expend or exchange resources: time, support, trust... not just money or objects. The last card requires some karmic action to move toward completion.

Card 1: You—Your part in the interaction. Energy you bring or are responsible for.

Card 2: Other—What does that *other* (object of fixation) mean to you, or for you?

Card 3: The Issue—What is the theme in play?

Card 4: Action to Take—Direct your energies toward developing the attitude or do the necessary behavior.

Try it online: <https://www.michaelcards.com/tarot-layout/karma/>

Work Quadrant Spread (4 cards)

Michael's employs the idea of Quadrants as the four person ensemble, like musicians in a quartet which *interact as a team*. This spread is useful if your question involves assembling a team of actual people, OR of assessing the traits useful for you to use in each of the "quadrant positions." The card placeholder name and its function are listed below. One way to use this reading is to decide in advance which person in your group (family member) seems to fit what position and when that card is pulled have them in mind. Or one step more specific, if the persons are present, have them select the card from the deck assigned to that placement. This Layout is particularly interesting when members of the group are together drawing cards. Each member should choose the card for their perceived position in the arrangement. Or, if a person is performing the reading alone, name the players to occupy each position. One can repeat this spread several times. Each iteration shift the player's names into different Quadrant slots and notice how the dynamics might be altered.

- **Card 1 - Love Position** - The beginning. What is the motivation or idea that has your attention focused in a direction? If you know it, this card points the way to present yourself to the world. It might also indicate the qualities of the person you think falls into this category which inspires the group to listen or "brainstorm".
- **Card 2 - Knowledge** - What information do you need to share, acquire, or adapt your style to? This person is likely to have many of the inputs or information resources or right elements all of which make the brainstorm a rainstorm of ideas.
- **Card 3 - Power Position** - That person, thing, or circumstance of which you are concerned. What do they mean to you, or for you?
- **Card 4 - Support Position** - Who, what or where you are liable to get the most help, useful guidance, enthusiastic encouragement, or deeply healing compassion from? Which ever one it is do not take if for granted or ignore it. Without support, it will be difficult to sustain yourself.

Try it online: <https://www.michaelcards.com/tarot-layout/work-quadrant-spread-4/>

The Future/Oracle Spread (5 cards)

— *This spread is a predictive one. When you desire to get an overview of how current players or conditions might result in a certain outcome, then this is the pattern to query. It outlines the stages of the process regarding your question from beginning to end. It may suggest the actions, decisions, attitudes, emotions, or other persons present.*

Card 1: The Beginning—How or where the situation began. Suggests what you are really confronting.

Card 2: The Present Circumstance in play— The events, central quality, or thematic pattern.

Card 3: The Grip of Ego asserting itself—Are you compelled by a specific desire, strategy, or outcome?

Card 4: The Audacity Card—Infers two categories of strategy: act fast or let go! (Take a bold out-of-the-box risk.)

Card 5: The Outcome— is card illustrates the outcome in accordance with the actions of Card 4.

Try it online: <https://www.michaelcards.com/tarot-layout/futureoracle-spread/>

The Overleaves Spread (7 cards)

— *Assessing the 'Character' of the Person or Situation*

Every situation has a character. The Overleaves Spread provides a composite profile of patterns operating beneath it. Role, the actor, is manifesting strategies, and depicts the traits and analysis of the gambit being played. Cards rarely coincide with the actual Overleaves of a person inquired about. However, this spread does suggest the sub-personalities or masks that a player might be using. These are Overleaves *about the situation*. In no way does this layout intend to foster the belief that the cards drawn are a reflection of a given person's life Overleaves, yours or anyone else's. Sort the deck into stacks of only those members in each of the 7 Overleaf categories (see Chart). Choose one card from each pile. Arrange Cards in the corresponding placeholders: role-to-role, goal-to-goal, etc., to get a complete composite.

Card 1: Role— The character dynamic portrayed in the situation. Alternately, you to them or them to you?

Card 2: Goal—What the purpose of the situation is, or the type of direction it is taking.

Card 3: Attitude— The perspective present. Or the should hold when considering your alternatives.

Card 4: Chief Obstacle— The reaction that might impede progress or alter the outcome negatively.

Card 5: Mode—The action style either present or the suggested style that you should proceed with.

Card 6: Center—Which primary filter should you engage to evaluate the situation: your senses, emotions or mind? (e.g., Do something together? Have a discussion? Engage in sharing secrets? etc.)

Card 7: Body Type— is card captures the shape of the situation: Jovial (big, windy); Mercurial (quick, nervous); Venus (image, beauty); Saturn (status, power); Mars (action, confrontation); Lunar (earnest, subterfuge); Solar (calm but heady and possibly any of the others); Pluto (edgy, dangerous), Uranus (magnetic, intriguing), or Neptune (coy, delicate).

Try it online: <https://www.michaelcards.com/tarot-layout/futureoracle-spread/>

The Family Dynamics and Imprint Spread (7 cards)

— *Reviewing the influence of your primary origins and its effects on you.*

This spread lists the influence of *cast members* with whom you shared the life stage production called “my family, my childhood.” Family is your first society and is central to physical survival. It the source of one’s most profound and meaningful learning. Family, or its substitutes, provide one’s initial imprinting for living, which includes: identity formation in either supportive or wounding ways. It is influences from one’s: parents, siblings, relatives, but even beloved teachers and pets, all in the environment (economic, geographic, and racial) the family unit was nested.

Card 1: Father — The primary masculine figure in your early life? (provider, male adult, discipline)

Card 2: Mother—The primary feminine figure in your early life? (nurturer, female adult, caretaker)

Card 3: Siblings— Those persons who were blood or significant friends.(May be that you lacked any).

Card 4: You – Everyone is the central figure in their own life— All cards have effect on you.

Card 5: Spouse or Significant Other —Often a reflection of the some aspect of your Mom or Dad.

Card 6: Child, Work, Public Image —Choose this card with one in mind. The energy of this placeholder signifies who the *recipients of the effects* of your family imprinting are receiving it right now

Card 7: Dreams and Aspirations — Everyone is born with some vision of “who they want to be when they grow up.”This reminds you what the kernel of your original hopes and how you might reclaim them.

Try it online: <https://www.michaelcards.com/tarot-layout/family-imprints-spread-7/>

The Revelation Spread (10 cards)

— *Out-of-the-Box Feedback*

If you need a creative jolt from a fresh set of inputs, this is the spread you should utilize.

Card 1: History—Past events and attitudes that led to the present circumstances or feelings.

Card 2: Potential—In every event, there is always possibility for movement, learning, or advantage.

Card 3: Interference—Energies which might hinder, distract, constrict, or block your hopes or plans.

Card 4: Protection—A force which can be used as a shield, a buffer, or a way of counteracting card #3.

Card 5: Unconscious—A context attracting some pattern or engaging some habit you haven't noticed.

Card 6: Looming—A change in circumstances that will alter the equation. Look to card 4 to know how to respond.

Card 7: Karmic Themes—Patterns in play that seek resolution and may help or hinder. Relates to card #5.

Card 8: Hopes and Fears—Wishes, desires, concerns, and worries that you add into the energy mix that could sway the outcome. Look to card #6.

Card 9: Your Resolve—The decision to act or to #4 change an attitude that portends the outcome.

Card 10: Gets Gotten—The comprehension gained. Review the Potential Card #2 and reflect on how strong your resolve was. Your degree of personal evolution rests upon your commitment.

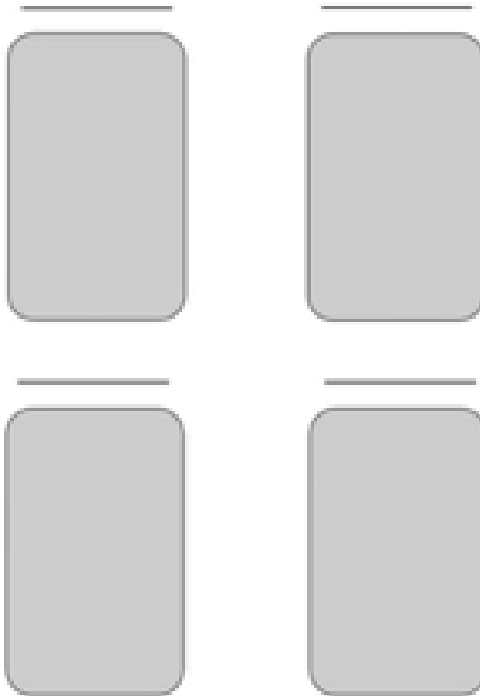
Try it online: <https://www.michaelcards.com/tarot-layout/revelation-spread/>

Constructing Custom Spreads

– *Select any number of Cards and assign relevant headings of your choice.*

Employ your personal intuition and apply it to people or ideas you have.

You are not limited to the arrangements presented in pre-fashioned Spreads. When you encounter a situation where none of the Spreads seem to offer the kind of context you need to ask a question, then build your own layout. You wouldn't be consulting a tool like this unless you were somewhat aware that such decks' convey multiple layers of information often metaphorical, archetypal, or implied. A layout's placeholder categories (titles) are a form of [mind mapping](#). You arrange the context as you decide how the relevance of ideas, or persons, and how they relative to each other. Placeholders might host titles like: the name of pertinent actors, key decisions, descriptions of emotions (love, hate, shame, passion, fear), or concerns (consequences which help or hinder); that when combined will more precisely inform your answer. As you get more comfortable with using the Deck, you'll find this a useful way to craft specificity into your readings. Greater fluency with building queries and understanding their layers of meaning will deepen. So will self-awareness. The figure below offers you a visual grid for a simple experiment.



Card Entries Legend: The 6 Data Elements on the Page

All 78 Card entries are constructed in a similar fashion. Each heading listed below appears in the same order. Not every aspect will be relevant. Pay attention to any emotional charge greater than a 5; definitely if higher.

- I. **Card Name and Number:** Core idea and position.
- II. **Card Motto:** familiar phrases or memes to anchor the concepts (presented as quotes or aphorisms).
- III. **Card Situational Context:** Defines the Card's general implications and scope of the situation.
- IV. **Card Keywords:** defines and maps the parameters of that pole's range of ideas present in its domain.
- V. **Card Descriptors for Both Poles:** specific refinements about its meaning. Ideas in each entry will relay one of the *Five Aspects of Card Feedback* on pg. 7. Directs your action upon real world events, or elaborates upon relevant philosophical concerns and related spiritual concepts.
- VI. **Bolded Nested Phrases:** alerts you to added focus or emphasis, or to relay a specific admonition. Intended to call your attention to the quick hit potential associated with that message.

Reminder: *More in-depth explanations in the upcoming book: **On Motivations: A Vocabulary for our Life Narratives that Describe Our Humanity: Symbolized in The Michael Motivation Cards**TM*

For more content: <http://www.michaelcards.com/>

Section IV

Sets, Groups, Clusters & Card Descriptors

Overleaves as a Set of Primary Human Characteristics

Since the publication of the first books in 1978, probably several million people or more have come in contact with what I collectively refer to as The Michael Teaching™. During this time there have been 12 books written related to this Cosmology and Personality Trait System. In each, several revisions, clarifications, and updates to the meaning and content of many of the Overleaf Characteristics have been made. What you will read here is a composite of all of those sources plus my observations.

Origination of the Overleaves

Below is the fourth generation of the Overleaves Chart. The original was channeled by Sarah Chambers and popularized in the book “**Messages From Michael**” by Chelsea Quinn Yarbro (although original source material was produced by Sarah Chambers). The second was a collaborative effort by JP Van Hulle, Jose Stevens and Simon Warwick-Smith. It appears in the books “**The Michael Handbook**” by Stevens and Smith and “**Michael, The Basic Teaching**” by JP Van Hulle, Aaron Christaeon, and MC Clark. The third generation was done by Emily Baumbach in her book, “**Michael’s Cast of Characters.**” There is a fifth generation by Shepherd Hoodwin in his book, “**Journey of Your Soul.**” This fourth generation is the product of Stephen Cocconi and used since January 1992.


This Fourth Version (v.4) of the Overleaves Chart

THE OVERLEAVES

The Michael Teaching™ System of Elemental Character Attributes

Overleaves, version 4.3 - Updated and Modified by Stephen Cocconi 1/92



	Expression		Action		Inspiration		Assimilation	
	Ordinal	Exalted	Ordinal	Exalted	Ordinal	Exalted	Ordinal	Neutral
Role	+ Creation ARTISAN - Artifice	+ Dissemination SAGE - Oration	+ Persuasion WARRIOR - Coercion	+ Mastery KING - Tyranny	+ Service SERVER - Bondage	+ Compassion PRIEST - Righteousness	+ Knowledge SCHOLAR - Theory	
Goal	+ Discernment Discrimination - Prejudice	+ Affiliation Acceptance - Ingratiation	+ Devotion Submission - Subservience	+ Leadership Dominance - Dictatorship	+ Re-evaluation Re-evaluation - Withdraw	+ Comprehension Growth - Confusion	+ Flow Relaxation - Stagnation	
Attitude	+ Investigation Skeptical - Suspicion	+ Coalescence Idealist - Naiveté	+ Argument Cynic - Denigration	+ Objectivity Realist - Speculation	+ Tranquility Stoic - Resignation	+ Verification Spiritualist - Credulity	+ Practical Pragmatist - Dogmatic	
Chief Feature	+ Sacrifice Self-Destruction - Suicide	+ Desire Greed - Gluttony	+ Selflessness Martyrdom - Victimization	+ Audacity Impatience - Intolerance	+ Humility Self-Deprecation - Abasement	+ Pride Arrogance - Vanity	+ Willfulness Stubbornness - Obstinance	
Mode	+ Deliberation Caution - Paranoia	+ Authority Power - Oppression	+ Persistence Perseverance - Monotony	+ Dynamism Aggression - Belligerence	+ Restraint Reservation - Repression	+ Self-Actualization Passion - Identification	+ Clarity Observation - Surveillance	
Center	+ Contemplation Intellectual - Rationalization	+ Conceptualize Higher Intellectual - Telepathy	+ Productive Moving - Frenetic	+ Harmony Higher Moving - Lust	+ Perceptivity Emotional - Sentimentality	+ Agape Love Higher Emotional - Sympathy	+ Essential Instinctive - Mechanical	
Body Types	+ Agile Mercury - Nervous	+ Grandeur Jupiter - Overwhelming	+ Voluptuous Venus - Sloppy	+ Endurance Mars - Impulsive	+ Luminous Lunar - Pallid	+ Formidable Saturn - Gaunt	+ Radiant Solar - Ethereal	
Exotic Body Types	+ Prodigy Pluto - Menacing	+ Evolution Uranus - Deformity			+ Effusive Neptune - Fragile			

Overleaves are chosen by the Essence before birth. The Role is constant throughout lifetimes, yet one option from the remaining rows of Overleaf categories completes one Personality matrix. Body types are chosen in combination for a variety of physical strengths, weakness's and predispositions to medical conditions. Overleaf energies enable karmas, agreements, life tasks, and lessons acting as promoters or inhibitors for evolutionary diversity. Email: channeling@themichaelteaching.com or Call: Stephen: 209-768-4956



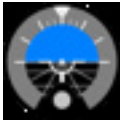



What are the Overleaves?

In the Michael Motivation Card™ deck, **cards 1 - 52 are the Michael Teaching's spiritual architecture of human nature: the Overleaves.** I borrow a term popularized by Psychologist Carl Jung to describe these fundamental patterns of nature as: **Archetypes.** But it was mythologist Joseph Campbell who fleshed out the idea of archetypes, and how they emerge and reveal themselves from our collective

unconsciousness in terms of **Myths**. Those story narratives through which people have conveyed and illustrated are our shared qualities and experiences. He explained that they were not merely characters or players, but circumstances, trials, and themes universal to all of human endeavor and psychology.

The Overleaves are the individual traits of a combined group of identifiers that form to create a complete Personality (Card 56) matrix for an individual during a single lifetime. Like the Enneagram, the Astrological Chart, the Numerology Set, Myers-Briggs, Spiral Dynamics, or Social Style designation, these are all typologies that when used and interpreted by knowledgeable practitioners, can help an individual make sense of their innate temperament and tendency for various preferences, beliefs, and behaviors.

Each Group is unified by the image appearing in the upper right corner of each card. **The Role** is *the Mask*, **the Goal** has the image of the *bullseye target*, **the Attitude** of an airplane *attitude gauge*, **Chief Feature** a *dragon*, **the Mode** a *car*, **the Centers** a *person standing in concentric circles*, and finally **the Body Types** with the symbol of *Da Vinci's Vitruvian Man*.

Roles Group	The cast players and their positions in as related to the game of life.	
Goals Group	Those universal aspirations of achievement representing the plot line.	
Attitudes Group	Those thematic viewpoints of perception, thought and belief affecting the dialogues and discourse.	
Chief Features Group	The challenges, obstacles, defenses, and deceptions that act as the foils in the play.	
Modes Group	The patterns of performance and pace of the action.	
Centers Group	The motifs or it flavors: cerebral, visceral, emotional, base,	

Body Types Group	The appearance and costumes of the cast and set.	
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Unifying Group Image - The Oak leaf - Because even when you chop down an Oak, it keeps sending off new shoots.

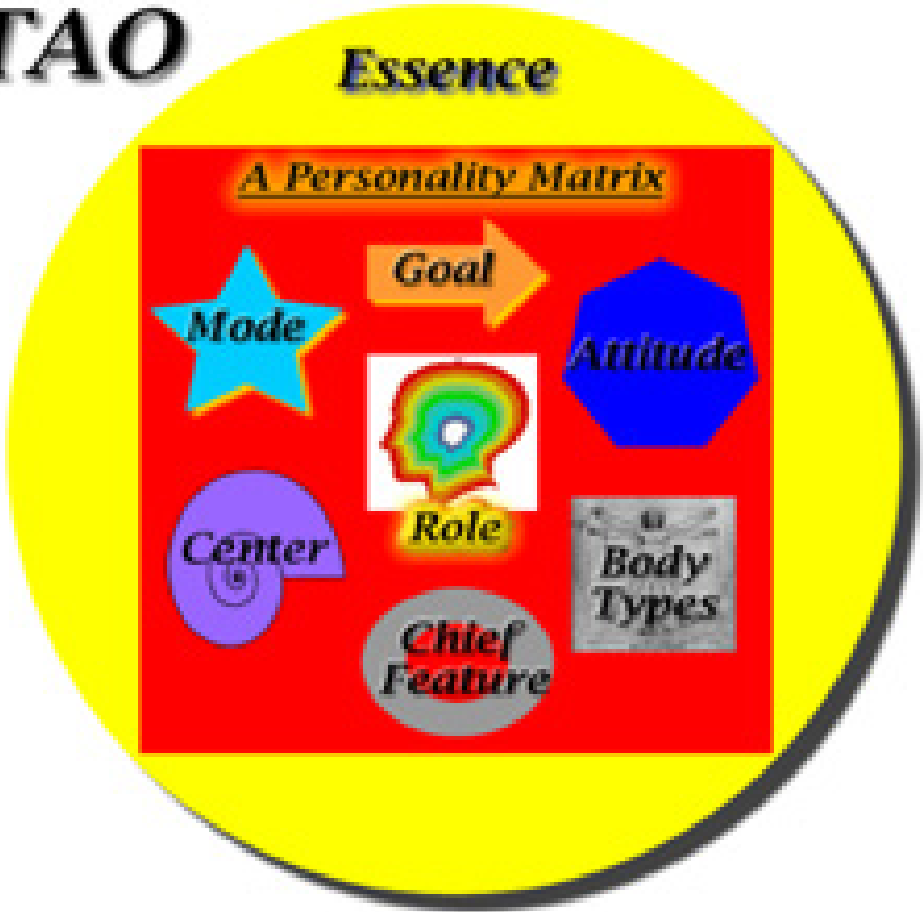


When any Overleaf Card is Chosen

Since the majority of the Cards of the Deck are contained within this multiple group category, specific recommendations are somewhat difficult to make because of the many possibilities. However, all Overleaves pertain to styles, strategies or lessons about life *directly related to an individual human being*. Whenever an Overleaf Card lands in you layout notice which words seems to apply as direct descriptors about that person's character. Overleaf traits may describe philosophical constructs but also are aspects of real people in actual situations. Using the analogy of the theater and acting, allows us to consider our actions as part of an ongoing drama of life. Without that drama in the forms of tragedy, comedy, and documentary, our consciousness could not evolve, since it would lack the dynamic tension to produce the stresses upon the characters necessary as the engine of Soul Age evolution and corresponding maturity of the Personality. As a general rule, a more interesting development is to notice whether several of one group (say Goals) or one set (say Warrior) have multiple representatives in the same reading. These will tend to be far more informative in presenting some sort of contrasts or reinforcing a compounded influence. Of course, the Layout entitled The Overleaves Spread, is an actual matrix, deliberately selected from each Group (see the list below). There you will have nothing but Overleaves.

TAO

Essence



The Seven Component Categories Comprising a Personality

The following seven Groups of Overleaf categories underscore the additional layers of meaning. Possible indications are whether you, or another party, are portraying a role, or how you are giving the performance, and delivering the messages that are being conveyed while you participate upon life's stage. You can add this bearing onto your understanding of the card when you choose it.

Role: The primary frame of reference from which your Essence influences the style of your Personality. Often, the Role will show the world, and perhaps yourself, the most obvious attributes of your character. No role is singularly a job skill. For example, not every King is royalty, nor every Warrior a soldier, Scholars can be found outside academia, Artisans might be accountants, and Servers can equally lead an organization as well as any Role. However, some of the more defining traits of those types of people, imperious and grand for the King, and loyal for the Warrior, with a Scholar needing to have a grasp or need to understand order, might apply.

Goal: The **Goal** is the domain of experience or general direction we are motivated to learn about during a lifetime. The Goal is to be explored, acquired, and ventured into. Like all Overleaves, these are a categorical set of experiences than a specific singular motivation to do one thing. To some extent, the Goal might very well reveal itself by how outgoing the individual is and how diverse their interests. It is here we might see how introversion and extroversion influence the expression of this character set; with introverts tending to lean toward the Ordinal Goals: Discrimination (also called Rejection), Reevaluation (formerly called Retardation) and Submission; and extroversion the exalted Goals Acceptance, Growth, and Dominance.

Attitude: The **Attitude** is the primary mental filter we sift all ideas through. We are predisposed to process information from this point of view, which in turn is not only how one thinks, but what that person encapsulates as their thoughts and reasoning. One can think of Attitudes as vertical scale of constriction or narrow mindedness rising up from a base of Cynicism, to the height of open mindedness of the Spiritualist. The ordinal Attitudes lean toward slowing people's thinking or putting focus on the near term. Around the middle of the scale Pragmatism and Realist move up the scale while Idealist of human values is just under the Spiritualist. When Fear is present in these upper realms they attitude contracts with greater sense of restriction.

Chief Feature: CF is the blinder(s) or constriction(s) we adopt in response to some trauma. It may have also been adopted prior to incarnation as an intended obstacle in reasoning that one is challenged to overcome. Yet interestingly about these traits, they also shape the temperament or mystique in the way the person presents themselves. These represent the primary Ego defenses as generated by fears of loss, lack, inadequacy, or fear of change. The graphical symbol, a circle with a hole in the center, deflating one's motivation with doubt, indicating that something feels missing. That emptiness befalls attitudes and behavior to overcompensate the deficiency.

Mode: The **Mode** is your method of implementation, or automatic means of responding to a situation. It is the visible style in your behavioral stance that facilitates carrying out the Goal. By analogy, the Goal might be the destination, but how your travel there: the route and how fast, will depend greatly upon what vehicle you have selected to transport you.

Centering: The **Center** represents a person's primary, secondary, and tertiary sequence for receiving and processing incoming stimuli from the environment. Varying combinations facilitate the parsing of information in unique ways. It yields differences in perception since inner methods of evaluating of data and weighting of its importance push out various layers of comprehension, which in turn influence decisions. Being aware of the ways that persons can process and

interpolate information differently is the basis of what is termed Multiple Intelligences.¹

Body Type: We all “judge a book by its cover”, the self-deception comes when we fail to admit that appearance, size, race, sex, or grooming does not affect us in a deeply sub-conscious way. Thus the Body Type is the most surface aspect of the Personality that interacts with the Physical plane. Predominant qualities are taken from the genotype one is born into and equip a human being with a blend of innate motivations and physical appearance. The **Body Type** provides attributes of physical function. It is the vehicle you operate while motivating around in a corporeal form. Many lessons of appearance i.e. perceived beauty or ugliness, strength or weakness, and issues related to illness (karmic susceptibility), bring other innate Overleaves to bear upon living. But add in the physiological characteristic of physical sex (male or female), plus psychological gender identification and lifestyle expression, then bring the number of variables to a staggering number. For the scientist, this process would preferably be described as the multiple influences of DNA markers from heredity. Both explanations are complementary since Overleaves do bear physical characteristics and draw out the characteristics. While some of the features provoke curiosity as to their construction, others might inspire a smile and an “ah-ha” when revealed. In fact, what one might notice is the way in which some of these descriptions parallel historic stereotypes, lending to the notion that every simplification has still captured some common attributes.

Perhaps you can begin to comprehend that this Teachings’ construction of a personality is *multidimensional in structure* (i.e. the Overleaf categories) *multifaceted in variations* (i.e. the 7 options per category) but also *multi-nuanced due to the wide spectrum diversity* spanning the distance between the positive and negative poles. In introducing those most predominant of characteristics mentioned above, the Overleaves, we add yet two more energetic influences: the Axis orientation (Cards 61-64) and the Counterparts of Ordinal (Card 59) and Exalted (Card 60) scope of purview.

The Overleaves Group: Core or Central Group Categories of this Deck

More information is available explaining more information about the structure, meaning, and interpretation, of each group. Then by way of further specification, each member of that group category has further definition, instructions of use, and descriptors.

Remember, these archetypes did not come into existence with this teaching! They were merely, but profoundly, named and organized into a coherent matrix; and thus, brought out of shadow and into consciousness, by the MT. The significance of this distinction has relevance in how we comprehend them in relationship to

¹ A theory of learning presented by behavioral psychologist Howard Gardner.

our actions. Now that we can identify these ideas and motivations aggregated under each Overleaves (Group) construct, we may now consciously begin to work with them deliberately; engineering our maximum understand of them but also deploying them as proactive strategies to derive knowledge from our interactions achieve or more fully realize our *Self*.

All Overleaves are elemental in life and which appear repeatedly throughout our, histories, philosophies, mythologies, theologies, and institutions no matter how “rational” we declare them to be. Of course, if one were ever to dissect Shakespeare’s plays using terms from the MT, it would undoubtedly unveil a treasure trove of examples populating the depth and breadth of the Overleaves so that everyone could better comprehend these archetypes in action.

Why Someone Might Choose Specific Overleaves?

Given that all Overleaves characteristics are like garments we wear on the Physical Plane, you might say that all Essence’s, eventually, want to try them on for size and style. The TAO’s rule of IDIC (Infinite Diversity in Infinite Combination) is in effect here. On average, a soul has about 200 life combinations; they still try to “mix-it-up” out of innate requirement to diversify experience. Yet, like a Personality, an Essence too has preference of a sort. In tracking its history, a Soul can find advantage and ease of use for some Overleaves while having a clumsiness with, or aversion to, others. Each preference may actually become a Self-Karmic advantage or disadvantage (Card 66) facilitating talents and aptitudes that may be taken *as-granted* or an incompetence to overcome. From this description we can see that choosing a unique Overleaf (or for that matter an entire set) fall into four main categories.

- **Exploration** – Discovery of the parameters, uses, and limitations.
- **Amplification** – To give a Personality a boost or exaggerated push toward Life Task or Karmic obligations. Aggression and Passion Modes if leading an Exalted life.
- **Modification** - Some qualities tend to temper or inhibit the effect of other Overleaves in a Matrix. (i.e. Exaggerations like Dominance and Aggression, Acceptance and Self Deprecation, Relaxation and Passion, Scholar and Intellectual Center – Inhibitions Cynic and Emotional Center, Submission and Caution, Priest and Sexual Centering, Reservation and Growth)
- **Compensation** – Sometimes a person has had a dearth of lives favoring certain Overleaves and they have left themselves inexperienced with others. Therefore, some people must exert themselves to “act naturally” since even at the Essence level they do not have basic familiarity, achieved competence, let alone comfort with the style or impulses of a certain Overleaf motivation. Thus,

a compensatory lifetime may feel strange to a person who perceives the impulse but who has little instinctive memory of how to operate it.

The point of identifying these motives is to facilitate your Personality to have greater empowerment utilizing its innate abilities; and at the other end of the choice spectrum, is to allow more compassion when one feels stumbling or incapable of utilizing themselves effectively. In either case, placing your competencies in this range may refine your methods or alter expectations of yourself making your life seem more effective, self-accepting and open to self-love (Card 57).

Like the other channeled systems, most notably the Enneagram and Astrology, no one owns this material. Instead, each successive generation reflects the input of interpretation and experience that each channel has had in his/her personal and professional life journey.

However, the name “The Michael Teaching” is a registered and copyrighted business name owned by Stephen Cocconi. In no way, does he claim total ownership or complete original authorship to the combined body of knowledge collectively called “the Michael teachings”. Instead, this is merely his brand and business identity listed under the perspective of the Applied Michael Approach™ and Soul-Ciology™.

Set 1 - TAO Set

“And in the beginning, light was separated out of the darkness...” Genesis 1:4

“God, to me, it seems is a verb, not a noun, proper or improper.” R. Bucky Fuller

{MC} “TAO is the Alpha and Omega of Creation. It is both Masculine and Feminine.” {/MC}

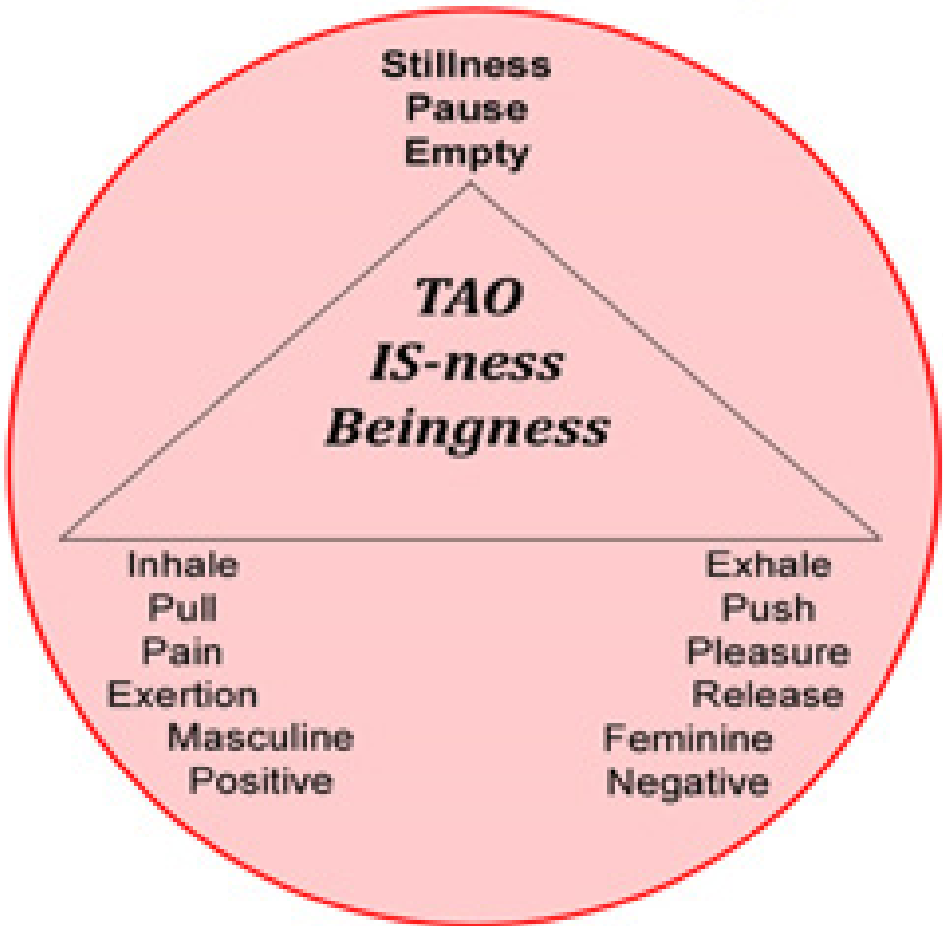
The TAO Set is the deck’s “container”. These two Cards begin and end the deck, acting as its bookends. Cards 0 - TAO and Card 77 – Nexus are the Alpha and Omega and encapsulate the other 76 Card qualities of motivation defined in this deck. Everything that happens is part of the TAO.

The TAO Set represents the ultimate paradox of human existence: the constancy of eternal presence weighed against dynamic forces of continual change. The total interconnectedness of existence is contrasted by infinite variation. Whether or not a complete metaphysical description of the Universe can ever be fully realized, let alone proved (i.e. the meaning of life, nature of God, higher purpose, a hereafter, etc.); we are reminded every day that *change is the only constant*. A vast milieu of possibilities that lies between these two concepts extends our horizons for imagination and broadens our requirement for understanding. No Need to Believe - It is just the Way of things.

If you choose either of these cards, IT IS A BIG DEAL! It conveys the added feature that all motivational energies are available to you now. You are being alerted to realign yourself and prepare anew. Either of these cards can be viewed as *grace*; even in the negative poles, since they are imbuing your reading with qualities where anything is possible. A sense of mystery and whimsy may arise in you or it may usher in a sense of overwhelm. That should alert you to your relationship with these concepts and the ideas you hold about them. Yet, the most important message is to *be here now!* You don’t have to do anything to prepare or be ready, but focus your attention on what is happening in the present moment. That experience of total presence cannot be observed in the now, because to witness it would mean your attention would have to be split between actor and observer (Card 35). Where an observer is engaged and lurking, the process is self-examination, not total immersion. One can only recall later the feeling of presence. It is often in hindsight, after realizing that nothing else was distracting your awareness can you understand why presence is so important. Some combinations to consider: if both Cards appear in a reading, everything is up for grabs! Nothing you do except to reach inward and find the deepest need or desire you have as the point to move toward in your personal horizon. Yet, when you draw either of these - it can be

illuminating and instructive to pick another card consider it a further specification of meaning. Another fascinating and potent combination would be if the Time Card (Card 70) appeared in your Spread with one or both of these. As the Deck's 3rd most influential aspect, you are alerted that something you are doing has a time limit or window of opportunity. Do not freak out whether you have enough time, but do face the issue right now and begin motion in that direction. The last addition to be aware of is when one of the Role Cards (other Exalted Arcana embers) appears. A person of that Role may figure prominently or qualities of that Role are the attitudes and behaviors you should look to for your assistance or answers.

TAO's - Triality - Trinity



More than the Sum of ITS Parts

Paraphrasing of Aristotle's Axiom of the Universe

*"The more we understand individual things, the more we understand God."
Baruch Spinoza*

Situational Context: When the Card Appears in a Reading: You are being called!
BE WITH IT!



Illuminated (+): Presence, logos, perfection, source

Illuminated Position: The open pages of the Book of Life depicting the Logos - the Grand Cosmic Design of the TAO. Within Christianity, the Logos is the

Word of God. The Logos contains all that is possible and is represented by the symbols Greek term Alpha (the first or beginning or capital letter “A”; and the Greek symbol Omega the end – finality), shown as printed on the pages of the book. Within the range of Alpha through Omega, all things exist (matter) and are possible (interactions). These symbolize that every idea is available to you if you are only able to grasp the meaning behind it. You need not possess anything but rather to float amongst the infinite possibilities, like clouds which are forever changing form, position and state. It is the panopticon: a place where something can be viewed at all viewpoints at once.

1. You are part of the Universe; **nothing you do here is wasted**. Be with each moment and notice.
2. The most significant card in this Deck. All possibilities are available. When the TAO Card appears you stand before the entirety of creation, as a creator and as witness to the creation. If you think that sounds circular, consider that all systems and cycles never really terminate, they merely evolve into a new form. Alpha and Omega = you coexist with all things! At that moment, know it and embrace it. Spirit is attempting to get through.
3. This is the state of perfect presence. Use whatever comes to mind. **You are being guided**.
4. The source is abundant right now. It might take a leap of faith. Cease resisting and take the leap!
5. Whatever ‘*higher power*’ is, **accept the fact that forces greater than you are at work**. You might relax, forgive, and follow the obvious trends, rather than falsely believing you create it all.
6. **Connect with Spirit**. *Whatever that means to you.*
7. **TAO does not require your belief for it to exist**. IT IS as YOU ARE. Remember how the biblical YHWY defined itself “I AM THAT, I AM”. Whatever form is being radiated (AM’ed) that too is part of TAO. Are you amazed by it or horrified by it? The first is heaven the second is hell. Your supreme power may be nothing more than a profound change in perspective.

Shadow (-): Void, nothingness, oblivion, emptiness

Shadow Position: The Black Hole is the ultimate Void. This image shows the gaping mouth of this intergalactic behemoth: the Event Horizon. If one were to actually be captured by one they would be frozen in time; their particles in an interminable state of suspension. According to Stephen Hawking’s theory of creation, the Big Bang originated from a Prime moment erupting from *THE Black Hole*. It serves as powerful metaphor for this card, as Genesis indicated the light emerged

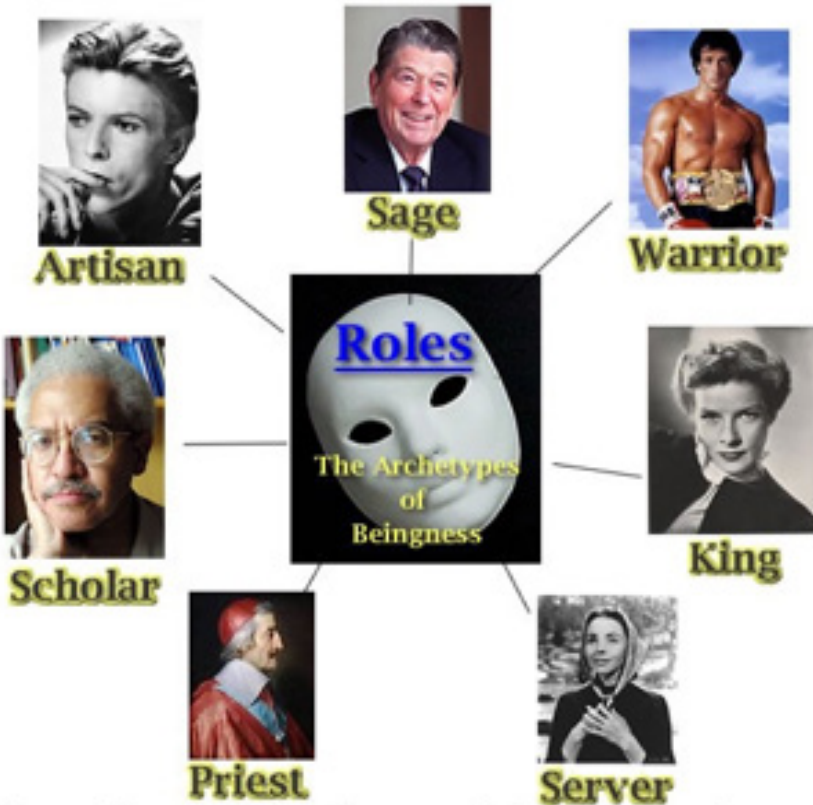
from the darkness. Yet, there is no real “negative” or “bad” aspect to the TAO. The dark is mysterious to us, because without light we cannot see. The unknown makes us afraid. If you’ve ever have the perception of a vast emptiness, assigned to oblivion, a dominant nothingness of nihilism. To believe in nothing, to hold onto feelings of emptiness, is to behold a dark horizon, bleak and frozen, with no end in sight. Dante defined it as one of the states of Hell. In the vacuum of the Void, one experiences falling into an abyss of never ending darkness, yet here is the place that shamans and mystics find the ‘Great Mystery’; the all and nothing. It is the scale of the infinite! A paradox of beingness is suggested by both proponents of religion and science. They would agree that at the instance you have stepped into oblivion, you are stripped of all matter(s), and thus at your most free...in total failure, complete isolation, engulfed by chaos; yes, total freedom! Frozen in time and space with no awareness or separation you returned to the fundamental state, complete Assimilation (Card 64). For the Yogi’s of India, this non-dual state is called Nirvakulpa Sumati – you are one with all things and yet no-thing. There is no duality of Witness/Observed. Most people’s sense of Ego-Identity is terrified at the loss of such defining references. Here it is impossible to gain a reference point. Whatever happens next is anyone’s guess. You are invited to be with the unknown and face all of your attachments and identities. (This image is also the background for Nexus Card #77)

1. Do you feel distant, uncaring or noncommittal? **Your life force energy has been emptied** and nothing satisfies. Numbed to life’s abundance you may feel devoid of hope and forsaken.
2. It is a **shaman’s descent into the Void**. It may be painful but don’t despair. Enter into the nothingness and bring forward new understanding. Doing so strips all illusions.
3. **Nothing seems to be moving now**. Remain calm. You will be vaulted out of oblivion soon.
4. Everything feels disorienting as if **nothing at all matters**. Space-time seems to stand still. This is the moment is open to let the creative force work through you.
5. Nietzsche said, **“if you stare into the abyss, the abyss stares back at you.”** Whatever that reflection might be perhaps it is best to acknowledge it, even embrace it; rather than avoid it or demonize it.

The Role Group: Actor Archetype Cards 1 -7



These are the Actors in the Play of life. In the Michael Motivation Deck, [Cards 1-7](#) the Roles, are members of the Exalted Arcana of Archetypes. These core character traits are: **Artisan, Sage, Warrior, King, Server, Priest, Scholar.**



Roles are the embodiment of one complexion of seven majoy rays. Each role is an aspect of TAO. Every Essence is ensouled with a role.

No Role is singularly a job description.

Not every King is royalty, though they can be a king-sized pain-in-the-neck. Not every Warrior a soldier, but they will go to battle and fight for a cause. Not all Sages are wise, more often you might call them derisively a *wise ass*. Priests only occasionally become clergy; though evangelizing some professed gospel they believe, and are administering, can flow easily from them. Servers might support by leading, more readily than appearing as helpers or slaves. Scholars are naturally about learning and absorbing knowledge but may not find academia or formal course work in anyway useful or necessary. And to be sure while Artisans do like to make craft of themselves, but do not assume they will be craftspeople, artists, or inventors. As the Soul Age advances and other Essence agendas of the individual being emerge, (Michael calls us “fragments”) then a unique formulation of that Role will flourish. In the same way that in a garden you may have one species of plant, say apples; its many iterations on the same branch can yield fruit varying in size, flavor, and appeal. *Paradoxically, the highest value that a Role aspires is the very button of vulnerability they are most susceptible to!* More will be mentioned under each Role in a subsection termed the Role’s self-karma. (Card 66).

Roles are played out in the aspects of cultural archetypes.

All societies have representations of the seven Roles. Often, like in India which has a version of these embedded in its caste system, certain Roles tend to get a certain veneration (like Kings and Warriors) while others (Scholars and Servers) can be viewed with little favor and possible contempt. These preferences tend to be biased by the Human and Earthly predisposition toward the more masculine qualities(Card 55) of Dominance (Card 11), Aggression Card 32), Power(Card 30), all of which seek control.

Whenever a Role card appears in your draw

You are being alerted to a significant awareness concerning that archetype. Choosing any of these would indicate that a person or player is about to have direct action upon the situation: you upon it or it upon you. It could be that a person of that Role, or at least acting in that capacity, is a major player in the scenario you have inquired about. It might also indicate that you are being instructed to study the qualities of this Role and to enact them in your own way. This means adapting the mindset and behaviors of that Role and exerting them through the motivational strategies which accompany it, or consider it as a situational *style in the moment*. (See specific Card essay). Another interpretation might also suggest a counteractive strategy. You might be in the situation to learn how to most effectively engage or counteract the person portraying that Role. For instance, how to be a Server that does not feel bowled over by a King.

When your own Role appears in a Layout

If you know it, the emphasis of that Card is doubled! It suggests that some feature innate to you requires attention and/or acting upon. To knowing your Role, which means understanding the range of thoughts and drives which operate at its core; can offer a deep validation and understanding of the emotional patterns and behavioral habits that you innately recognize in yourself. The Role is the aspect of Essence that is its strongest internal driver, but it may not be the most evident if you are trying to emerge from imprinting.

When *two or more* Role cards appear in a spread.

The message may be telling you about actual players in cooperation or in competition with each other. Both the substance of your question, (just as in an in-person channeling session), and the layout you selected will help direct the way you interpret their appearance.

Example of Roles from the Characters in Harry Potter Universe

(The actors portraying these parts are not the same Overleaf Roles as they portray in the film.)

1. **Server** – Ron Weasley & (Mrs. Weasley) & Hagrid
2. **Artisan** – Severus Snape & (Sirius Black)
3. **Warrior** – Ginny Weasley & (Draco Malfoy)
4. **Scholar** – Hermione Granger & (Professor McGonnogal)
5. **Sage** – Albus Dumbledore & (Fred and George Weasley)
6. **Priest** – Lord Voldemort & (Luna Lovegood)
7. **King** - Harry Potter & (Neville Longbottom)

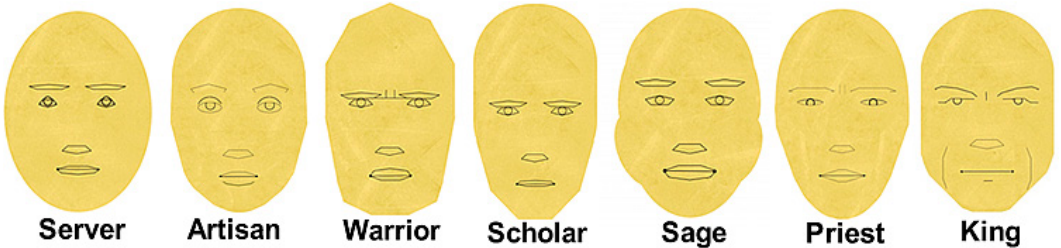


Image Courtesy of Barry McGunnies - personalityspirituality.net

1 SERVER

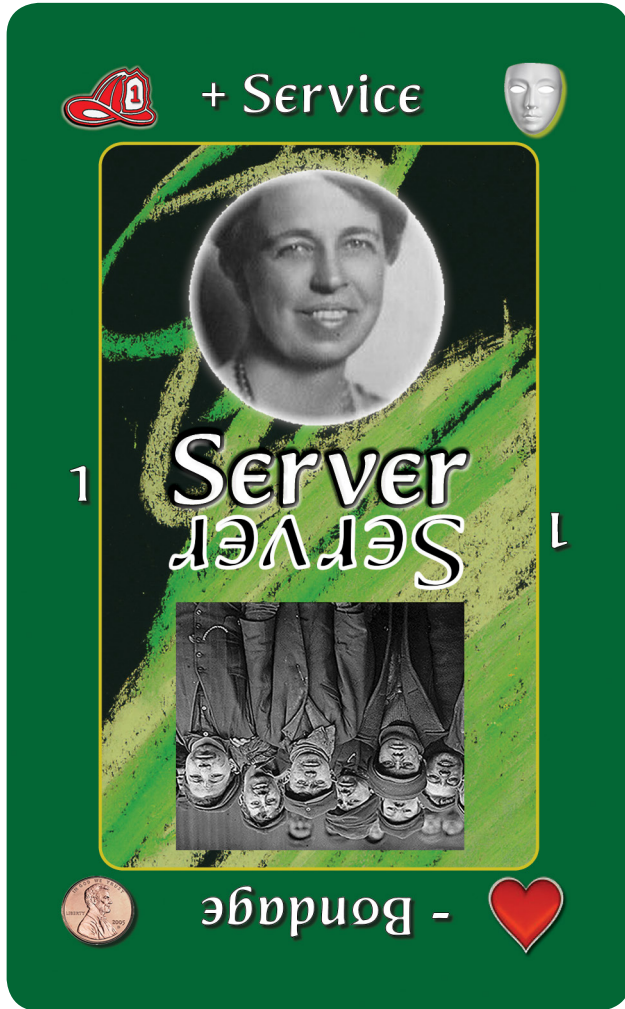
May I help you?

—A Server's Credo

Universal Archetype: Helper

Situational Context: Help or get Help!

Nature's Metaphor: Elephant



- **Background Images:** Algae and Seaweed – Supports all life on Earth.
- **Border Color:** Green - 4th chakra
- **Fireman's Helmet** - Server Set: Like the first responder, service is selfless, sometimes dangerous; and yet, they are simply expected to show up but go

unthanked.

- **Mask - Roles Group:** The Foundation Archetypes. The Decks' Exalted Arcana.
- **Penny:** Ordinal (Card 59)
- **Heart: Inspirational Axis** (Card 63). Also denotes Emotional Center.

Illuminated (+): Service, caretaker, capable, help, nurture, assist, Elephant

Illuminated Position: Old Server, First Lady Eleanor Roosevelt was a wealthy socialite and was Task Companion to the powerful and longest serving American President: Franklin D. Roosevelt (Mature - Sage). She also was a favorite niece of President Theodore Roosevelt (Mature Warrior). A potent and energetic modern women, history will remember Mrs. Roosevelt's for her tireless efforts in passage of the "[*The Universal Declaration of Human Rights*](#)" by the United Nations. On the United Nations web site she is pictured holding a copy of that document. A document which went further than Jefferson's proposition that "all men are created equal." A champion of the "common man", FDR regularly utilized her as a good-will ambassador. Much of what now is the Social Security fund, is a direct result of her input. Her life paints us a picture of a Server who had monumental influence on not just the U.S. during a time of economic despair, but for the advancement of human dignity and equality. She will forever be a hallmark of justice. A humane being indeed!

1. Servers need to be needed. For this they must connect with others. This card declares that **giving service is a source of prowess**. What are you doing to contribute?
2. When you draw this archetype card, the general message is one of **loving service to others**.
3. Remember what Galadriel said to Frodo in the movie *Fellowship of the Ring*, "**Even the smallest person can change the course of events.**" Do not underestimate how pivotal your effect might be. Do your part!
4. **Forget thinking that serving is lowly!** Perhaps leading the charge helps most?
5. **A person appears willing to help.** The skill they offer gives you an advantage: receive it.
6. The situation requires you to **do whatever is necessary** to assist or advance. Remember that love is better than guilt for motivating action or giving help.

7. **Servers comprise the every man.** The most populace role, they fill niches that assist all other roles in their progress. Listen to [Aaron Copeland's "Fanfare for the Common Man"](#). Listen and feel the exhilaration and satisfaction derived from personal, hands-on helping.

8. The animal totem for this archetype is the Elephant: In nature **they are powerful and nothing can truly stop them**. Yet, they can be tamed and were one of humans' largest cargo haulers.

Shadow (-): Bondage, manipulating, downtrodden, bossy, malicious obedience, resentful

Shadow Position: It was less than a century ago when child labor was exploited in the United States. Yet, forced servitude has a long history and is still practiced in many countries. This image taken from the National Archive, shows a group of boys - all less than age 12, who worked 60 hour weeks as coal miners in Appalachia. Contrary to the ridiculous arguments made by exploiters of cheap labor, these children were not "participating in a free labor market" any more than were African slaves put in bondage during the first 300 years of America's history. Bondage = no choice! No choice means no power! In this pole, a psyche pervaded by hardship, social degradation, and oppression may develop a psychology where the only method for survival is covert manipulation by whatever means of influence they have. Actual bondage may involve chains, or imprisonment, or physical enslavement; but practically speaking, it is the powerlessness to make changes on their own behalf, a lack of options, and subjection to harsh reprisal that defines those in this pole. It reminds us that the battered wife, the child soldier or prostitute, or the child sold for piecework in some Third world sweatshop are forced to give *all their service others, but receive none of the rewards for themselves!* In the OMT, the original term for this helper role was designated as Slave, because of the association to USE them as objects and exploit their energy.

1. When you believe that you have no choice over your actions, then **you live as a slave to fate!**
2. The mood carries **a feeling of burden and overwhelm**. Beware of the immobilization when feeling helpless.
3. You deserve help. Find some before it's too late!
4. **Are you under the whip?** If you are feeling abused get out, or examine your own masochism.
5. "Poor me, look at how helpless I am." The downtrodden believe that the only power they have is to tug at the **Heart** strings of another. Notice if you or some else is **manipulating** the situation by eliciting pity.

6. There is a manipulator in the midst of this situation. Name him/her. What's needed?

7. Remember that your waiter or waitress is handling your food. **Being a jerk to those who serve you just because you think yourself in control can invite unexpected consequences.** Remember: *what is out of sight is out of mind*, but NOT out of the range of possibility.

The Server Set



- **Unifying Set Image:** Fireman's Helmet - Significance = Selfless Service
- **Common Color:** Green: denoting the **Heart** chakra, the Emotional Center
- **Background Image:** Meant to denote the land, vegetation, and free flowing willingness to be a primary source of nourishment for all who partake. It is beauty in simplicity.

The Server Set comprises the fundamental energies listed below. These subordinate Overleaves are second-nature to that Role. They are embedded in, and native to, the construction of this Role as *design defaults*. Visually displayed under the Server column on the [Card Color Chart in Section 1](#), realize that if no other Overleaves were chosen from other categories by a person of that Role, they would automatically orient to these nested qualities.

The Server Cards are all **Ordinal**, Inspiration-oriented, and possesses the native desire to attend to the common good. Instead of the acceleration of Growth they will slow their advance in the **Goal of Re-evaluation**, and even retard their own efforts. Their **Mode of Reservation** always seeks out the road where it is least noticed or offensive to others but when it is does so with grace and courtesy. So much so, that they may slump into **Self-Deprecation** the **Chief Feature** which causes one to perceive themselves, or their needs, of lesser value than others. Yet, they are capable of great power behind the scenes, and are helped by maintaining the repose of a **Stoic Attitude**. The anchoring into the **Emotional Center** equips the Server with the sensitivity that would often rather have them withdraw rather

than confront. This sort of resignation can lead to a passive-aggressive way of dealing with concepts rooted in it but makes it the most useful for future expansion. Capable of setting a tone of inspirational hard work, they usually resist the lime-light or grand adulation. On the downside, they can feel downtrodden, unhappy, burdened, and trapped by their sense of duty. To escape feeling encumbered they may take to manipulating others sympathy. It their way of exerting covert control and is the way that the meek inherit the earth.

Preferring to blend and not be too visible, they prefer the almost plain look of the **Lunar Body Type**. Its features are simple, almost childlike in their minimal development and otherwise draw little attention to themselves except how “average” it might appear.

When a person has chosen any of the Server characteristics, they are engaging aspects to utilize or evaluate. Notice the particular card you draw. If you chose the Server Role, you are asked, “How can you make a contribution in supporting the common good?” Not as you define it, but as what you bring as skills to help. It is not about you, it is about making something better. This includes you as well as others.

From One Archetype to the Next...

Servers, you are the raw materials, ready to be shaped. How can it be best formed and utilized? The need for an inventor and designer is ready to be manifest. TAO directs the process toward the force which makes the scenery and writes the scripts. For that purpose of making the costumes, building the sets, composing the background music, and putting the actors on their marks, the next aspect to explore is the Artisan Role – Card 2.

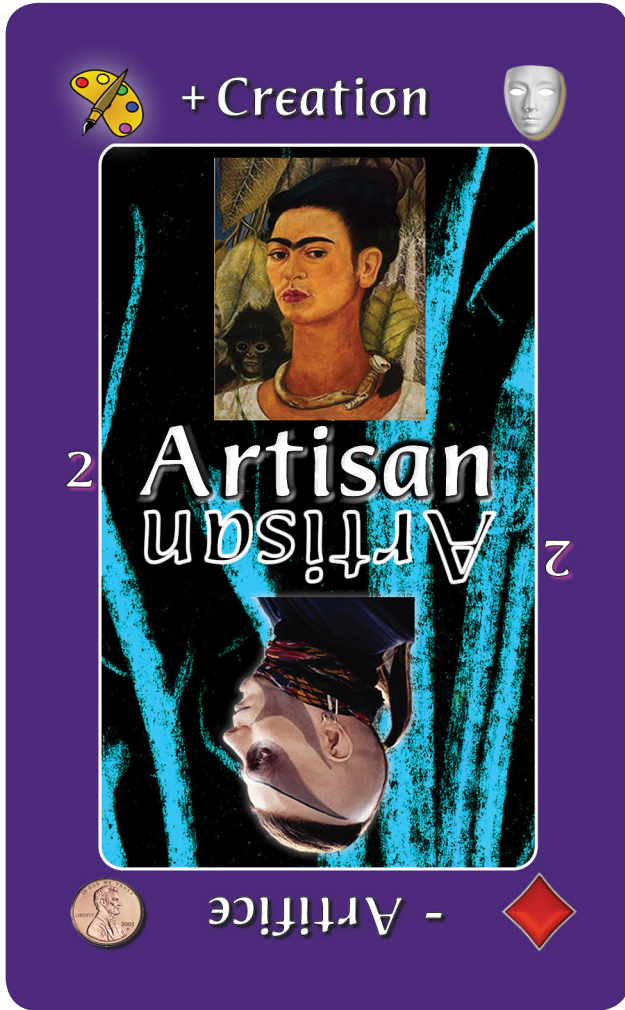
Creativity is a drug I cannot live without.

—Cecil B. DeMille

Situational Context: A reinvention or makeover is called for.

Universal Archetype: Creator

Nature's Metaphor: Platypus



- **Background Image:** Multiple rays of input from a multiverse of possibilities.
- **Border Color: Indigo** – Tapping into the Intellectual Center and 6th Chakra

- **Palette:** Symbol of the Artisan Set – What one creates with themselves.
- **Mask:** Symbol of the Role Group
- **Penny:** Image of Ordinal scope – personal and private
- **Diamond:** Image of Expression Axis and Uniqueness

Illuminated (+): Creation, imaginative, innovative, original, stylish

Illuminated Position: Seldom have we experienced an Artist who more represents the character of Artisan than Frida Kahlo. Many of her self-portraits show her life process as the victim of a devastating cable car accident. She said that the reason, “I paint myself because I am so often alone and because I am the subject I know best.” This self-involvement could, in part, be a function that she was an Intellectually Centered Skeptic with the Chief Feature of Self Destruction. All of which are Artisan Set characteristics.

1. **Un-cage the artist within!** Create originally, lest you be at the effect of someone else’s design.
2. You are a creator but **true artistry will takes talent and persistence.** Recreate, refine and hone your skills and you will become the maestro. Then watch how people seek you out.
3. Never mind how fashionable it looks, just know that what you come up with will be met with surprise, and possibly delight, but certainly **acknowledgement that you did it yourself.**
4. **Apply yourself to inventing your life.** Craft it to express you.
5. Innovation is creativity in action. **A new process is just as worthy as a painting, sculpture, or poem.**
6. Creation happens: in birth, design, manufacture, connections, and accidents. **Every idea has a germ of uniqueness.** Exploit that quality and develop it.
7. **What do you bring to the table to make the whole thing work?** Figure it out.
8. Did you know Viagra was originally a **Heart** medication? You never really know what will come of any idea. **Repurpose something you already know or have.**
9. Crafting something already known or developed is still an act of reinvention that offers something different, and hopefully better. Get busy refining or

modifying. **Take it to the next level.**

10. Emerson said, “Adhere to your own act, and congratulate yourself if you have done something strange and extravagant, and broken the monotony of a decorous age.” Esteem that **you too are a unique creation and perspective brought into form.** You might as well be you.

11. On occasion, you have to tear down or tear apart something old and reuse the space and materials to make something new. **Remove an old familiar barrier and build something beautifully useful from it.**

Shadow (-): Artifice, imitation, self-deception, veneer, chameleon, charade, facade

Shadow Position: Making oneself a “statement”, is not a modern invention. Tattoos (now called body art) have been around for thousands of years and designate many things: totem, tribe, status, or boredom; or as I have heard reported from several individuals: *an event almost orgasmic in its hypnotic or transcendent effect.* In the negative pole of Artisan, Artifice is when someone uses disguises as blunt projections of some perceived *Self* (Card - 56) without benefit of necessarily acting upon the principles or tastes they represent. Make-up and fashion are similar efforts to cover and enhance what some may perceive as ‘lacking’ and therefore must be enhanced to be ‘special’. Thus, any costume or adornment can become a barrier or a signal of “I’m different, stay away”, rather than an invitation to connect, or clarifying identification. Certainly not all body art express these motives, but it is a subtext of a need to decorate oneself as the canvas of creative expression.

1. **Artifice** is a veneer meant to convince the observer that substance is present when actually it is a false front. Look behind the **Mask**.
2. Because I think it, it has already happened. **Don’t delude yourself** into believing that no effort is required.
3. Is imitation the sincerest form of flattery? Or is it just easier to copy someone else’s work because you are too lazy or **too scared to risk producing your own**? Do the work yourself and learn the skill and process hands-on.
4. Sometimes **a creator deceives themselves**. Make sure what someone tells you they can deliver is not actually vaporware.
5. Perhaps someone is deceiving themselves and wants you to believe it with them? **Watch out for the poser or fraud. Rejection may follow.** They are often very invested in it.
6. If you frequently say, “conditions are never right” to create, then even when they are, you’ll have no practice under your belt. **Stop making excuses or de-**

luding yourself. You are stalling.

7. Famed architect and Mature Artisan Frank Lloyd Wright said, “Form and function should be one, joined in a spiritual union.” **If you are masquerading as someone other than who you are then your inner world feels disjointed, perhaps dysfunctional.** If it is, then go back to the drawing board.

8. A negative pole Young Soul Artisan credo is: “Fake it till you make it.” **Self-Deception might be useful for training** or propping up your persona, but it is terrible if you can no longer see the original you.

9. Mature Artisan and mathematician Ludwig Wigenstein said, **“Nothing is so difficult as not deceiving oneself.”** You can underestimate or overestimate. Pay attention that you’re not kidding yourself.

10. Who are you looking at? Is it the genuine article? Or a projection from your own psyche? Or a fabrication meant satisfy you superficially? **Get clear or you might get burned.**

The Artisan Set



The Artisan Set comprises the fundamental energies listed below. These subordinate Overleaves are second-nature to that Role. They are embedded in, and native to, the construction of this Role as *design defaults*. Visually displayed under the Artisan column on the [Card Color Chart in Section 1](#), realize that if no other Overleaves were chosen from other categories by a person of that Role, they would automatically orient to these nested qualities.

The Artisan Cards are all **Ordinal, Expression-oriented**. Artisans feel the compulsion of having their creations acknowledged, noticed, and to be seen as unique individuals. **Using Discrimination for their Goal** is the only way to assure that they sort through the vast array of options available to them. It follows that their **Attitude of Skepticism** makes them harder to convince that a substitute will suffice when they aspire to an original. Thus, they use **Caution Mode** to be deliberate of their choices, never settling for an accident. As one might infer, the act of creation is one that involves the mind, as many of the Overleaves in the Artisan Set indicate. Naturally, it takes advantage of the visual capacity rooted in the **Intellectual Center** for it serves to process all the variations for trial and error. Yet it is error, especially when choices are extreme and capricious to the point of self-sabotage of that which they most desire, that leads an **Artisan into the Chief Feature of Self-Destruction**. For if an Artisan cannot create beauty they may equally create disaster, chaos, and destruction.

The agile, lithe, and quick-witted **Mercurial Body Type** is a favorite of Artisans

since it offers them their own manikin to dress and display. Posing and making an artistic statement is often the first venue of their personal expression.

When a person has chosen any of the Artisan characteristics, they are engaging an aspect to utilize or evaluate. Notice the particular card you draw. If you chose the Artisan Role, be on alert that what you create in the world, or how display yourself, is ready for a full-on update. Is how you present yourself congruent with the YOU, you know yourself to be? It is time to break out the tools, get out the paints, draw up some new plans, and then show it off!

From One Archetype to the Next...

Now that the idea is hatched, a design put forward, or a thing is made, you will need the assistance of an organizer; one who corrals the multiple dispersion of ideas into a singular focus or objective. Hence, the necessary partnership between the artist and the business man or woman, who can direct an efficient flow of production and wage an effective campaign to spread its adoption. The ability to create shared benefit and conquer a problem, TAO initiated a force to expand and spread the work and establish a working system. For that purpose of taking action, its aspect is empowered by the Warrior Role – Card 3.

3 WARRIOR

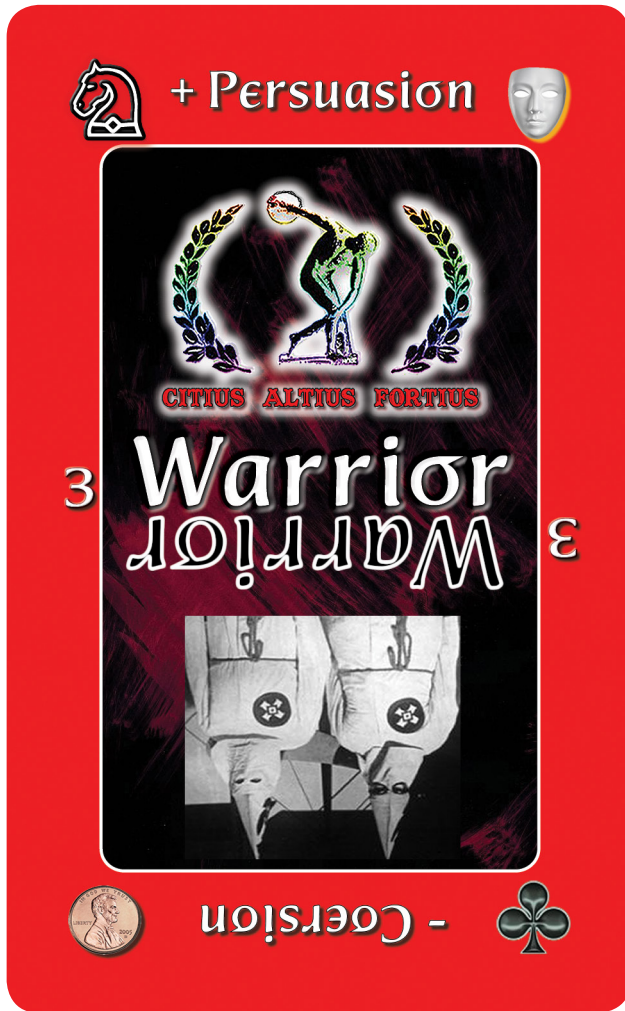
Go ahead. Make my day.

—Dirty Harry

Situational Context: Be on alert, a challenge is before you. Act with valor!

Universal Archetype: Protector

Nature's Metaphor: Wolf



- **Background Image:** Is like red magma of liquid iron, the essence of steel.
- **Border Color:** Red, indicating blood. What a Warrior offers in loyalty.
- **Chess Knight:** Horse head. Warrior Set symbol.

- **Mask:** Signifies the Role Set. Major Arcana – Primary archetypes.
- **Penny:** Ordinal Scope. Means many, personal, informal, and specific.
- **Clubs symbol:** Action Axis – Sensation and material. Energy flowing toward an outcome.

Illuminated (+): Persuasive, protective, principled, stalwart, tactical, grounded

Illuminated Position: The translation from Latin of *Citius, Altius, Fortius* is *Faster, higher, stronger*. It is the motto for the modern Olympic Games. In ancient Greece, the games were between the best warriors. For modern athletes, like the [Peaceful Warrior Dan Millman](#), energy is channeled through sports in a physical and useful way. Action taken to push limits, conquer competitors, and experience the glory which comes with victory, is the signature of a Warrior. In the Games, individuals work together and respect hierarchy, like wolves in a pack. The Wolf's sense of camaraderie strengthens bonds and allows for cohesion and team effort. Warriors in this pole recognize their place and work to contribute their part. Respect for leadership, the alpha, does not mean they value less any of those others who run with the pack. Even the Omega, the lowest on the pecking order eats. Warriors are less effective when they are lone wolves. Their loneliness and heightened feelings of threat from others makes them more dangerous and less predictable. Find a pack to be part of and whose allegiance you can feel, and give love and support to them.

1. If this card has appeared for you today, it is a signal to call forth your inner **defender**.
2. Teddy Roosevelt knew that a warrior's credible persuasion means "**walk softly and carry a big stick**". The message of this card is effectiveness and potency. It is being asked of you now.
3. The situation suggests, **discretion is the better part of valor**. Let the other person expend their energy while you gather yours. The Samurai knows that a calm mind brings victory.
4. Meet a challenge by being unrelenting. **Triumph is the victory over limitation**.
5. Come to the defense of that which is right and true. The battle might not be violent, but it will be intense. **Stand your ground**.
6. **Your principles are being called out**. Be certain of what they are and if they are really worth fighting for. If so, be valiant and give no quarter.

7. Kids get early Warrior training in the Scouts. Their motto: **“Be prepared”**. Real Warriors like the Navy Seals have a variation in their motto: “The more you sweat in training, the less you will bleed in battle.” Someone needs to get ready! Is it you?
8. **Alert all bystanders you mean business!** Keep your sword sheathed but with your hand on the hilt. Act polite but leery.
9. A warrior puts their **Heart** on the line. With a straight forward quality in their posture, a **Warrior’s countenance persuades any bystander to be wary**. With your sword sheathed, your opponent is leery of escalation. They respect that which is unseen. Be the knight in this chess game and make a decisive move. Then, checkmate!

Shadow (-): Coercive, bullying, intimidating, malevolent, cutthroat, mercenary

Shadow Position: Few images of modern American iconography hasten to raise such revulsion, fear, and sadly in some, a sense of esprit-de-corps, than the hooded thugs called the Ku Klux Klan. Negative pole Warriors may not be overt brutes or bullies, but they can harbor intense distain, threatening, and react defensively and attacking. These men hid their identities to hide their culpability; it is an act of cowardice rather than bravery. The uniforms may change, but intimidation is always the same. Their sense of entitlement for some privilege, or a belief in ‘might makes right’, grants their Ego’s (Card - 56) permission to do whatever they deem fitting to others. Because here they do not feel part of camaraderie, as in the positive pole, it is that they’ve found alliance with others who claim the same adversaries. Unlike noble warriors of the positive pole who enjoyably engage in competition to better themselves, power seeking glory knaves set upon rivals as enemies, willing to be underhanded assassins rather than overt combatants. This is why the cunning relative of the Wolf, the laughing Hyena, is the animal energy to watch here. Hyena’s are worthy living things, but whose strategy is to taunt or ambush its prey rather than attack it head-on. Be clear that in this pole, that may be a clever strategy, but one built on deception and coercion.

1. If ‘being a *good soldier*’ means **overlooking your own responsibility** or claiming “I was just following orders”, then you not owning-up to something that is within your control.
2. **The challenge for the true Warrior is to be vigilant.** “*Quis custodiet ipsos custodes?*”, the Latin phrase from the Roman poet Juvenal, which is literally translated as, **“Who will guard the guards themselves?”**
3. **Beware of bullying!** It might seem powerful now, but will you stand up for yourself or cower?

4. **Engage willingly.** There is no reason to destroy, just disarm. Conquer aggression not people. Mercenaries only respond to pay or glory. Soldiers of fortune have no loyalty.
5. **Watch your back!** A contractor has a contract on you!
6. It seems that an enemy is stalking you. Turn around and confront it. To avoid it is to be **beaten before you even get a chance to try.**
7. **Careful about the 'take no prisoners' approach.** You may find yourself on the receiving end of it.
8. **You may be fooling yourself,** but everyone else can see your dishonor.
9. One anonymous aphorism states that "**War is not about who is right, it is about who is left.**" In this case whoever is left standing from this slugfest will collect the spoils. It will be bloody but you can do it.
10. **oath** is something you swear to someone who is worthy, not just those worth allot on a balance sheet. **Money has a way of bending one's integrity.** If you sign up to fight for someone, be honest what currency you are receiving to do so; it might be blood money.

The Warrior Set



The Warrior Set comprises the fundamental energies listed below. These subordinate Overleaves are second-nature to the Warrior Role. They are embedded in, and native to, the construction of this Role as design defaults. Visually displayed under the Warrior column on the [Card Color Chart in Section 1](#), realize that if no other Overleaves were chosen from other categories by a person of that Role, they would be automatically orient to these nested qualities.

The Warrior Cards are all **Ordinal, Action-oriented**, and Warrior drive themselves toward the organization of forces to accomplish a mission. Believing themselves to be directed, they look to the **Goal of Submission** to make itself available for a mission, to experience allegiance to a person or cause, or to act under orders. This can be an arduous task where one subordinates their own needs and thus, and **Attitude of Cynic** develops as a natural way of channeling any disdain for that which is an attempt to follow an otherwise difficult existence. It can require tremendous stamina (a source of Warrior pride) to endure; they are naturally prone to use the **Perseverance Mode** to grind out whatever task they have been issued as “marching orders.” As one might expect, the relentless doing of this Role focuses the use of the **Moving or Kinesthetic Center** because the Warrior employs their body and senses as their primary way of performing life. All these demands, a perception that they are honor-bound to loyalty and potential selfless sacrifice, directs a Warrior’s innermost pain toward the perceived redemption of **Martyrdom, as their Chief Feature**. But a Warrior loves beauty and decoration, thus choosing a **Body Type** of Venus, makes them appear virile, swarthy and sexually alluring, and possibly, erotic.

When a person has chosen any of the Warrior characteristics, they are engaging

an aspect to utilize or evaluate. Notice the particular card you draw. If you chose the Warrior Role, be on alert that what you know or believe, is ready for you to express to the world. You are being invited to take the stage and share your truth. And in the process be confronted with opposing views that will test your certainty and the veracity of what you know.

From One Archetype to the Next

When the TAO created the Warrior, it was to gather the treasures of experience unto himself. The culmination of those worldly steps of existence beckons a period of digestion, then reorientation. The storehouse of all knowledge is continuously updated with the substances of the universe. Assimilation of that data comes at the central focal point of the Scholar Role (Card 4).

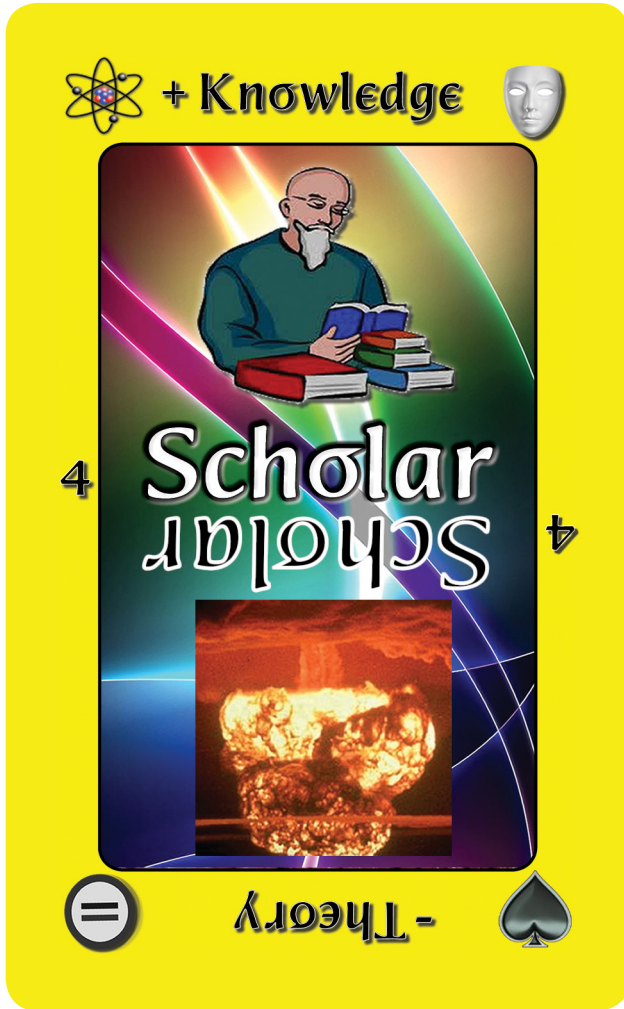
More input!

—Number 5, from the movie *Short Circuit*

Situational Context: Neutrality produces objective knowledge.

Universal Archetype: Omniscience

Nature's Metaphor: Owl



- **Background Image:** Columns of intertwined yet defined light. From Big Bang that awaked the TAO, it signifies order coming from chaos.
- **Border Color:** Yellow – Like the basic energy of the sun.
- **The Atom:** Symbol of the Scholar Set. Most basic unit of the Universe:

- **Mask:** The Role Group
- **Equipoise:** Neutral symbol of “all things being equal”
- **Spades:** Digging down strata. The Assimilative Axis.

Illuminated (+): Knowledge, curious, studied, searching, ordering, mediating

Illuminated Position: The Scholar collects information. Though not all are academics, librarians or readers, they immerse themselves into whatever they are studying. It is a hallmark of who they are. Like the many books in front of the man (above), they can draw many sources together and cross reference them to gain optimal quality and quantity of information. Like Minerva’s Owl, the totem animal of the Scholar represents knowledge and erudite learning, with the aim of wisdom. Whenever this card flies into your hands, just remember if you are asking the question “who, who?” Only when understanding is paired with knowledge is it completely assimilated and evolution of being can proceed.

1. By drawing this card the message is about **knowledge**: acquiring it, learning it, or paying attention for someone who possesses it. In any case, it is the person who is most observant and able to synthesize who will have the advantage.
2. Time to engage an expert or at least someone who has the **knowledge** you need. Research.
3. You may need **some new information or skills**. Perhaps you need to go back to school?
4. **You have the knowledge**, skills, expertise, and time-in-grade to have earned the rank of expert; professional if what you do earns you money. But life has made you a journeyman with experience to be sure.
5. Learn all you can before you decide, let alone act. **Deep immersion is called for**. Study hard.
6. Find academic research and historical evidence to back-up and validate your choice. Then, you won’t be questioned or challenged.
7. **Get morally neutral** and it will produce an objective perspective. Your beliefs are on trial.
8. Acquire and dissect information. Assimilate everything! **Be studious and observe a situation from all sides**.
9. Hegel espoused, “The learner always begins by finding fault, but the schol-

ar sees the positive merit in everything.” **Knowledge comes in many guises, be grateful when a mishap may expose some useful insight!**

Shadow (-): Theory, abstract, erudite, stuffy, minutia

Shadow Position: Theories, religionists like to claim, are simply conjecture, and just a guess or an approximation of reality, but not all of it! To say that Darwin’s Theory is dismissible because ‘it’s just a theory’ is to embrace ignorance and enshrine it in dogma. Theories can explain many phenomena so thoroughly as to have evidence found ‘in the real world’, time and again. But whenever we segment a whole into parts, those parts may be expose us to dangerous by-products. The mushroom cloud is a symbol of the greatest manmade destructive power ever unleashed: the atomic bomb. The theory of relativity was the basis for its construction. It revealed to us the way to split the atom. The head of the Manhattan project which created the Bomb, [J. Robert Oppenheimer](#) - an early Old Scholar, looked upon the test explosion in horror and famously recited a line from the *Bhagavad Gita*, “Now I have become death, the destroyer of worlds.” Death is the ultimate assimilation of living things (Card 76). The compulsion to destroy is born from the fear of being destroyed. It lies in the belief that one cannot trust life, so one must concoct a thesis to rationalize why it is, how it is. In a perverse way, Einstein gave us a way to justify Darwin’s “survival of the fittest”, i.e. those capable of destroying others live longer. In this pole, the wise owl has mutated into the robots. The narrow seeing machine weighing data with no sense of context and abstracted from a larger interconnected whole. These precision assimilating agents we now seek to govern us is AI: artificial intelligence. The Scholar and Artisan will create them for the Warrior and Kings to use. But will the AI realize that humans are the ultimate examples of illogic? Consume until you self-destruct? It is the same definition as a cancer. Only the programmers can shape the intelligence of the AI. We can only hope that our Scholarly nature, the drive for truth in knowledge, will shape us into a more wise being.

1. One’s ideas do not always match up to actual life. Living life through the prism of a theory takes an incomplete set of ideas and assembles them like a connect-the-dots puzzle. Yet in this case, **it is a forced fit**. Find the cracks, blast them with facts and see if the hypothesis crumbles.
2. **Someone isn’t weighing all the variables.** They aren’t acting as an honest scientist. Results are being contrived by pretending that side effects don’t exist. Whatever calamity might prevail, it will actually be deserved.
3. Time to **stop studying. Take the test!**
4. Facts support the truth but they are not the same. If you are claiming a truth, **have facts to prove your point**. Demand to see some results. Otherwise,

acknowledge it for what it is...an opinion!

5. A know-it-all is taking over the conversation. **Stop wasting time and get the hell out of there!**
6. Erudite learning is often two dimensional; recitation and reporting rather than applying and extrapolating. Books may be a great place to begin, but **jump in and form you own opinions.**
7. You may need **some new information or skills.** Perhaps you need to go back to school?

The Scholar Set



The Scholar Set comprises the fundamental energies listed below. These subordinate Overleaves are second-nature to that Role. They are embedded in, and native to, the construction of this Role *as design defaults*. Visually displayed under the Scholar column on the [Card Color Chart in Section 1](#), realize that if no other Overleaves were chosen from other categories by a person of that Role, they would be automatically orient to these nested qualities.

The Scholar Cards are all **Neutral, Assimilation-oriented**. Scholars regard themselves with aplomb to witness and record experience at large. Believing themselves to be directed, they look **the Goal of Relaxation/Suspension** to allow for the greatest and most diverse audience it can acquire. Sensing that their direction is guided from on-high, the **Attitude of Pragmatist** facilitates their intuition being open, receptive and informed. Demonstrating their authoritative command over a subject, the **Mode of Observation** projects an air of certainty and assurance that you are in the presence of the one true expert. Wanting to present the most wise and thoughtful of ideas, the **Instinctive Center** is accessed so that the Scholar perceives themselves as pontificating the truth of the ages. The **Solar Body Type** contains all the elements of life. When vibrant and alive, it compliments all others with a vitality and brightness which highlights many other of their innate qualities. A task that the Scholar itself does when dissembling anything it encounters.

It can be difficult for the Scholar to alter its perception or its focus, getting stuck in patterns or beliefs it has come to rely upon to define its reality. Thus the **Chief Feature of Stubbornness** says, “No wait, let me think”, stalling, it is moved not to move. Such obstinacy is embedded in someone who is challenged to let go of a

dependable set of data that may challenge their understanding of reality. Ironically, it is this Role that loves learning the most, and yet can get stuck not wanting to try something new.

When a person has chosen any of the Scholar characteristics, in some fashion you are facing elements of adaptation, modification, letting go, or absorbing something. Involvement or exposure to any of these motivations in the subtext of your card reading can best be ferreted out, a Scholar animal by the way, by looking at which type it is: a Goal which is an objective, an Attitude which is a mindset, a Mode which is a way of doing something, and if you see the CF, notice how it is trying to potentially resist the whole process.

From One Archetype to the Next...

The Scholar has collected the data and the research has been compiled. What needs to happen next is the information to be shared and made clear to listeners of all levels of comprehension. So TAO manufactures the vehicle to spread the word. One who can speak with eloquence, humor or just plain volume! To carry out the function of communications, the next aspect to emerge is the Sage Role – Card 5.

All the world's a stage.

— As You Like It, by William Shakespeare

Situational Context: Tell the story so that people will listen.

Universal Archetype: Teacher

Nature's Metaphor: Baboon



- **Background Image:** The flowing of sound as measured on an oscilloscope.
- **Border Color:** Royal Blue – 5th Chakra
- The Star: **Sage Set** - Every Sage, secretly longs to be applauded.

- **The Mask: Role Group.**
- **The Pharaoh: Exalted Group** –public, macro orientation,
- **Diamonds: Expression Axis:** whether rough or perfectly faceted.

Illuminated (+): Dissemination, teach, entertain, articulate

Illuminated Position: In the history of the Western world, few Sages have ever so broadly and so eloquently explored the vast varieties of human nature as has “The Bard’ William Shakespeare (late Mature Sage). In his words and characters, he epitomizes the abilities of the Sage to turn a phrase, especially with wit and humor, into expressing wisdom. But his greatest service was teaching us about how to diversify the English language. His characters became archetypes of striving, inner conflict, human scheming, prejudices, and through our amazing diversity of emotional caprices, we learned about ourselves.

1. Brevity, levity, and temerity are the triple crown of cogent communication. If you want to actually bridge the gap, get through and communicate, you’ll best succeed if you can make them laugh.
2. **Wise communication** denotes the general theme of this card. When it appears in your spread, know this is the focal point issue. Think carefully about what to say and how to say it.
3. Congratulations. **You’ve said exactly the right thing at the right time in the right way.**
4. **Sagacity is the gift of gab.** Use it to your advantage. Try not to overdo it.
5. Think about how much you have learned when a lesson was **offered in a light Hearted way.**
6. **People learn the most from a person who shares a story.** Consider that humor and making someone laugh can potentially teach wisdom. Don’t be a wise guy!
7. **Check your tone of voice.** Is it congruent with your message? Does it invite or repel or numb?
8. Remember the great Professor Dumbledore said, **“Words are, in my-not-so-humble-opinion, our most inexhaustible source magic. Capable of both inflicting injury and remedying it.”**– *Harry Potter and The Deathly Hollows* by J.K. Rowling. Choose your words carefully to reach the other person on their level.
9. Here, tone of voice coupled with sincerity, is a spellbinding combination!

Use the voice!

10. Recall the adage, that “imitation (or being quoted) is the sincerest form of flattery.” **Everyone hopes that what they say has influence upon another.** For the Sage, it is their opiate to hear one’s words (hopefully wise – but they will settle for funny) be repeated back to them. Now, return the favor and give credit to someone whose wisdom or humor you’ve benefited from.

Shadow (-): Oration, verbose, sleazy, melodramatic, affected

Shadow Position: The Sage is the town crier of these cards. Whatever its message, it comes with an appeal of “hear me, hear me.” Pitchmen and sales come naturally to Sages as does desire to broadcast a secret, to any and all. And the bullhorn depicts a Sage’s desire to have the last word. Finishing the sentence of another carries with it a payoff of self-entertainment at least, but their words don’t seem to be acknowledged, or worse for the Sage ignored, they will be repeated, and if necessary, more loudly!

1. **Never mind how good it sounds, just say it!**
2. Endless **oration** does not prove intelligence. Talking has gone on long enough! Next?
3. Long winded verbosity sounds pleasing only in opera or romantic poetry. But not here. **Someone needs to get to the point or shut-up!**
4. **Embellishment is going on here.** You will have to sort through the chaff of exaggeration to get to the kernel of truth.
5. **No one is listening.** Change tactic. Whisper, shout, scream, or maybe just clam up and wait.
6. Flattery sounds smarmy and disingenuous. Schmoozing is going on. **Don’t get caught up in the distraction just to feed the Ego.**
7. Be aware that some joker thinks him/her-self above the rest. Bring someone back down-to-earth with a tangible truth. **School with some brilliant show of facts.**
8. Young Soul Sage Mae West once reminded us about putting one’s foot in one’s mouth. “If you put your foot in it, be sure it’s your best foot.” In other words, **if you are going to make a wild claim, you might as well make it a grand one!**
9. Don’t be a nag.
10. **No one knows the truth** better than a Sage. That is what makes them such

convincing liars.

11. Sages in the negative pole are often attention junkies. **Michael once characterized this with the old adage**, “I don’t care what you say about me as long as you spell my name right.” Careful that the show being “put-on” doesn’t highlight you as the Fool.

The Sage Set

The Sage Set comprises the fundamental energies listed below. These subordinate Overleaves are second-nature to that Role. They are embedded in, and native to, the construction of this Role as design defaults. Visually displayed under the Sage column on the [Card Color Chart in Section 1](#), realize that if no other Overleaves were chosen from other categories by a person of that Role, they would be automatically orient to these nested qualities.



The Sage Cards are all **Cardinal/Exalted, Expression-oriented**. Sages concern themselves with the exploration of Truth. Often feeling as if they will burst if they can't tell somebody what they know, Sages naturally embody the **Goal of Acceptance** to allow for the widest and most diverse audience they can acquire. Swirling in a world of thought and love of ideas, they are nested in an **Attitude of Idealist**. Believing to be in authoritative command over any subject to which they speak their air of certainty is the **Mode of Power** projecting an assurance that you are in the presence of a true expert. It is easy to understand that they perceive themselves as presenting the most wise and thoughtful of ideas, and as such in touch with **Higher Intellectual Center**. Sages can stand on the stump above others orating truth, as they assure themselves it is, and the **Jupiter/Jovial Body Type** engulfs the room with its presence. It is loud and entertaining encouraging joyous celebration but also making it difficult for anyone else to breathe, let alone get a word in edgewise.

The **Chief Feature of Greed** says, “more, more” compelling the Sage who never feels satisfied that what he/she has, or has done, is enough. They are wired to be noticed, but falsely perceive that acquiring more listeners, followers, or wealth which would attract people, will grant them the security that they are enough. Constant seeking overrides any fear that their worth is less, and that they may just be empty.

When a person has chosen any of the Sage characteristics, they are engaging in some element of thought about ideas and how to communicate them, whether in words or performance. As with any Role Set Card, notice where it falls in relation to other cards in your Layout. If you chose the Sage Role, be on alert that what you know or believe, is ready for you to express to the world. You are being invited to take the stage and share your truth. And in the process be confronted with opposing views that will test your certainty and the veracity of what you know.

From One Archetype to the Next...

Now that the Sage has disseminated the information, connected the dots for people to see the big picture, what's next is for people to take them to **Heart**, converting them from mere ideas into a foundation of faith from which they can face life. From teacher to the preacher the baton transforming that which has been cultivated as truth into the foundation of proof of TAO's unconditional love for all beings. For that task and evangelist is required, an archetype ready to praise The Word. Hence, the next aspect to explore is the Priest Role – Card 6.

6 PRIEST

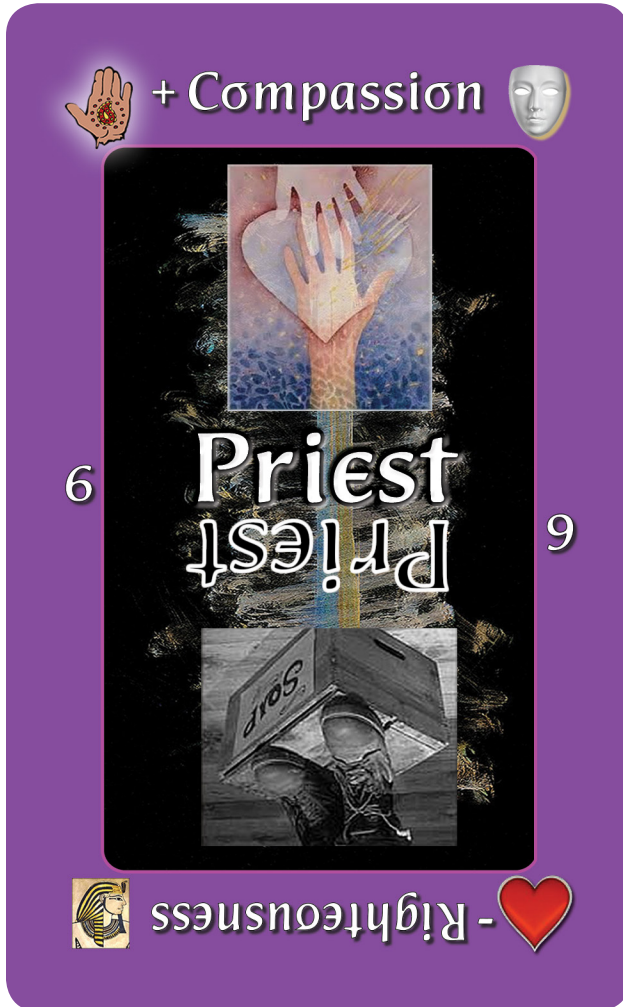
Be the change you want to see in the world.

— Mohandas Gandhi

Situational Context: You are looking to be on the right side of the issue...as you define it.

Universal Archetype: Judge...

Nature's Metaphor: Llama



- **Background Image:** A swirling opening to cosmic input
- **Border Color:** Violet – Indicative of the 7th Chakra
- **Flame in Open-hand:** The Priest Set.

- **Mask:** Roles Group.
- **Pharaoh:** Exalted Overleaves.
- **Heart:** Inspiration Axis

Illuminated (+): Compassion, ministerial, guiding, caring, humanitarian, spiritual

Illuminated Position: An open hand and an open heart, outstretched. Compassion is offering a hand, but not forcing it on someone, grabbing them or pulling them along. Many religions pray, bless, or give benedictions with open hand. However, the greater good is ultimately attained as we reached higher toward Love and Compassion.

1. You are capable at this moment of moving into a state of **compassionate understanding**. It is the position of strength, and also forgiveness. Rise to the occasion and facilitate reparation.
2. Listen to someone's confession. **Your kindness is giving the gift of release.** Just be still!
3. **Remember the Golden Rule:** Do unto others as you would have them do unto you! Said another way, pay kindness forward and you shall have sown the seeds of love and goodwill; and flourish.
4. Mohandas (his actual name) Gandhi, an Old Priest, said, "**A 'No' uttered from the deepest conviction is better than a 'Yes' merely uttered to please, or worse, to avoid trouble.**" Here, principle is more important than safety.
5. The Priest climbs upon a pulpit for their power. They seek to find and relay the best way to **achieve the righteous path**.
6. In a moment of prayer **you may have a vision** of something inspirational. Your Spirit is moving you.
7. It is a position of strength to act from a state of **compassionate understanding**, not weakness.
8. The humanitarian knows that to pay kindness forward you shall have sewn the seeds of love and goodwill.
9. If this card is making an appearance, the theme is signifying a review of **your compassion, your zeal to save people, and your judgment of others**. Forgiveness is the only balm that will bring a sense of healing. It may be you than needs the forgiveness. Ask someone for it if appropriate.

10. Mature Priest and [Social Trends forecaster, Faith Popcorn](#) noted the prescription to “S.O.S. (Save Our Society): In order to protect our endangered planet, we must **rediscover a social conscience based on a necessary blend of ethics, passion, and compassion.**” This prescription also applies to Save Our Selves.

11. **Take your medicine** and follow what the doctor’s orders. Maybe it is just rest up or drink more fluids.

Shadow (-): Righteous, zealous, pious, contemptuous, fanatical, santimonious

Shadow Position: No one inspires a throng like a Priest on his/her soap box, preaching to a crowd. Self-righteousness is not limited to a Priest, but the person who occupies this position almost certainly believes his/her message is hallowed, sacrosanct, or in some cases actually guided from *on-high*. But on the rare occasion, in the presence of someone truly inspired, we are mesmerized and spellbound by their words and passion. The rest of us, captured by the crushing grip of such a speaker, just sit back and pray that this person *shuts the hell up*.

1. All jihads and crusades arise by stirred emotion from the fomenting of fear into a **righteous** fervor. **Moral absolutes are persecuting others.** Remember, they too want to have their dignity respected. Live, and let live.
2. “Faith is never identical with Piety”. Karl Barth’s statement that **those who act-out in a way that looks sanctified are usually more sanctimonious and resentful**, than those who are honest about their imperfections. Realize the former is permission to demonize. The latter is permission to be human.
3. Sacred revenge, Gandhi reminds us, “An eye for an eye only ends up making the whole world blind.” Try finding a resolution or restitution rather than retribution. **The injured party is the one who will suffer a second time.**
4. Put a stop to whoever is doing something hurtful to someone by justifying it as being for their own good.
5. Zeal might be effective for achieving a goal or finishing a task, but awful in dealing with people. **Back off a bit!** If you don’t care about them, then pick up the whip. It does work in the short term.
6. Righteous indignation is what carries mobs to atrocities. **Where do you allow your moral absolutes to persecute others?** Or, are you dealing with someone who can’t see through theirs?
7. Look out for someone on a high horse and being preachy. They are stirring up **righteous resentment**, manipulating people with guilt or shame for rabid

identification with hate.

8. An inquisition is being held. **Someone is being held in contempt** and judged unfairly.

9. **Circumstances appear harsh and are driven by fanatical motives.** It doesn't make sense but it is overwhelming. Realize that to stand with good sense you might face a lot of opposition.

10. Don't confuse forgetting or feigning as forgiving. **A grudge hides under a façade of someone wanting to look holier-than-thou.**

The Priest Set



The Priest Set comprises the fundamental energies listed below. These subordinate Overleaves are second-nature to the Priest Role. They are embedded in, and native to, the construction of this Role as design defaults. Visually displayed under the Priest column on the [Card Color Chart in Section 1](#), realize that if no other Overleaves were chosen from other categories by a person of that Role, they would be automatically orient to these nested qualities.

The Priest Cards, are all **Cardinal/Exalted, Inspiration-oriented**, and focused look to the Heavens for guidance. Believing themselves to be directed, they look **the Goal of Growth** to expand the number of people or possibilities then can touch and explore. Sensing that their direction is guided from on-high, the **Attitude of Spiritualist** facilitates their intuition being open, receptive and informed. Demonstrating their conviction in what they believe to be right, the **Passion Mode** is their preferred vehicle to deliver their message and to achieve peak experience. To express charismatically, they reverberate from The **Higher Emotional Center** wanting to shower everyone with the connection to divine love. No better vehicle conveys the statuesque quality of a sainted person than the **Saturn Body Type** which towers in its presence and radiates a formidable certainty.

The **Chief Feature of Arrogance** is second nature to the Priest who wants to display of assurance of their way of being and promotion of their ideas. It bolsters the Priest's sense of superiority, but also numbs them against the fear that their faith is less than complete and that they are vulnerable to criticism.

When a person has chosen any of the Priest characteristics, they are engaging an

aspect to utilize or evaluate. Notice the particular card you draw. If you chose the Priest Role, your inner most sense of place in the world is up for some review, with your needs to be loved and feel connected at the forefront.

From One Archetype to the Next...

The TAO, now almost complete but needing the final command of excellence embodying the all that *totality* has to convey, the King represents the highest manifestation of mastery. Now that all the other players have been set upon the stage, every aspect and function covered, a director is needed for strategic placement of the other characters to initiate the play. We move to the participant who exercises the centered sovereignty to make those decisions and decree them. This final aspect is that of the King Role – Card 7.

Etcetera, etcetera, etcetera . . .

— Mongkut, from the movie, *The King and I*

Situational Context: Issues of sovereign rights and personal autonomy.

Universal Archetype : Sovereign

Nature's Metaphor: Lion



- **Background Image:** A Royal Robe
- **Border Color:** Gold

Crown and The Golden Signet Ring: Kings Set

- Mask: **Role Group**
- Pharaoh: **Exalted Orientation**
- Clubs: **Action Axis**

Illuminated (+): **Mastery, benevolent, expert, excellent**

Illuminated Position: The crown is the obvious choice for a King. But it is not in the sense of superiority or actual monarchy that mastery over anyone or thing, but ultimately, mastery *over* the Self. Kings are known as “sovereign rulers” meaning that they answer only to themselves as the first authority. Yet, metaphysically, the crown also refers to the head, and the energy center of Unconditional Love capable flowing from the chakra.

1. **Mastery** is the realization that **you are the sovereign of your own Soloverse** (the combined domain of Essence and Personality which Ego tries to defend). Any act done in alignment with it will vanquish fear, and cause bravery to rise. Take complete charge and go!
2. To **engage any situation with dignity and strength is mastery over Ego**. Hold the line but do not engage.
3. If only everyone were as powerful as a King, then there would be little doubt or insecurity. Act with dignity and as if you are the master of your own destiny. Model and grant respect.
4. **Take control of the situation and proclaim a course of action.**
5. Sticks and stones may break bones, but **when you are sovereign of your domain, no insult can harm you**. Act above the pedestrian and be majestic in your demeanor.
6. Tap into the **highest degree of personal competence, integrity, leadership**, and magnanimity that you are able to muster.
7. Have you declared your right to rule your own life? Do it! **Victory favors the bold!**
8. You are the King or Queen which defines and holds your domain. **Will you act on your own behalf?**
9. **Your domain is bountiful** and it is open to those who treat it with due respect. Boundaries indicate, “this is where you and I interact.” Good boundaries means you don’t have to worry about defending your borders.
10. Abraham Maslow **celebrated our uniqueness**, “One’s only rival is one’s

own potentialities. One's only failure is failing to live up to one's own possibilities. In this sense, every man can be a king, and must therefore be treated like a king."

Shadow (-): Tyranny, demanding, imperious, cruel

Shadow Position: Tyranny is any force that creates fear by being explosive. Nuclear power can provide a powerful energy source when contained, but as we discovered at 3-Mile Island, Chernobyl, and most recently Fukushima, once unleashed, nature has been wreaked havoc upon, and everyone affected by the disasters have been subject to the tyranny of forgetfulness. It took industry bribing Kings with King-sized tributes, to move them to allow these icons of destructive power to operate amongst us; creating new problems more terrible and toxic, than the ones they were to solve.

1. If you are discontent with what you have, **it may lead to angry tyrannical behavior**. What type of monarch are you: King Midas or King Kong? Or just a king-sized pain in the ass?
2. Someone's sovereign rights are being stepped on by a **tyrant**. It could be someone you are in association with or a cruel driving voice within.
3. Is a despot bringing people to their knees? Are they at the **point of revolt**? If they do, the kingdom will fall.
4. Sinclair Lewis said in *It Can't Happen Here*, "Every man is a king so long as he has someone to look down on." Frequently, their intrigue spreads from **the belief that they are entitled by some higher status to order others about or to use them**. Kings employ either Warriors or Servers as minions for this purpose, whereas Sages and Priests may partner with them to exact their own advantage, i.e. The Coattail Effect.
5. If you have to motivate anyone with threats, **your kingdom is on shaky grounds**. Whoever is yelling, complaining, condemning or threatening to motivate people needs to be confronted and possibly demand their abdication. If not, well, remember what happened to Louis XVI of France?

The King Set



The King Set comprises these fundamental energies, listed below, and are the *design defaults* Overleaves embedded in, or native to, the construction of the King Role. Visually displayed under the King column on the [Card Color Chart in Section 1](#), realize that if no other Overleaves were chosen from other categories by a given person of that Role, they would be automatically orienting to these nested qualities. This is true of any Role's subordinate Overleaves.

The King Cards, are all **Cardinal/Exalted, Action-oriented**, and focused on the gaining competence with itself and freedom from doubt. To manage all of his/her domain, they would naturally want to employ **Dominance as the Goal**. To assert most control clearly and competently, the **Attitude of Realist** facilitates accurate assessment. Willing to engage both friends and enemy alike, the **Mode of Aggression** can act promptly, assertively, and directly. But sensing a threat the King can muster its armaments and will act with belligerence. The **Higher Moving or Sexual Center** asserts a wide space that coincides with prowess, offered by the **Mars Body Type** which signals vitality and robust health.

The **Chief Feature of Impatience** can make a King into an imperious tyrant; and bears out the King's sense of entitlement regarding their rights and need to have every opportunity available to them to allay the fear of not missing out. It bears striking resemblance to its accompanying **Mode, Aggression**, but might only episodically rise to overt anger. Respect for one's own sense of competence and ability to control situations is what underscores many of the concerns held by both **Impatience and Martyrdom**: the former compensates by overestimating or overvaluing his capacities, while the latter will tend to diminish both.

When a person has chosen any of the following characteristics, they are taking a piece of King orientation to act with self-determination and exert the confidence of a sovereign. If you choose the King Role - you are being alerted to some level of concern about your personal sovereignty, rights and or capacity to assert or defend them.

From the Archetypes of the Roles to the Archetypal Elements of the Story Process

The TAO has issued the Roles and set players ready to act their parts in the story of life within its Creation. But the next phase is the narrative of the play. The Goals, which actors will seek out, quest for, be challenged by, or have to adapt to, a script with a plot is needed to guide them in their portrayals.

So the invention of The Goal's becomes the next development of evolutions construction. The next seven **Cards 8-14** are the various plot lines each extracted from the **Heart** of the Role from which they are a set member. And the most logical space to begin is to sort it all out with Discrimination.

Goals Group: The Plot Lines of Motivation that Drive Your Story



Unifying Set Image: The Bulls Eye with an Arrow squarely in the Center.



Background Image and Border Color: Each unique! They parallel the Role Set it aligns with.

In the Michael Teaching, The Goal is the “what” factor in the: who, what, when, where, why and how, of the Overleaf group categories. Goals set us in a direction and a rate of speed. Sometimes that direction is straightforward, other times not. Sometimes it makes us climb or descend, slow down or retreat, evaluate or allow, and other times go with the flow or chill out. There are those instances when staying still is the knowledge to be learned. Yet passive, does necessarily mean simple. There are times when “unlearning” of old contexts of ideas or behavior have to happen before one can advance anew.

Cards 8 -14 are those of the Goal Group. These are the Michael’s archetype of what Joseph Campbell called: The Heroes Journey. We are all our own heroes, in terms of being our own pathfinders, defenders, and trailblazers of what we bring and receive from living! Fame, notoriety, victory over an enemy, lack or limitation, or extreme sacrifice for another, and other attributes romanticized about heroism, does not diminish the fact that everyone faces a crucible at one time in their lives or another. And as Gordon Lightfoot so aptly reminded us, “heroes often fail.” Each of these seven Goals contains within it a hurdle and a built-in drive to meet it. In the MT, living one’s Goal can be equally done from the contracted negative

poles, i.e from Shadow. Here it may not seem like forward progress, to the Ego at least, but it is learning just the same. In that psychological condition one might feel as if they were stepping back or being hindered in their life experience. That result is to cause the Personality to feel upset or erratic with itself and possibly dissatisfied by life. The Goal signals to others a pattern which they often see more clearly than you do. It might be a driver of your identity, but embrace of the innate compulsion provides you a mechanism to carry out your personal power; whether it be meek and withdrawn, or full of brash or robust forward motion. More than any characteristic, to act congruently with the Goal is to detect that Goal's unique motivation.

When a Goals Card Appears in your Layout

You are being instructed to learn those procedures, take on commensurate activities, or notice when you are moving toward something or having the feelings that you are having about it. It may be alerting you to think about what you are trying to achieve in the situation. Possibly it may direct you to acquire a skill or way of being. Secondly, when two Goal cards appear in your spreads, it might be relaying that two processes are happening concurrently. And yes, in life, that is entirely possible. But it is also plausible that the motivation of one Goal retards or inhibits the action of a second. In such a case, that information will be suggested by the configuration of the layout. The opposite might be true if your own known Goal is present, (alerting Michael Students) in which case, using the secondary to achieve the first could be the directive. Either way, notice what intuitions or internal dialogues go on within you as you view them. As with any Cards in the Deck, notice if any of the images triggers associations or thoughts. Chances are a deeper awareness is alerting you to what they mean in tandem.

What are the Purpose of Goals? They set the intention of Essence (Card 58 - Soul).

The Goal is the first category of Overleaf trait chosen by Essence for constructing a Personality. A Goal offers simultaneously a pull (desire to move toward) and a push (compelled to go) in a direction or toward a desired set of life circumstances which produce an enhancement of knowledge. Spiritual evolution for the Essence is the primary objective of Physical Plane incarnation. The Goal is one of seven avenues of evolution one may feel compelled to travel during a lifetime. All seven goals combined offer a complete system of analysis for experience. It provides impetus, and thus can be seen as a *personal motif*, and more than simply a specific direction for a given life. The process of "achieving" one's Goal happens over accumulated learning of a Personality. A Goal is more accurately considered as a summation of one's experience or a motivational trend rather than a description of a specific set of events or tasks. In other words, Goals are equally how we digest events as well as the kind of events we manifest into our lives.

Essence selects on one *subset* for its overall Evolution as a propellant for living. Usually, the Goal is an overarching or unconscious purpose for acquiring a collection of experiences which satisfy that Goal's focus of learning i.e. the Life Task (Card 67) or settlement of Karma (Card 65) or more personal, addressing Self Karma's (Card 66). An Essence chooses only one (1) specific Goal for an incarnation (lifetime). Yet since it is only one of the 7 qualities of learning and since every person encounters issues to process of all 7, the chosen Goal is the *primary filter or lens* or angle from which all other 6 are evaluated through. The 19th century philosopher, Arthur Schopenhauer stated that "if a person were to look back over the course of a life, one would see a pattern as if it were being directed." Few statements so eloquently encapsulate a technique for assessment of the Goal.

Goals can be classified as more introspective, intrinsic, or private; or more outward, inclusive and public in display or acquisition. Of the former, the Ordinal (Card 59) Goals: Discrimination, Re-evaluation (which can be thought of as *restriction, reduction or deceleration*), and to lesser degrees Submission and the Neutral Goal of Relaxation, tend to have aspects which focus a person's attention inward. Whereas Exalted (Card 60) Goals like: Acceptance, Dominance and especially Growth reveal themselves in a more extroverted or public way; meaning that experiences require interaction with others and life itself. One must initiate circumstances and challenges in some way for these to be activated or engaged. Shown below as arrows, each graphically depicts as direction, scope or force of approach.



It is common that the Personality (Card 56) seeks to have a more tangible perspective of a Goal. They actually align their notion of Goal to be something more akin to what we call True Work or in a larger context, Life Task (Card 67). If such a tangible sense of purpose or aim is needed, one could say that a focal point

objective or activity, like a story plot device, called a MacGuffin for movie buffs, is supplied. For instance, a person learning about Submission may need something to be loyal too. An example would be Frodo, in the Lord of the Rings. His quest to destroy the One Ring; where the ring was the object, but his trek was in devotion to Middle Earth and those he loved. Interesting, his “task companion” Sam Wise Gamgee was modeling loyalty and devotion to Frodo specifically. His quest was the Exalted theme but his love the Ordinal theme.

The Characteristics and Properties of the Seven Goals are:

(For more relationships underlying each of the Overleaves Axes – See The ICOA Chart)

<p>Expressive Goals: These goals focus on how much or how little we want to include in our reality. Expression involves information that we accept or reject. This process will impact us as to how much we feel we can receive and deserve in our lives. Havingness issues are very often present under these energies. Thus our willingness to express ourselves in the world is a constant balancing act between what we choose what to accept and what we reject. Ideas and people get rearranged in and out of our life experience.</p>	<p>Discrimination: (“I will differentiate”) Classify, organize, separate, specify, dissect, and refine experience, i.e. judgments and boundaries. Causes one to be more exclusive, and hopefully, sophisticated. – What is OUT of a group of items?</p> <p>Acceptance: (“I want to account for”) Allow, include, assemble, smooth over, generalize and equalize. Gregarious and inclusive. Causes one to want to achieve harmony. What or who is IN a group of items/people?</p>
<p>Action Goals: Are interested in what is tangible in life and related to the facts. These goals are about force, influence, control (or lack thereof) and the lessons of having and using them. Life here is seen as a hierarchy of which one is either at the top or at the bottom of.</p>	<p>Submission: (“I will follow and devote”). Willingly surrenders. Accepts being at the BOTTOM.</p> <p>Dominance: (“I will lead and assert.”) Acts to rise to the TOP of whatever hierarchy of power they are part: family, work, friends, and mates.</p>
<p>Inspirational Goals: These Goals seek to engage or minimize the feelings states that accompany their experience of living. Here the scale is divided between closing down and decelerating evolution, or opening up to experience and engaging as many experiences as possible.</p>	<p>Re-evaluation: (“I reduce, review, restrict”) – CLOSED Down or minimizing input, particularly those around emotions.</p> <p>Growth: (“I want it all – bring it on”) OPEN to many diverse experiences to feel variations of aliveness!</p>

Assimilative Goal: This goal is designed for the purposes of “inculcation” of previously learned lessons and experiences. The process of digestion, adaptation and adjustment occurs here. The seeds of reinvention take root for the next birth. Here a soul takes a “freestyle” approach to life. It is taking “time-out” and is undirected. It may lack a specific goal motivation to strive for a particular direction, occupation, focus, or participation. Or it may release inner constraints, actually allowing one to “slide” and a previous goal able to emerge.

Relaxation: (“I **adapt** and flow with circumstances.” “I am free to be variable in my approach to what I desire.”) One may move into their desires and bring them very **NEAR** to their work or they may opt to keep issues **FAR** from awareness. This may expand or contract dimensions of adaptability i.e. degrees of freedom.

Every Goal has a general purpose but can allow for many different styles or strategies as you can infer from the chart above. All Goals assist the person in making advancement in that area. By design, the Goal is a form of compulsion. Its tendency is to create a sense of need that requires filling. Thus attraction toward the Goal brings a sense of purpose or fulfillment when someone engages their innate agenda within their Personality installed from Essence i.e. agreements, Karmas, (Card 65), Self-karmas (Card 66) and Life Task (Card 67). When True personality is active, which is defined as the positive poles of the Overleaves, one feels as if being guiding and the likelihood that he/she will accomplish their Goal, increases. The more you work toward creating opportunities to help yourself experience your Goal, the more satisfied and genuinely accomplished you will feel at both the Personality and at a Being level. The opposite is true as well. If one remains in the negative pole of a Goal, then there will be dissatisfaction. When *false personality* e.g. Ego’s defenses are dominating a person, then he/she may inadvertently sabotage their own learning. In cases such as these, the evolution of that soul is slowed. Though for the Essence no knowledge is ever wasted. It simply gets categorized under “what not to do” or “been there, done that.” As a result, when a soul does not achieve the desired harvest of learning from a given lifetime, it will simply return to try that Goal again, in a different life. This is the purpose and process of Reincarnation.

Yet an Essence, like a person, may have developed preferences or comfort levels with some Goals, while they may equally feel awkward about others. There is no guarantee that a Personality will exhibit competency in performance of a chosen Goal and thus it may be limited in its success. Just as in life however, the accomplishment or sense of fulfillment of any Goal can be frustrated. This happens when the kind of circumstances that a Personality manifests, or an Ego hinders, or by

control from another, might prevent the acts or experiences which that Essence had intended that personality to experience. In early Soul Ages (Card 71, 72 and 73), the Goal often act like a *deficit* or *lack* inside a person such that their experiences feel inconsistent, incongruent, or confusing; as a person may be facing the challenge of their Goal with little or no previous life encounters with it. Imprinting therefore, which is the act of mimicking what you see/learn, can be either helpful or hindering for a person attempting to advance in their chosen Goal. It will depend, of course, on the circumstances and the persons (imprinters) involved. In contrast to the perspective where living is for evolution and advancement is the one offered from a Theosophical point of view. It suggests that the Soul/Essence, as being a continuous part of the omniscient **TAO**, *already knows* and hence does not require evolution. In that view, the Goal merely opens a conscious pathway or vector into ourselves as to re-stimulate our memories of *what one already knows*, but has chosen to let lie dormant. In the AMA, as augmented by the Consortium, both of these propositions have equal validity in terms of approaching the collective awareness.

The **Goal and the Attitude** combine to form the framework in which a person will establish their preferences, beliefs, and values. The **Goal and the Mode** combine to formulate the action plan and implement and habits that strategies to accomplish the goal. **Chief Feature can inhibit either the recognition of the Goal** via imprinting, or retards the impulse of what or how to act, because it fears the consequences of embarking on that path. **When the Soul Age is factored into the equation**, a quotient of such qualities as: rigidity or flexibility, simplicity or complexity, truthfulness or deceptiveness, depth or shallowness, will influence the unique formula of the individual life equation. The life equation is where one's internal state interacts with the external world and the karmic and dharmic paths one has set out for themselves intersect. Add elements like: fear, free will, loyalty, desire, and the inequalities of human power; and an infinite number of nonreplacable scenarios exist. In this regard, as has been said in many ways and places in this book, *human challenges may have common themes but each person's life drama is truly a unique formulation of them*. Everyone has their own story!

Understanding one's Goal and aligning oneself with it can mean a lessening of the internal stress that self-doubt or uncertainty produces. It is one more step toward living an authentic and potentially happier or more fulfilling life experience.

Substitute the word Goal with ambition, or aspiration, directive, program, and in a broader sense a *targeted direction*, are the processes we seek to evolve. While in the MT, the Overleaf meaning of the term Goal, is *in a categorical way*, the reference is still referring to basic drives innate in all humans. The primary instinctive directive for the Personality is organism survival! Recall that in the TAO's Dominance-Aggression Paradigm programmed in the collective unconscious, you share these innate motivations with all animals. The Essence, on the other hand, has the

objective to explore and gather experience...all types of experiences! Even if they bring the Personality up against the risk of danger. In other words, the evolutionary desires of Essence can run counter to the animal instinct for self-preservation. Thus, the program objectives of the Body can be in conflict with the expansionary desires of the Soul. While the perspective of the Essence is immortal and its existence infinite, the Personality is subject to the constraints of limitation and death and finite. By definition these directives can create emotional dissonance! The counteracting drives can wreak havoc on the Personality which, while trying to accelerate for Essence, often fears itself speeding out of control; having to haphazardly apply the brakes while at the same time trying to read the road signs. And, we have all noticed that there are all sorts of drivers out on the road, haven't we?

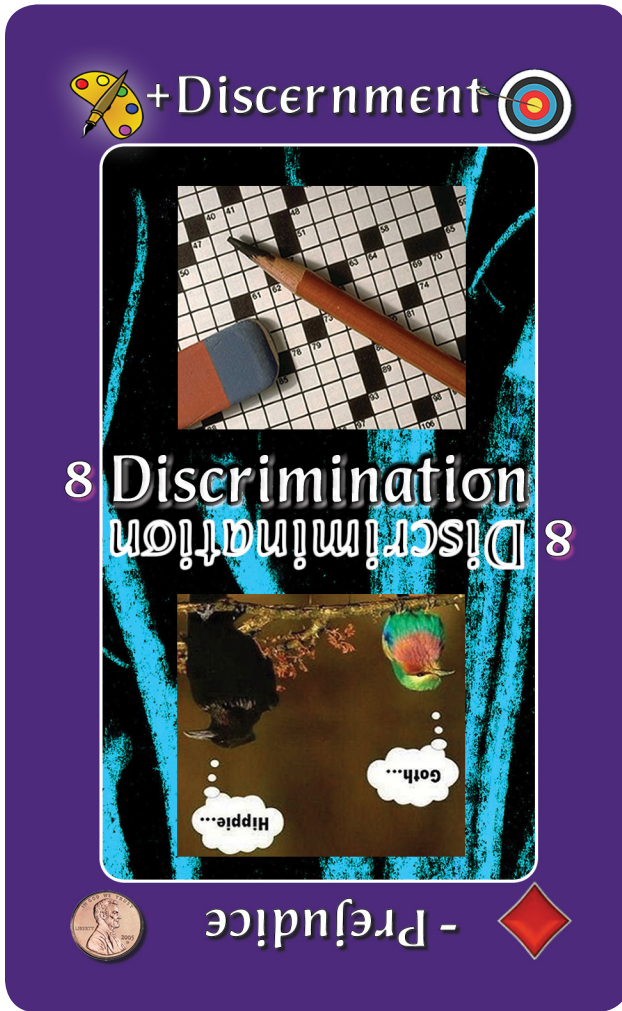
Goals in the World

We create institutions that reflect our Goals and those of the society at large. Many businesses are formulated on the basis of Growth. Others, like the military, have at its core the goal of Dominance. Religious orders of all kinds seek to insure the devotion of the faithful and embody the goal of Submission. Critics of all kinds: wine tasters, movie reviewers, quality control experts, and accountants have Discrimination as the central motif of their work. Almost all non-profit charitable groups are motivated by a Goal of Acceptance and moved to exhibit "brotherly love" toward their peers in need. Re-evaluation can be had in the monastic lifestyle or explored through therapy. Relaxation is the one Goal that may not have stimulated an institution but rather an industry - *vacations anyone?* These are just some example of how the Goal can impact institutions.

8 DISCRIMINATION

Pride and Prejudice — Jane Austen

Situational Context: Choices abound! Discern the differences.



- Palette: **Artist Set** (As is border and background)
- Target with a Bullseye: **Goal Group**
- Penny: **Ordinal Cluster**
- Diamond: **Expressive Axis**

Illuminated (+): Discernment, differentiate, sophistication, specialization, categorize

Illuminated Position: The crossword puzzle represents our need to find precision

and place into our categories descriptions or definitions which seems to 'fit' our available *mental* space. Discrimination emphasizes the discernment of differences, a sorting of things in contrast to something else. Yet, here no inherent better *than-less* than distinction, merely a sharpness or dullness of personal classification (i.e. one recognizes the difference between an elephant and elephantiasis.) In this pole, this definition is consistent with modern science's use of the term discrimination. The pencil and eraser symbolizes that nothing inserted into those spaces is neither fixed nor permanent and is often under rearrangement. Upon new information or refinement of experience, ideas can be modified or even completely erased. And when the boxes themselves are shifted, your context of evaluation changes as well. Reality is formed by our contextual understanding of it! With each stage of development, year of life, and each additional incarnation, a soul has the possibility of expanding or narrowing how they arrange their point of view and what it is. The Intellectual Center is developed because one becomes aware of nuance and accepts or rejects a unique categorization schema. In general, it is the process of recognizing, and then naming, what things are and how they relate to other similar things or experiences. The secondary benefit is that each successive round of comparison, scrutiny intensifies and making distinctions is often termed a level of *sophistication*. Those persons are commonly thought of as having *discriminating tastes*. This Goal is a quality woven into the fabric of the Artisan archetype. It helps them hone their precision at whatever task, skill or understanding they seek and express their creativity more abundantly. As a dimensional metaphor, think of one placing something *in* or *out* of a set, or classification, of things. For those who are already sophisticated in their awareness, you will recognize that our verbal construction of the Overleaves is an exercise in precision categorization both seeking to *quantify* various aspects about existence (the kinds of thing), but also to *qualify* and compare those things in terms of *degrees or order of intensity* within a group of things. All the great thinkers in the history of *human knowledge* (Intellectual Center Card 36) but not necessarily those who were Inspirational (Emotional Center Card 40), possessed a level of Discrimination assisting we humans to be more clear, accurate and precise about what we are considering as part of our spiritual, intellectual and emotional evolution.

1. If Discrimination is your Goal this lifetime, or pronounced in this circumstance, **some lesson needs to be acknowledged and correctly identified**, or clarified and refined. Are you doing so?
2. You've got it. Your precision is honed, **your ability to present nuance at its best**. Be the artiste'.
3. Inuit peoples of the Northern Hemisphere, it has been documented, have invented many words to describe the subtly variations in the qualities of snow-fall: whether it has high water content or low, icy and sharp or soft and molding; whether they can travel through it or if it would freeze them in their tracks.

Their survival depends upon the correct identification and proper response to each variant. You would be well served to notice what things have been lumped together that actually function differently.

4. Show your expertise and sophistication. Demonstrate the refined temperament and knowledge of a specialist. Be meticulous! **No one can do it quite the way you do.**

5. Subtlety is only learned because of the **power of discernment.** Differentiating flavor, or texture, or nuance is a necessity for living and broadens awareness. Take pleasure in being astute.

6. The ultimate power our mind gives us is the ability to **make distinctions.** Use this gift to divide the circumstance into smaller parts. You will find gems inside. Divide and conquer.

7. Emmanuel Kant posed the question in *What is Enlightenment?* He defined our first power and right of being human as *Sapere aude*; a Latin phrase meaning “dare to discern”. **Is the person in question accepting ideas as-granted or do they decide for themselves?** This is the first stage in awareness.

8. Act like a connoisseur. Taste like a gourmet. Evaluate like a critic. **Present like an expert.**

9. Evaluation and weighing considerations is the first step in decision making. Join with the skeptic, and **be cautious and meticulous in scrutinizing the data.** Then you will have the facts and you will better know how to proceed.

10. **Context creates content!** Apply the analytical question to make sure you are aware of the substrata of your viewpoint. Ask, “What does someone have to innately believe or accepted as true, to do X?”

11. If you chisel away with small chips and groves, before you know it you’ll have developed your inner Michelangelo. **Small refinements or tweaks are called for** rather than wholesale changes.

12. What would you rather have the doctor use in heart surgery: a scalpel or a dinner knife? **Every task has an optimum tool to perform it with.** Get the best one you can find for this job.

13. **You show ‘good judgment’** when you discern that some knowledge is not in your area of competency. Best to seek out a knowledgeable person or professional expert for details.

14. The whole process of Discrimination should illustrate the **highly valuable skill of differentiation** into classifications of kind, and ranges of degree, quantity and quality. Clarifying these variations gives one greater powers of discern-

ment and thereby more informed decision making.

Shadow (-): Prejudice, rejecting, prickly, judgmental, condescension

Shadow Position: Sometimes, we completely miss our similarities in favor of the things, generally superficial, that make one better than the other. These birds on a wire have been anthropomorphized to demonstrate a point. Race or ethnic hatred is a social bias toward a certain group because of fashion or pedigree, with a focus on the “otherness” increasing separation with undeserved scorn or praise. Such is the case in the negative pole of Prejudice. When the mind become clouded by the sensations of pleasure or pain (Moving Center Card 38) or the bias of historical emotional traumas or rewards, then in the negative pole, this goal is *skewed to favor or reject on the basis that: like is good and difference is bad*. What is often honed in upon are superficial distinctions to make oneself either better-than (superior and preferred) or *less than* (inferior and rejected) in some hierarchy of power. Either way, prejudice is laced with stereotypic judgment, skewed assessment, and unnamed bias. But it the emotionally charged condemning or pedestalizing nature of Discrimination in this pole that produces an inaccurate attribution of qualities, negative or positive, to someone or something. Prejudice is an innate aspect or tribalism (Infancy Card 71) and thus has embedded within it the need to know your place in a hierarchy as to avoid rejection (banishment) and maintain acceptance (inclusion) within whatever group you identify with. Thus from this fearful motivation, one seeks all advantage to sustain themselves or their abilities as superior to someone else’s or establish an unwarranted positive bias (called the “Halo Effect”) where someone or thing or group is granted the status, “they are superior to me.”

1. **Prejudice** is to be placed in a hierarchy and judged less-than. A not-so-subtle exclusion or marginalization is happening because of it. Show your quality and show bigotry out the door.
2. Is your **judgment tainted by some bias?** Some facts are being rejected. What are you ignoring?
3. **Be careful what (or who) prejudice tells you to exclude.** You might toss the baby out with the bathwater.
4. Repeating mistakes? Then **you are not learning.**
5. **There are some fears that are rational.** But you have to be rational in your assessment and not distorted in your evaluation of them. ‘Black or white’, either/or binary is the source of most misconception. In this circumstance, look out for those shade of gray; like in the wording of agreements, assessing of benefit or costs, but particularly in making sure you know what to look for.


6. Jean Jacques Rousseau said, “Do not judge and you will never be mistaken.” Good luck with that! The brain is wired to evaluate. **Stop pretending that you are NOT already deeply locked into disapproval of someone’s process.** Of course you judge! How does it serve your position? Can you, or the other person honest about the process and then beyond it? Use everything you have learned.
7. Instead notice how something is operating in a situation whether you like or dislike it, accept or reject the idea, or condemn a notion as wrong, just because of your bias.
8. “None so blind as those who *will* not see.” Matthew Henry – **Exclude at your own risk.**
9. And of course, the Old Artisan Leonardo da Vinci reminds us that, “**the greatest deception men suffer is from their own opinions.**” Which ones are deceiving here?
10. To be a **victim of prejudice** is to be judged less-than and rejected because of being *different*. What are the differences causing the fear? Can you bring new evidence to the judge?
11. In the extreme, your biases will lead you to **reject some people or options.** But when tempered from personal observation and experimentation they are called intuition. Just because it is a “judgment call” doesn’t mean it isn’t valid.
12. We call people of privilege “snooty”. It is interesting because **those who ‘look down their nose at you’ are actually in the negative pole of this Over-leaf.** They rely on it for everything from sniffing fine wine to determining whether the flowers are fragrant or stink. No reason you can’t have a preference, just be careful not to make it a condescension.


Once this Goal fulfills its function of separating things into perspective, those things that have been rejected don’t just go away. Acceptance is the next stage of work; coming to terms with the notion that exclusion of those ideas, things, people or circumstances from your mind doesn’t mean they go away in the world. Finding a way to coexist with aspects of reality you dislike is the purpose of this next Goal.

Can't we all just get along?


—Rodney King



Situational Context: A situation needs healing. Accord is required between parties.

★ + Affiliation 



9 Acceptance 9



 - Ingratiation 

Corner Icons

- The Star: **Symbol of the Sage Set** – Border Color and background Also.
- Target and Bull's eye: **Symbol of the Goal Group**
- Pharaoh: **Exalted Cluster.**
- Diamond: **Expression Axis.**

Illuminated (+): Affiliation, inclusive, amiable, accord, agape, mutuality, allowing

Illuminated Position: There is a sweetness in Acceptance. The two little girls are sharing a moment of togetherness and cooperation. Here, along with its counterpart, the Attitude of the Idealist, they are symbolically turning life's lemons into lemonade. Acceptance is the first phase of forming community. The first stage of community begins with the simple act of kindness. Affiliation is forming bonds, not so much for alliance, but for mutual recognition, and perhaps even support. However, when a person is in this positive pole, they may have reached an emotional aplomb that may contrast greatly from the drama that surrounds them at any given moment. If you think about it, acceptance requires that you drop resistance to what is. It does not require you to approve of something disagreeable or distasteful. In actively rejecting something, one is polarized by it and to it. Jesus of Nazareth modeled the positive pole of acceptance more completely than any other person.

1. Move through, over, or around vexing complications **by accepting them as-is**. Then drop hostility and move forward.
2. If you operate from Acceptance, you often feel **the need to make peace**.
3. Freud said, "A man should not strive to eliminate his complexes but *to get into accord* with them: they are legitimately what direct him in the world." **Agape is to be in total accord** and releasing all judgments and loving without condition. Are you accepting yourself? Who else might need your acceptance?
4. "The curious paradox is that when **I accept myself just as I am, then I can change**." Carl Rogers
5. Praise trains an animal better than pain. **Kindness and firmness can go together**.
6. Friendship is the act of allowing the person to be who they are without having the need to change or reject them.
7. Affiliating, even with those you do not like, goes a long way to smooth differences and make peace.
8. **Dissolve the power of vexing complications** by accepting them as is and move through, over, or around them.
9. Often the most humane thing to do is **let someone have their foibles**.
10. "**Acceptance is not submission**; it is acknowledgement of the facts of a situation, then deciding what you're going to do about it", Kathleen Casey

Theisen.

11. **“Some people confuse acceptance with apathy**, but there’s all the difference in the world. Apathy fails to distinguish between what can and what cannot be helped; acceptance makes that distinction. Apathy paralyzes the will-to-action; acceptance frees it by relieving it of impossible burdens.” Arthur Gordon

Shadow (-): Ingratiation, flattery, insincere, agreeable, placating, appease

Shadow Position: Open wide! Consider the poor dentist, trying to distract as you undergo an experience many would consider unbearable. Try as they might to make the patient feel comfortable by being cheerful, their occupation suffers from some of the highest levels of stress in any profession. When someone is trying to Ingratiate, they are afraid to raise your ire, fear, or create bad will; or they may want something from you, that only making nice, or “kissing ass” might achieve. These are the ‘yes men’ where the idea of being positive is actually a negative. A great equalizer in many respects because it can be passive, acquiescing, agreeable, and have a desire to please such that it tends to shun or back down from conflict whenever possible. The “people pleaser” or “enabler” or “suck-up” or “yes-man” all live under the negative pole of Ingratiation.

1. Flattery is the tool of the phony salesman. “Suck-ups” and “yes-men” ingratiate themselves to seek favor because **they want something from you**. They are afraid that people might not like what they genuinely have to offer. Is there a people pleaser in your midst? Watch your back.
2. Goodness gracious, can you stand up for yourself? Even if you ruffle some feathers, there is no reason to stay quiet in the name of being nice.
3. Resigned to a situation? You think this is Acceptance? Not a chance! **You’ve caved in on some dream or principle in order to placate a crowd** that you believe might take care of you.
4. Are you stuck brown-nosing for fear of losing? How can someone help you if **they don’t know who you honestly are?**
5. Acceptance does not mean tolerating bad behavior. Who is afraid to call it out?
6. If it got any thicker, you’d have to use a knife to cut through the BS. **Put a stop to the smarmy fawning**. Whoever is using this tactic doesn’t think enough of themselves to ask outright. Clear the air now. Everyone is equal here, but someone is pretending they are not.

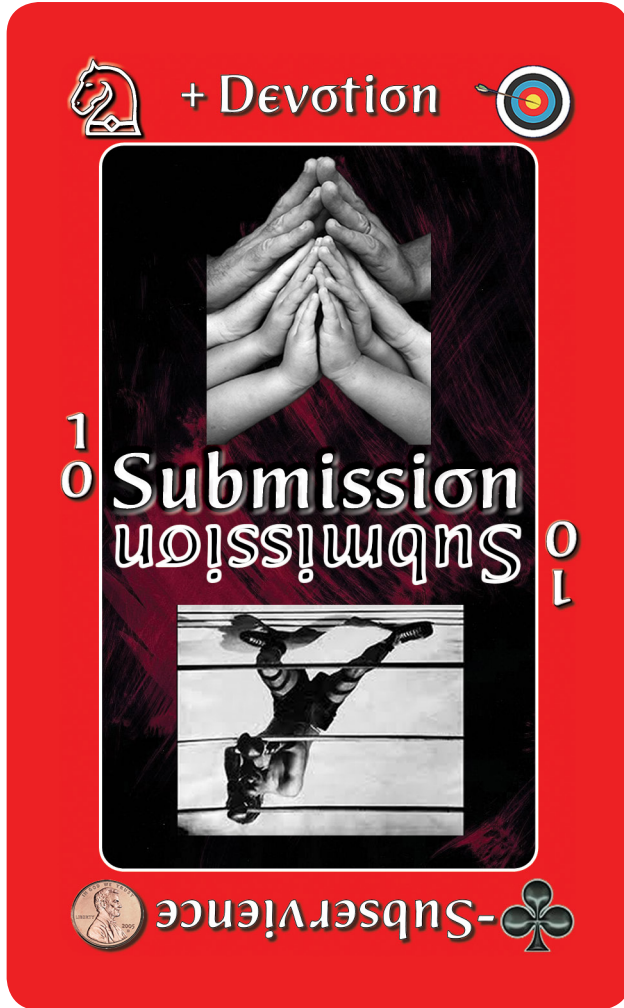
7. “If you live life for people’s acceptance, you will die from their rejection.”
LeCrae Monroe. There is a good chance that you’ve not focused your attention on a purpose. Move into a position to devote yourself to a cause. Submission requires action to defend a principle.

10 SUBMISSION

Came to believe in a power greater than one's Self.

—Big Book of AA

Situational Context: Assess your priorities, then loyalties.



Corner Icons

- The Horse: Knight - **Symbol of the Warrior Set**
- Bulls Eye Target: **Goal Group**
- Penny: **Ordinal Orientation Card 59**
- Clubs: **Action Axis**

Illuminated (+): Devotion, allegiance, commitment

Illuminated Position: When people commit to a cause, then their devotion is a spiritual bond. Families, like this group of people each enclosing the hands, show loyalty for the common welfare. It is allegiance to common cause and to one's comrades that keep people together and progress is being made.

1. **Devotion is an act of loyalty which carries honor for the doer.** Surrender to a higher power, whatever that means for you, is called for now.
2. Align with higher principles; **you are going on a mission.** Get what you need to act, be ready.
3. Allegiance to friends, country and values is the commitment to look beyond specific faults and see the big picture. Shore up your commitment and know your love is needed and received.
4. Patriotism is to love the values of one's country. Commitment to those you love is an allegiance between souls.
5. Mr. Spock once remarked "the needs of the many must outweigh the needs of the few, or the one." Yet, sometimes the needs of the one carry the hopes of the many. You are needed. **It is OK to take care of yourself.**
6. "Take one for the team" sounds great to the person looking at you and volunteering you as the sacrificial lamb. **Take you case higher and hold to accountability.** Theirs as well as yours. That is what Dr. King did.
7. In President John F. Kennedy's inaugural address, a Young King, rallied a nation with his words. "The energy, the faith, the **devotion** which we bring to this endeavor will light our country and all who serve it – and **the glow from that fire can truly light the world**".
8. Never forget, **everyone is loyal to love.** Just how much and who.

Shadow (-): Subservient, obedience, bottom, doormat, deference,

Shadow Position: A fighter that doesn't know when to stop getting up is beaten into Submission. The trick of Perseverance is to discern when to spend energy and when to recognize when an attempt becomes futile and self-defeating.

1. **Subservience is the fate of the defeated** and indentured servant. A warrior with no principled investment is nothing more than a mercenary or compliant soldier, or cannon fodder. Are you marching to someone else's drum beat with no allegiance to it?
2. Are you under the thumb of someone or some system that you are follow-

ing blindly? **Make a run for it.** They can easily turn on you.

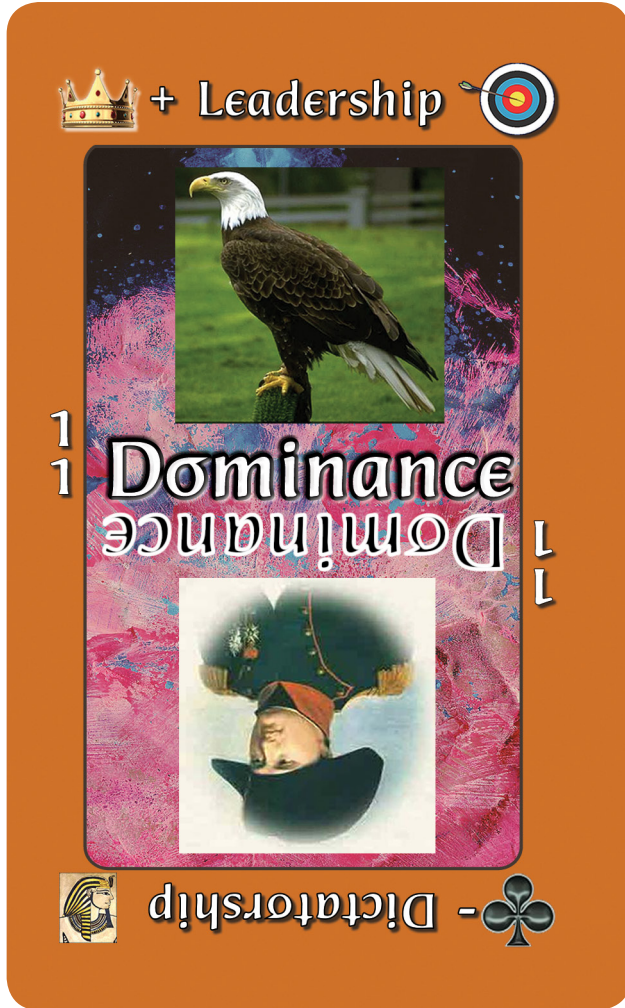
3. **Muster your courage.** The boss is wrong!
4. If you feel as if you are on the bottom of the heap, or the totem pole, then **your choice is to dig your way out or climb your way up.** Or, stay there and live under the pressure every day.
5. Don't align with a **stupid cause.** You are being used.
6. **Subservience portends defeat** and indentured servitude. A Warrior with no principled investment is nothing more than a mercenary or compliant soldier, or cannon fodder. Are you marching to someone else's drum beat with no allegiance to it?
7. **The nature of subservience demands conformity.** Can you see yourself under the thumb of someone or some system that is causing you to follow blindly?
8. **Stay down!** Now is the time to regroup and not be persuaded that getting up every time is the *right thing to do.* **Choose your battles and don't waste your energy.**
9. The old adage that "insanity is doing the same old thing over and over, but expecting different results", applies here. **Offer no resistance to the pain, but don't put yourself in line to get more.**
10. **Give of yourself fully** but not to the point of total defeat.
11. **Question authority.** Here one is confronted with accepting or shirking the responsibility to act in accordance or in defiance. Is the one issuing orders credible and honorable or a crackpot and ominous?
12. Never forget that **justice can only happen between equals.** Otherwise, what is really going on is nothing more than retribution or appeasement. Who's down?

11 DOMINANCE

I am number 1!

Popular statement of individual prowess in gamesmanship

Situational Context: Signifies a period where allies are gained or lost.



Corner Icons

- Crown: **King Set (Background and Border Color too)**
- Target Bullseye: **Goal Group**
- Pharaoh: **Exalted Scope**
- Clubs : **Action Axis**

Illuminated (+): Leadership, alpha, liberty, champion,

Illuminated Position: The bald Eagle was adopted by the United States as its national icon. We imbue it with strength, grace, freedom and dominance. But did you know that other empires in history adopted the same bird as their national symbol? The Romans, the German 3rd Reich, and it is the most prominent symbol in medieval heraldry, the all seeing the Eagle as “king bird” of the skies. Native American tribes value its feathers as symbols of the indomitable “Great Spirit”. And in Norse mythology, the king of their pantheon of the Gods, Odin, was identified with the mighty eagle. It dominates its environment by virtue of being at the apex predator of its food chain. Humans have long personified its solitary prowess as being above the rest. They rule by deed. In the positive pole, Dominance is more than directing, it is being first among equals. King Arthur implemented this principle with his Round Table. Yet, for the person learning to be principle spear-head in any endeavor has, or aspires to rise in the ranks. For leadership of others comes with making them respect you by wielding power judiciously over them. When taken as a Goal, a person is learning that they naturally seek to develop competency and deploy it in a way that most likely directs others in some fashion. When taking on dominance, the ultimate challenge is to be identified as arbiter of decision-making. It is often a skill one has to grow into, especially for women or persons heavily imprinted by subservient societies or social classes. Nature and human history have been dominant hierarchies, whether the alpha animal, the queen of a hive, leader of a pack or the ruling classes in societies. TAO build this into the unconscious structure of the Universe until beings could advance to redistribute energy in ways as to be leaderful self-directing over their own lives.

1. It is high time you **exhibit leadership**. Empower, don't overshadow or micro-manage.
2. The Power position in the Life Quadrant is also known as the Director in similar systems. They are not necessary at the front of the pack; they are often seen as the competent one to point the way. **Be the force behind the throne.**
3. *Lead, follow, or get out of the way.* In any event, **be accountable and participate!**
4. Lead by example not by entitlement.
5. **Liberty is never granted, it is preserved by action.** Only you can fight for yourself.
6. **Leadership calls for setting an example** of how you want others to act. Directing people means empowering them to complete their tasks. Have you forgotten that the best way to champion a cause is to exhibit courage?

7. Get ready to climb the ladder of success. **Move ahead of others** with style and competency.
8. You are the alpha. You are expected to lead the pack. Rise up to this responsibility. Xx
9. There is an old adage about a group, “If you are not the lead dog on the sled team, the scenery never changes.” Remember that where you choose to hitch your wagon is up to you. If there is no room for advancement, then move yourself to another team. You can still lead yourself.

Shadow (-): Dictatorship, ruthless, domineering, top, entitled, smug, demanding

Shadow Position: Few in history have ever held the reins of power so completely, and with such competence, as Napoleon Bonaparte. In the brief span of just over a decade, he reversed France’s fortunes from a country in revolt to a power that had dominated most of Europe. Dictatorship is leadership by command, and the threat of punishing those in your own ranks. It is certainly possible to be equally terrifying and inspiring when one is in the negative pole of Dominance. On occasion, in order to achieve a short-term goal, employing a dictatorial style, directing without input, and ruling with an iron hand, can actually serve the greater good. The “Benevolent Dictator” like that of the Roman statesman Cincinnatus, is seldom achieved. Its effective time period is always very short and not ongoing; and at the end of such a command style, amends are made so that unity can be rebuilt. Every Dictator ultimately falls: Napoleon had his Waterloo – In other words, this is synonymous with

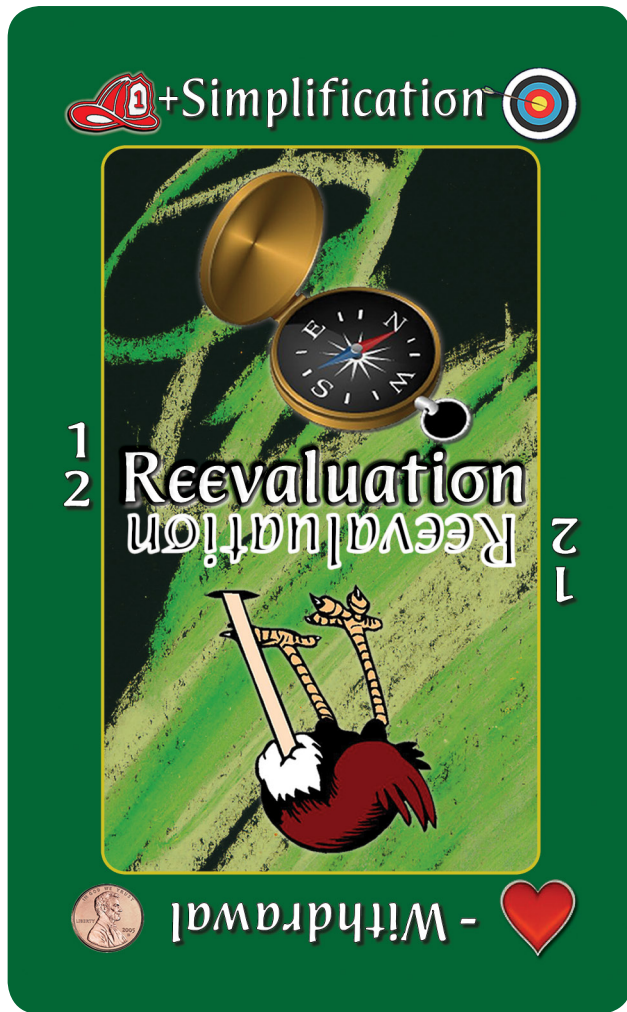
1. **Being bold doesn’t mean you have to act like a jerk.** Just speak your piece and stand firm.
2. Dictators demand subordination. **No one is equal here.** Are you near the top or closer to the bottom? Where does the advantage lie?
3. **Everyone involved is under the stress** of an oppressive force. Find the source, diffuse its power and then stand-up and assert yourself.
4. **Dictators seldom lead,** they command! What they get, at best, is obedience, not loyalty. Fear is their tool because hostility is what runs them. What fear is being covered by anger? Expose it!
5. It is essential you **delegate some tasks** to subordinates or perhaps out-source some of the work you do. You wear too many hats! Still, managing the whole interactions falls to you.
6. **Demanding bosses expect servitude.** Does yours? Are you the boss?

7. There may be a **hierarchy that uses intimidation to get results**. Best to figure a way to fight back or get out.

Because he hears a different drummer!

— Henry David Thoreau, On Walden’s Pond

Situational Context: Strip away the unnecessary; reduce, review, & rethink.



Corner Icons

- Fireman’s Helmet: **Server Set** as is Background Image and Border Color
- Bullseye Target: **Goals Group**
- Penny: **Ordinal Orientation**- Personal.
- Heart: **Inspiration Axis**

Illuminated (+): Simplicity, minimize, circumspect, reduce, recycle, frugality, retire

Illuminated Position: Sometimes, less is more. Paring down to the simplest form, in math the “lowest common denominator” produces an insight or realization, that can take one far deeper, and with far less baggage, than what is considered the latest or greatest (like Growth). The compass signifies a simplification of directions to be taken, a slowdown to look for familiar landmarks. This metaphor is the underlying purpose of the Goal of Re-evaluation in the positive pole. Here the analogy of a car slowing down in its evolutionary progress, instead of speeding up like its paired Inspiration Goal, Growth. In this pole, the route chosen is a back road rather than a freeway. Slower progress, occasional braking, will serve to “stop and smell the roses.” Even an active and brilliant mind like Stephen Hawking, a person in Re-evaluation, employed this goal to its ultimate advantage, reducing his distractions and devoting all his resources to discovering his many theories.

1. It is time to **re-evaluate your experiences** and determine: “*is what I am doing really worth it?*” If yes, continue onward with joy and gratitude. If no, do not hesitate nor apologize.
2. After a setback, take a moment and re-evaluate. If what you are doing comes up short, **simplify**.
3. Reduce, Reuse, Recycle...this is the credo of the Conservation movement. It is simple: instead of acquiring more, **be stringent with what you have already**. Learn what you can do without. With that freedom from stuff and waste; less truly is more.
4. In a world of continuous stimulation, **extraction from it may feel difficult**. But do a retreat soon.
5. Oscar Wilde said, “Life is not complex. We are complex. **Life is simple, and the simple thing is the right thing.**” Ditto!
6. **Re-evaluation** is a time for review and retreat. The nature of this experience calls us to go internal and remove extraneous distractions from our consciousness.
7. **Simplifying** in mathematics means deriving the lowest common denominator. In Buddhism it means detaching from form. Re-evaluate a situation by detaching from complex explanations. What remains when you stop analyzing? That is the answer.
8. Simple should not be confused with simplistic, nor when applied to a person as a simpleton. **What you behold right now is a minimal yet essential**

character. Don't underestimate it.

9. **Get frugal with what you have.** You don't have to hoard but it would be really wise if you used what you had as if it were the most precious things you possess. What do you really use/value? How is it significant to you? Why would it matter if you didn't have it? These will reveal many of your beliefs, rationalizations and attachments.

Shadow (-): Withdrawn, reclusive, retarded, confined, restricted, lost, agoraphobic

Shadow Position: The allegory of the ostrich hiding its head in the sand, as a way of dodging awareness to danger, serves perfectly as the example of the negative pole withdrawal. Where Withdrawal is considered by many an act of retreat, denial, or even cowardice, just like this image, that conclusion would be wrong. The ostrich has never exhibited this behavior! It is a projected fiction verbalized in the lore of humans anthropomorphizing human characteristics onto the animal. A common human trait, as is denial, but not for the ostrich. In fact, the ostrich's standoffishness is more akin to the protective introvert, like a person on the autism scale. Yet, it is an animal of great power and speed which hates uninvited incursion into its space. And so to withdraw is equally necessary to human existence in order to recoup one's energy, reassess one's position, or reduce to a bare minimum what one carries on their journey. Using the analogy of slowing your vehicle, this is like slamming on the brakes and hitting the wall.

1. **Perception has become clouded** because one has withdrawn their awareness from the situation.
2. **Your ability to function has become retarded** because of fear. It causes one to contract like a snail or a turtle retreating into its shell. Who has retreated back into a familiar cover or position?
3. Perception may become clouded because one has **withdrawn** their awareness, it **retards** one's ability to function in life. Fear causes contraction like a snail or a turtle retreating into its shell. Where has there been a retreat back into a familiar cover?
4. **Hiding from danger is understandable.** Staying withdrawn after the danger has passed is suffocating.
5. Stop hiding your head in the sand. **This is your task. Get to it.**
6. Contraction is a **retreat deep into oneself.** What talents are not being utilized?
7. **Hiding from danger is understandable.** Staying withdrawn after the dan-

ger has passed is suffocating.

8. Socrates, a known non-materialist once said in exasperation “How many things are there which I do not want?” Try this approach. Begin sorting on stuff you absolutely do not want or use. **As you clear things out, things become more clear.**

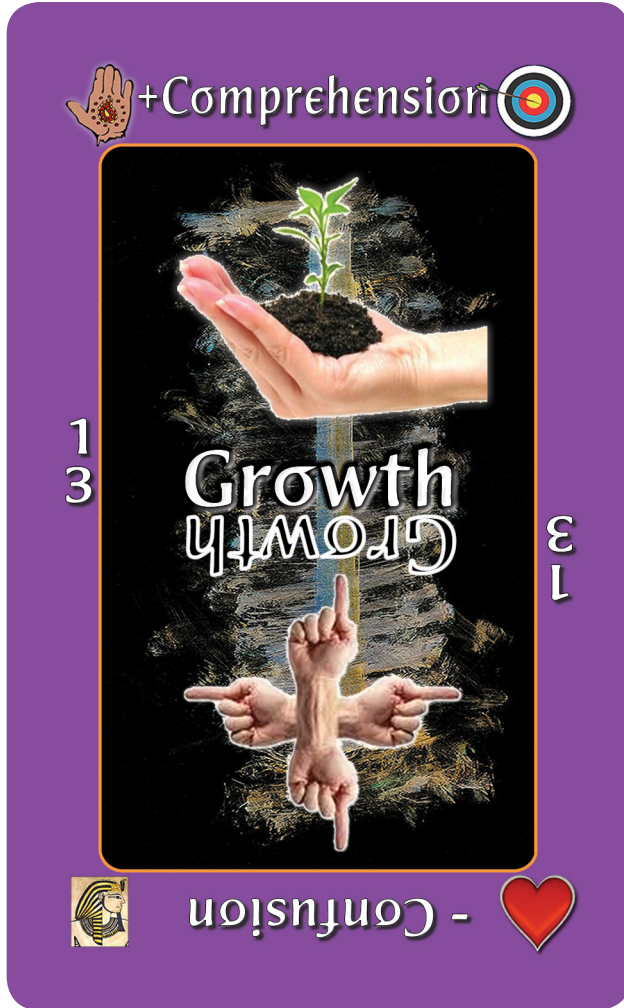
9. Time to **come out of the safe shelter of your inner world.** Whatever is going on around you is mostly the MAYA (Card 69) of posturing and shadows perceived as monsters. Shed some light on what you fear. Break it down.

13 GROWTH

It just keeps going and going.

—Eveready Battery® Commercial

Situational Context: A surge of omni-directional energy will push you.



Corner Icons

Open Hand: **Priest Set.** Background Image and Border Color

Target hit bull's eye: **Role Group**

Pharaoh: **Exalted Orientation.**

Heart: **Inspiration Axis**

Illuminated (+): Comprehension, acceleration, progression, expansion, substantiation

Illuminated Position: To watch a plant, a child, a business, or relationship grow is to witness progress, branching, and advancement. The outstretched hand holding the plant indicates that in order for something that we humans consider important to mature, it takes a guiding hand. Once we comprehend this governing factor of successful growth, then like that seedling we can develop into a mighty tree.

1. **Comprehension** requires challenging life and weighing the results. Try gathering new data and notice if your calculations produce a better understanding of what has changed.
2. Change is inevitable. **Growth is optional.**
3. **“Love dies only when growth stops.”** Pearl S. Buck
4. Life doesn't always require you to do anything for **comprehension** to occur. As situations or people around you change, you come to understand who they are and what was going on more clearly.
5. Is someone you've nurtured finally **comprehending** things more completely? This is true for a parent and child. Get to the point with someone and leave nothing ambiguous.
6. **Career advancement is the growth you've been hoping for.** Coming up soon will be a chance to go in a direction that you hadn't thought about, but will definitely move things forward.
7. All Centers are activated by conflict or excitement or adventure. **Expand your potential** for advancement by experiencing taking a risk.
8. **Dynamic tension is a type of useful stress.** It can **pull you forward; use it for your betterment.**

Shadow (-): Confusion, inflation, stress, overwhelm

Shadow Position: if there is one problem with the energy of growth, it is when it floods in upon one from all directions. The confusion that is brought by new situations can feel overwhelming and it can produce as many suggestions for solution as there are people involved in the process. This image, like the compass in the positive pole Re-evaluation, shows us directions - too many! Yet unlike that compass where you make a choice and go, in confusion what usually happens is you run around in circles, or, disperse your energies in too many directions at once.

1. Just moving around the furniture without giving anything away, **is not**

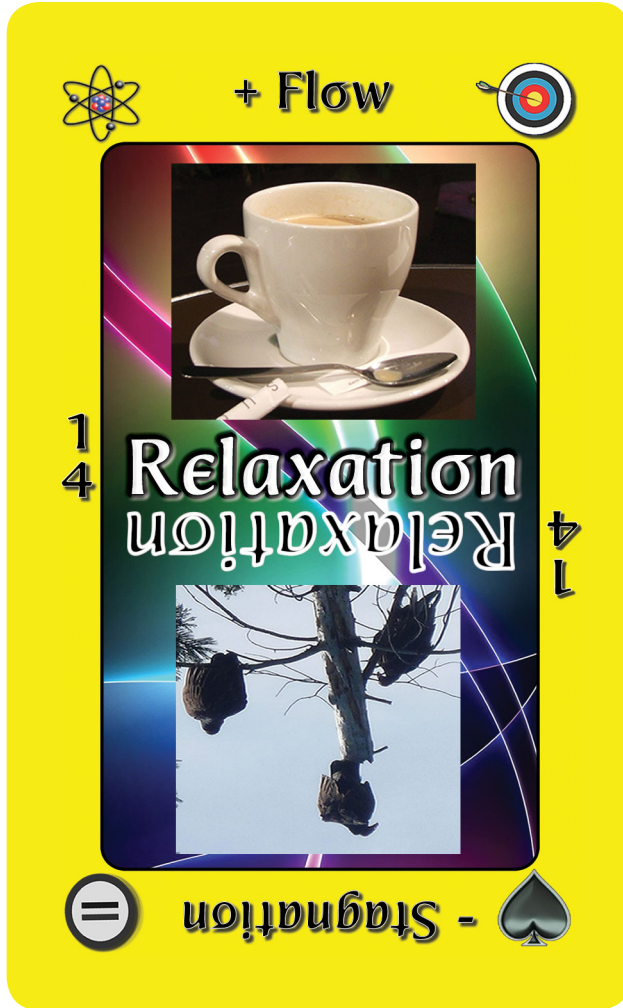
growth, just motion.

2. Burnout is the result of unrestrained exertion. If you have overextended in the **name of growth**, it may be time to re-evaluate why you are on a dead run, before you keel over.
3. You've heard that **the devil is in the details**. Just make sure you actually write them down, so that all hell doesn't break loose.
4. Cancer is a form of growth, but not a desirable one. **Confusion and overwhelm** are what happen when too much has been activated at once, like cancer cells. The solution requires prioritizing, reduction, concerted action, surrender and faith, each in right measure. You must weigh each.
5. **All change is not growth**. All movement is not forward. If you think about the implications of this, you'll understand the 2008 stock market crash. Remember this example and this lesson, and then you will comprehend real growth.

Go with the flow.

—Hippie aphorism

Situational Context: Plans are suspended. Do not expend energy.



Corner Icons

- Atom: **Scholar Set Symbol, Background Image and Border Color**
- Target Bullseye: **Goal Group**
- Equipoise: **Neutrality**
- Spade: **Assimilative Axis**

Illuminated (+): Adaptability, flow, suspension

Illuminated Position: Ah, a cup of cafe au-lait at a Paris bistro, that is the life: Relaxation at its finest! I took this photo on a trip to France, and experienced that total Flow of Being! And having a cup of coffee, for many people in the world, is associated with “taking a break” or “having a chat with friends”, a flowing and relaxing experience. Like the cup, still in this photograph, it signifies another concept related to this goal...suspension of activity.

1. *Go with the flow* is a popular adage. Yet can you recognize what the flow is? To relax is to suspend fear and trust that things will work out. Release stress and sail along with the breeze!
2. In this case, if you adopt a hands-on approach, **things will right themselves.**
3. Stretch and **get flexible.** Let the effort be playful.
4. Equilibrium is what happens when things are in balance. Relax and let things get back into balance.
5. **Time to suspend everything.** Let go and float with the current and enjoy the ride. Exert energy only to steer straight downstream.
6. “Everyone makes their own fun. If you don’t make it yourself; it isn’t fun, it’s entertainment.” Film – State & Main by the Character Annie. Make a good time for yourself, don’t rely on someone else to entertain you.

Shadow (-): Stagnation, inertia, lethargic, lazy, aimless

Shadow Position: In stagnation, there is a tendency to wait or linger, and let things happen around you. The three vultures sitting atop this dead tree, taken from my back porch, show no movement but still imply a steady-state of indifference. Inertia, another adjective for this negative pole of relaxation, has the dual meaning of something being still or motionless, or moving along at a constant rate and only changing when something acts upon it. Like these birds waiting for death to produce a meal for them, they seldom hunt for themselves. Stagnation is always waiting for something to happen. (Card 77).

1. **Are you stuck in the doldrums?** If you are lacking desire or motivation, then go get laughing. Before you know it you’ll feel alive again and the depression will lift.
2. An old adage says, “Nothing is interesting if you’re not interested.” Procrastination kills.
3. Time can pass and things appear to remain the same. **Inertia is carrying**

you along with it. Sloth and apathy actually seem like nothing is happening, but decay is.

4. **The only reason to stop is because you are dead.** If you are reading this, we can rule that out.
5. Couch potatoes become **rooted in the soil of lethargy.** This ground grows nothing. It just buries things beneath it.
6. **Stagnation is like floating aimlessly.** You may be in motion, but you are not moving.
7. **Stagnation is activity in reverse.**
8. Some down time is called for now. Trying to force anything is only going to drain you.
9. There is no such thing as a flow that travels uphill. If you are having to swim against the current or move opposite than what is native to you, then **turn around and follow the path of least resistance.**
10. Feeling inert? Have you stopped enjoying the ride or **are you being dragged along by the currents?**

Attitudes Group: The Perspective toward Motivation



Unifying Set Image – The Attitude Indicator: an instrument found on a plane.



In the Michael Teaching, the **Attitudes, Cards 15 – 21**, can be classified as your cognitive or processing paradigm; one's personal zeitgeist (spirit of evaluation) that one brings to their consideration of something they encounter. It is the “why” factor in how we arrive at our decisions or conclusions. The Attitude will generally *aggregate ideas in a style or from a perceptual point of view*; rather than specific thoughts, ideas, or concepts. In a way, you might say that the Attitude is *your relationship toward your ideas and beliefs* thus acting as a filter, or a better metaphor still perhaps, is the container in which you hold your thoughts. It is also the bias and/or skew in your view of the world and situations. Attitudes not only effect *what you think about but how you consider the thoughts you entertain*. It is how you might categorize definitions and overviews. Each acts as *an intellectual predisposition to contemplate, speculate and weigh data* that you perceive from the world. If we accept the notion that “we can change our mind”, then the Attitude is the most flexible of the Overleaves; it can change with life experience. Your Attitude shapes the internal concepts you hold and thus, the Attitude conveys your inner world to the outer world.

When an Attitude Card(s) Appears your reading

An Attitude indicates you are being asked to consider how you are evaluating an idea, a situation, a condition or a person. As the word *Illuminated* positions im-

plies, take the positive step to read the synonyms of that Attitude and widen your number of perspectives about that which you are evaluating. **Cards in the Shadow pole** challenge you to confront unconscious habits of thought. They ask you to consider whether you, or the person you are asking about, have a fixated mindset that is blocking new ideas? Or, it might even invite you to tighten or narrow your focus to notice what that filter renders. Said another way, the question might lead you to ask “what would I have to believe beneath this conclusion or pattern, to arrive at the thoughts I have about X?” Even harsh judgments can sometimes be accurate! On other occasions, if your own Attitude should fall, it is undeniably about you; then its presence might be directing you to act from either the positive or negative pole. Most often, an Attitude Card says, look at a situation through a different lens. Learn to stretch yourself into using it in this circumstance. When two **(2) or more Attitude Cards appear** in a reading it might signal that you have conflicting points of view operating at once. If they fall within the layout placement under the heading of you or the other actor, this might especially be true. Yet, they not only reflect conflict. Sometimes two persons might have complimentary attitudes that can generate a useful middle ground, i.e. like a Realist advising an Idealist, or a Stoic advising a Spiritualist.

When any motivational lens is ‘looked through’ consider the range between how broadly or narrowly to view the situation. Where the Exalted Attitudes take a wide view, there must be a distinction between the real and abstract; what actually exists in form in contrast to that which is imaginary or yet unmanifest, but represents a hoped-for direction. The Ordinal Attitudes, have you concentrate the focus on the narrower scope, real world concerns related to workability. When the Neutral (Card 64 – Assimilation) appears, or two or more Attitudes appear together, it signifies that there are several viewpoints to consider each calling for review. And as always, your emotional reactions will alert you that some important issue has been brought to the surface. Between these factors, you decide which action to take from either of the card’s two poles which seems most relevant to your question.

Attitudes is how you See Things

Attitudes can be compared to each person’s viewing apparatus; one can readily substitute phrases like: “point of view” or “vantage point” or “bent” or “angle” all which infer a direction from which you “see” or “look”, which in-turn create a composition of the circumstance and thus how you “frame it.” Each Attitude is a lens, each with varying degrees of optical refraction. Ordinal Attitudes (Card 54) are a microscopic view like the Skeptic. Exalted Attitudes (Card 55) like the Idealist, for instance, brings a more macroscopic view, a telescope, each lens is cut to an angle that catches the illumination of a thought with its own unique distortions. That contortion pervades a mental bias or pattern recognition that activates first, when one encounters a situation or relationship where perspective is called

for. While it is said that a default Attitude is installed from birth, familial imprinting and social conditioning may train the use of any of the other Attitudes as an overlay to one's own; sort of like a contact lens on the eye. Yet personal learning will polish the lens of their native Attitude. While not necessarily in conflict, nonetheless, the more one is able to hold parallel points of view, as the Pragmatist (Card 21) can, it offers one a greater diversity for thought and appreciation.

Like other Overleaves categories, there are 7 main perspectives which a person might choose between to view or evaluate a situation.

<p>Expressive Attitudes: Always concerned with what ideas to include or discard. The Skeptic questions everything and the Idealist believes in an all-encompassing place for everything.</p>	<p>Skeptic: "it might not be" – Out – They lack fact, validity, forget it. Idealist: "it should be" – In – Considered most important.</p>
<p>Action Attitudes: Are interested in what is tangible in life and related to the facts. For the Realist, they want to cut away what should or could be and focus on what is really happening.</p>	<p>Cynic: "it can't be" – Bottom – Ideas that are ridiculous or worthless. Realist: "it is" – Top – Mandates. Seen as fact, reality, and preeminent.</p>
<p>Inspirational Attitudes: These attitudes will seek feelings of inner peace. They evaluate any belief or supposition with emotion. Therefore, the Stoic will be silent to filter out any distraction of emotion, while the Spiritualist will seek validation for its experience through emotion.</p>	<p>Stoic: "whatever will be will be" – Closed – Doesn't want to any more input. Spiritualist: "it could be" - Open</p>
<p>Assimilative Attitude: Like all the Neutral, Scholar-like Overleaves, this person is looking to reduce a problem to one most likely answer. Once arrived at, this method becomes like law in that person's universe.</p>	<p>Pragmatist: "it must be" - Adaptive</p>

Attitudes also contain underlying filters based on degrees of: optimism vs. pessimism, trust vs. suspicion, and reality vs. fantasy; much of what we tell ourselves about *why* the way things are in our lives. Everyone always has a native or embedded chosen Attitude which acts as one's fallback or *default setting; even in the negative poles*. But imprinting will influence your tendency to slide (adopt) a secondary or tertiary Attitude; those taught to you by significant people in your life: family, friends, education, social groups, occupation, military, and culture. Not all these imprints are bad, if they are taught in a way as to provide options for view-

ing a situation, not narrowing the way the view it. In the graphic which follows, the Attitudes are depicted as spirals indicating “thought patterns”. Each is given a different color and shown to be oriented in a different direction or angle of repose.



Common Use of the Term

Of all the Overleaves Groups our use of the term Attitude is closest in definition comparable to its standard use in English. And it will seem most readily accessible to those who have only minimal interaction with the Michael Teachings. Like so many agents of the mind and the expression of its offspring: conceptualization, reason and rationalization the person *may use* his/her mind, vis-a-vis conscious self-awareness, to observe their own thought process and deliberately alter its function. That alteration however, will tend to rebound back to the “preset” Attitude chosen at conception; similar to all other Overleaves. But consciousness gives one choice and therefore a power to exert thought rather than be at the effect of the mind running its internal chatter or litany of beliefs. Gaining flexibility and thus being able to view a problem from many vantage points gives one an advantage in life; what has been called the “Balanced Man.” Yet, diversity resulting from understanding can present too many options, perspectives, or arguments and can freeze a person into inaction, and thus become ineffective. The opposite is also true, *while only one point of view* may eliminate any internal stalemate, the resulting choice of action may be inept, naïve, or disastrous. In life, the ability to alter one’s perception of a circumstance is useful for deliberation. Such *shifts in perspective* yield a decision correct or incorrect, which because they took in all they could or had available to them, still leaves a person with a sense of self-trust; knowing they produced the best decision available at the time.

Attitude and Chief Features

No other Overleaf is so influenced or distorted by fear or misperception as is the Attitude. The nemesis is the primary Ego fear-based bias called the Chief Feature (CF). Within the orthodox Michael Teaching, the primary Chief Feature affects the Attitude. Hence, a limitation is imposed and tends to collapse one's capabilities (shrinks the mental container and narrow considered possibilities) and plunges one into the negative pole of the Attitude. From there, it requires a shakeup of assumptions and beliefs to reboot one's thinking and shift the point of view into considering other possibilities and thus break the stranglehold of fixated thoughts. *All-or-nothing-thinking*, for instance, occurs when the Idealist is trapped in the negative pole. For the Cynic, extreme pessimism and "doom and gloom" thinking pervades all other considerations. Other Attitudes exhibit their own aspects of narrowed imagination as well. The Pragmatist will fall into its dogma and follow the recipe of its adopted beliefs without ever touching on the real elements of the situation.

Attitudes may also reveal themselves in body posture and mode of speech. A lean, a hunch, a flow or rigidity, or where you cast your eyes offers indications to the Attitude. In speech, notice if a person spends more time telling vs asking questions. Or, how certain, or measured, they might be? If you are having trouble with Attitudes as an Overleaf concept, then a general, but good rule of thumb: Imagine what the person you are thinking about would be like in a dire emergency? If the shit really hit the fan, what would that person's perspective be then? That's generally their real attitude.

On a Global Level

The Attitude is the Overleaf energy that impacts all of human thought. Attitudes are nested, sometimes subtly, other times overtly, in literature. Writing, with its natural, essential quality to convey the tone of an idea, can reveal a general tone or motif of an Attitude. Both the chosen subject matter of the material and/or the style it is written in, are second-tier indicators, of either the Attitude of the author or that of the subject matter itself. For instance, some stories about Heroes are in the laced with themes of Idealism. Plays, like *Peter Pan* or stories like *Alice in Wonderland*, are Spiritualist. The stage play *Death of a Salesman* bears a dark Stoic quality, while the film *Mind Walk* was an intellectually centered existential bridge between the two previous Attitudes. Business journals take a stance with Pragmatism or Realism, but sometimes crawl into the negative poles of Skeptic, Idealist or Cynic.

Indeed, major schools of Philosophy bear some of the same names of these Overleaves. Although many of these schools of thought actually have smatterings of other Attitudes and Overleaves, generally they are fairly consistent with the definitions within this system. Like the intensity of the sun is filtered as its ascension or declination changes with the seasons, the attitudes are filters that vary in

intensity. Idealists and Spiritualist shine the most brightly while Cynic, Stoic, and Skeptic are more measured and viewed from the horizon, leaving the Pragmatist and the Realist to occupy the rising and setting awareness of a situation. And the Pragmatist may additionally employ whatever other approaches it deems most suited to the conditions.

The Skeptics such as David Hume and Emmanuel Kant laid down their suspicions of “what is truth” and encouraged vigorous investigation of what is believed to be true, hopefully conscious, alteration of a viewpoint. Said a different way, though we don’t rewire our Overleaves to accommodate a new Attitude, that unique circuit board is the most easily accommodating to run the energies of different Attitudes and the nature of reality. The outgrowth of this view of Skepticism was founded by William James in Pragmatism; with its view that *reality cannot be objectively known, and therefore you must create it*. This view creates the rules and guidelines of humanity lest we degenerate into chaos. The early Vedantans of India, the formulators of the Sanskrit language, evolved a thorough and robust methodology to distinguish between the objective and subjective, thus making this school of thought attuned to the Realist attitude.

A popular word of Michael’s is LOGOS. This word is a product of the Greek philosophical school the Stoics. LOGOS is the guiding mental principle of the Universe, analogous to the Mind of God. They sought tranquility and harmony for all persons through the control of passions. Yet two complimentary concepts, which along with Logos parallel the intellectual, moving and emotional centers, are Ethos or outline of behavior, and Pathos the substrate of emotion, feeling, or passion, which round out the wholeness of human considerations. And of course, the Spiritualists who in their tautological view (originating from a single reference or source) of the universe have sought to know contact with the Almighty through self-awareness or through ritualized belief systems.

Lastly, the eternal archetypes of the optimist and pessimist as embodied in the Idealist and pessimist are embodied in the Cynic. *More of a way of thinking than actual system of thought*, each contributes to the clarity of the mind by defining the limits of a situation. The Idealist sees what things optimally should be done, while for the Cynic, the objective is to see what should not be done.

Fascinating!

—Mr. Spock, Star Trek

Situational Context: Due diligence is required. No one gets a free pass.



- **Artist's palette:** Symbol of the Artisan Set and Background Image and Border Color
- **Attitude Gauge:** Symbol of the Attitudes Group
- **Penny:** Symbol of Ordinality - Personal and intimate
- **Diamond:** Icon for the Expressive Overleaves

Illuminated (+): Investigation, curiosity, questioning, due diligence,

specification, scrutiny, exploration

Illuminated Position: “How can you ever know anything, unless you check it out?” Well, it was that attitude that landed Apollo 11 on the moon. For almost a decade, scientists and engineers investigated the possibility, thought about the requirements, and from those created a design and plan, leading them to accomplish one of human kinds greatest achievements. Investigation, means focusing your attention on the question “how possible is it?” Then follow up with “let’s put it to the test!”

1. **Investigation** challenges the mind to expand not contract. What is being asserted that causes you to question?
2. **Put your assumptions to the test.** Clarity results when light is shed into the darkness.
3. Thoughtful questions always reveal better answers! **Don’t doubt yourself or your intention** so much as your belief that you have all the answers. No one does!
4. Healthy questions always reveal deeper truths! Investigation challenges the mind to expand not contract. What is being asserted that causes you to question?
5. “It might be” and thus spurs the investigation of the explorer. Now is the time to **let questions rather than answers guide you.**
6. **It is a good bet.** You’ve done your research, learned the facts, and now it is time to introduce them into the discussion. Whoever doesn’t stumble here is likely to win the day. Even if it is on logic alone.
7. **Investigation** challenges the mind to expand not contract. What is being asserted that causes you to question?
8. **Clarity results** when light is shed into the darkness, but also when an assumption is being put to the test. If the proposition is solid, it will stand a few stress tests. Do it!
9. Being Skeptical is not the same as being Cynical. The former says ‘let’s find out’, the second says ‘there’s no point’. **This idea bears investigation, not being a grumpy bear.**
10. “The test of a first-rate intelligence is the ability to **hold two opposed ideas in mind at the same time** and still retain the ability to function.” Said F. Scott Fitzgerald. Find middle ground.

Shadow (-): Suspicion, diminishing, interrogating

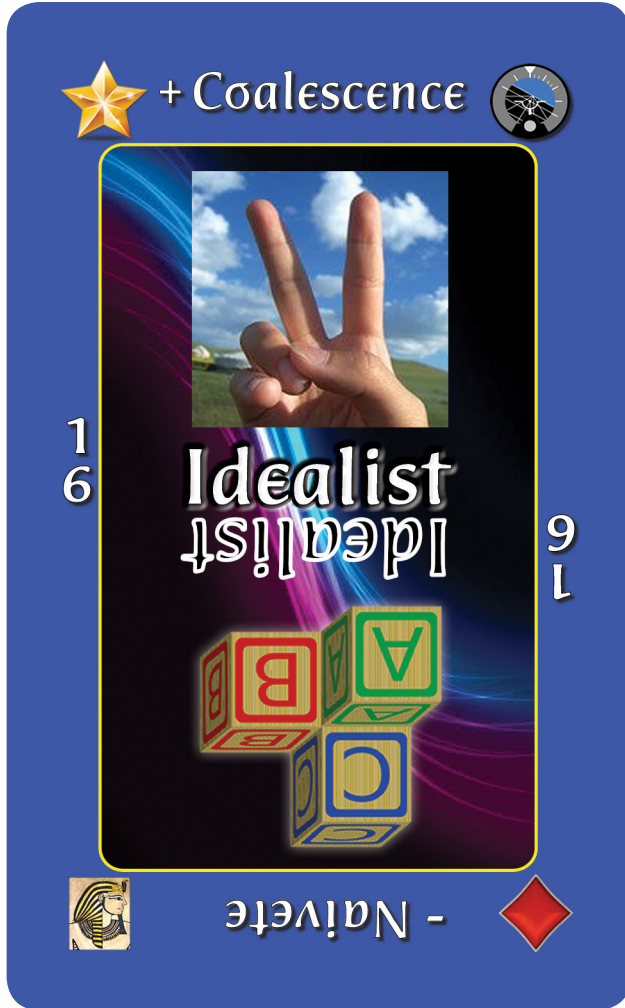
Shadow Position: imagine two of the world's most famous "doubting Thomas's" meeting each other but having opposing views. Spock and Sherlock Holmes, coming from different times and enabled with different technologies, could certainly view each other at first with suspicion. Yet, the rigor that goes along with the skeptic attitude, might lead them to realize that they are still approaching each other using the same intellectual frame of reference.

1. Wavering on a decision? **What are you suspicious of?** Don't stop yourself by not asking the question.
2. Go ahead and be suspicious. **Don't trust the assertions of the ruling paradigms.** Even a broken clock is right twice a day. Gather facts.
3. Curiosity killed the cat. That assumes that the cat was merely **distracted instead of being aware** of what was going on around him. Be the nice kitty and don't look suspicious.
4. Being Skeptical is not the same as being Cynical. The former says, *let's find out*, the second says, *there's no point*. This idea bears investigation, not being a grumpy bear.
5. Without trust, there is only **suspicion**. Good will is lost when you believe the other is lying.
6. Rather than a search for discovery, accuracy or validation, the ruling motive of the shadow skeptic is to discredit. Is their doubt clouding your desire to know the truth? **Confront the obvious limitations of fact.**
7. Go ahead and be suspicious. **Don't trust the assertions of the ruling paradigms.** Even a broken clock is right twice a day.
8. Use inductive reasoning.
9. Instead of tearing something down, **see if you can build something else up?**
10. You are being told to test assumptions and **be aware if fear has you suspicious.**
11. Do you feel as if you've just been interrogated? Rather than try to qualify every answer, state your principles simply and clearly. If you can't, **then maybe you should be suspicious of your own motives?**
12. Don't believe everything you think! "The mind makes many meanings", so make sure yours are **based on fact and rigorous assessment.**

To dream the impossible dream . . .

—Man of La Mancha

Situational Context: Find the principle upon which the situation rests.



- Star: Sage Set – Also the Background Image and Border Color
- Attitude Gauge: Attitudes Group
- Pharaoh: Exalted - Scope and Orientation
- Diamond: Expression Axis

Illuminated (+): Coalescence, optimistic, visionary, integrating,

tireless, strategist

Illuminated Position: “Peace, man!” was a phrase that was used by the “hippies” 1960’s, mocked by many others at time, but the unity and pressure it brought to bear helped to eventually lead America OUT of the Viet Nam War. Whatever one’s beliefs, when an idea has energy amassed behind it, power begins to flow toward it. This iconic gesture was chosen because it represented an ideal, which accepted reality as it joined together all allies of similar conviction. The result proved capable of creating a reality where only an ideal once existed.

1. **Translate your dream into a workable model and plan.** You must actively pursue them or they remain a pie-in-the-sky fantasy.
2. **The “big idea” person is just what you need.** If it isn’t you, that’s OK, you know what to look for.
3. **Ideals can change, but principles should not.** Don’t do anything rash in the name of an ideal. Or you are likely to sell out those people or associations which you care about most.
4. **What you think as ideal is only part of the picture.** Let things coalesce a bit longer and everything will come into focus.
5. **Are the principles which you assert as *good and right*, and *really thought out*?** Time to notice if the Ideals you hold are actually plausible or make-believe.
6. *Ideals are the expression of our highest desires.* Yet, there is a tendency to fixate on outcomes and rather than the details of how to accomplish them. Coalescence **of all that you have learned will reveal a solution inclusive of all those factors.** Incorporate many perspectives and you will achieve your goal.
7. *“It should be!”* What is as yet unattained can only come into existence when enough people hold the same vision. **Share your ideals** with someone and then listen to theirs. Invite others to brainstorm and collaboratively you will imagine a better, clearer, more grounded version of what you all want.
8. **Make your dream into a reality** by taking it from the Intellectual Center (the mind) and transferring it to the Moving Center (your actions) and see how the Emotional Center reacts as you walk toward it. Every step will give you means to feedback to incorporate.
9. Sometimes, **what you think is ideal is only part of the picture.** Let things percolate a bit longer and everything will come into focus.
10. **Optimism is warranted.** Continue to spread your idea. Even those who resist will take notice of your intent.

11. Poet Carl Sandburg once wrote, “I am an idealist. I don’t know where I’m going but I’m on my way.” That is Sage advice. **No destination is known but you are following your own star.**

Shadow (-): Naïveté, foolish, irrational, disappointed, Pollyanna, inflexible, abstract

Shadow Position: Idealism, defined outside the Michael Teaching, refers to the philosophy that believes that reality is constructed by our mental constructs and conscious reasoning; like assembling building blocks in a configuration according to one’s own standards. Where a more colloquial use means “high standards”; Michael’s use is a combination of both. Yet, in this pole, Naïveté signifies a childish or childlike tendency to believe reality *should actually conform* to one’s ideals, no matter how skewed, spurious, or distorted, they might be. When the blocks are knocked over, crying, or a tantrum may ensue. Don’t pout. Get up and reassemble your ideas, and maybe getting a few more for support.

1. If life seems difficult or incomprehensible right now, is it because it does not match your pictures of reality? Well then, **re-imagine it differently, or imagine something new.**
2. **Are you trapped by an ideal?** Ideals are meant to guide, not to imprison. Open your mind.
3. Ideals not realized, nor lived, create suffering and are too often projected upon others.
4. When opposing Ideals come head-to-head, don’t expect much progress. Change the topic and let the polarization discharge a bit.
5. It is naive to think an ideal has only one possible expression (i.e. the way you see it!) **Are you stuck believing** that yours is the only way or solution? Flesh out your ideals and let them become fruitful actions, otherwise they are dreams that die on the vine. Ideals not realized, or lived, create suffering. Often for others.
6. H. L. Mencken, that Cynic (Card 17) journalist and political commentator of the last century pretty much nailed **the negative pole idealist’s tendency for overgeneralization:** “An idealist is one who, on noticing that roses smell better than a cabbage, concludes that it will also make better soup.”
7. **Being foolish doesn’t mean you have a thought that is bold or unique.** If you act like Pollyanna, who simply thought “everything will work out in the end”, yet do nothing to direct the means to that end, wake up with the same tomorrow as they had today.

It's all bullshit!

—George Carlin

Situational Context: Look at an argument with a critical eye and if necessary dismantle it.

♞ + Argument

1/7

Cynic

1/7

1/7

♠ - Denigration

- Chess Knight (horse): **Warrior Set.** Background Image and Border Color
- Attitude Meter: Attitude Group
- **Penny:** Ordinal Influence
- **Clubs:** Action Axis

Illuminated (+): Argument, contradiction, debating, charming,

Illuminated Position: Arguments generally make people bristle, especially when they get heated. The Cynic gets a bad rap, as does the cactus. Like the fruit of one cactus variety called the “prickly pear”, it is tough to get to, must be handled with care, but often they have a soft and delightful center. But once a year, a plant deemed inhospitable, and even ugly, can produce a beautiful sight: a cactus flower. At the core of a sound argument lies a truth waiting to blossom, even if it had to get through a thorny confrontation to do so.

1. *It can't be! So convince me!* Pilpul is the Jewish tradition to gain clarity by arguing about God's intent in an edict. A worthy task, but seldom appreciated. **Can you make a clear argument about what is happening?** Assert facts and principles, rather than beliefs or positions.
2. If the argument being asserted isn't based on facts or tangible premises, **congratulations: you've exposed an ideologue** pretending to be an idealist.
3. Pessimism is not the same as cynicism. Genuine Cynics, like Diogenes or George Carlin, **pick apart an argument to expose its flaws**, and catch a fraud being perpetrated. Don't stop just because someone calls you negative.
4. Just remember that a person who might be gruff is probably hurting. “Inside every cynical person, there is a disappointed idealist”² George Carlin.

Shadow (-): Denigration, antagonist, bitter, snide, caustic, contentious, pessimistic

Shadow Position: With his last breath Caesar's uttered “et tu brute” (Even you Brutus?!). It was Mark Antony who alerted the crowd to Brutus's treachery calling his stabbing of Caesar “the most unkindest cut of all” A reference to the Warrior's attitude about ultimate betrayal of trust and loyalty. Trust is probably the most difficult state for a Cynic to temper: to accept it or to recognize it. As a defense, those who denigrate, (much like those in the negative pole of Self Deprecation - Abasement (Card 26), can be ruthless in their verbal attacks. The phrase “you stabbed me in the back” or “you backstabber” characterizes both this iconic moment and the psychological motivation in the pole of Cynic.

1. Being smug and **doing nothing only gains you more of the same:** nothing! Give up!
2. **Stop the chatter and accusation.** Offer a solution or shut up!
3. Talk about **making lemonade from lemons**, for a Cynic who doubts the veracity of only the most proven traditions, has the benefit of being often proven right; but when they're not, they can be pleasantly surprised.

² Wavering on a decision? What are you suspicious of? Don't stop yourself by not asking the question.

4. It is a difficult attitude to have. Even when you want to be positive and helpful, the nature of the events cast doubt on the outcomes and the players.
5. No amount of love can ever be wasted. **Dispel the excuses to withhold love or condemn.** They reveal the places where pain has been hidden, sheltered or imprisoned. Who is condemning?
6. **Pain and bitterness has been allowed to run amok.** Rein it in. Stop projecting it. Someone needs to forgive a failure.
7. Cynics, who are often quite funny, might quip that any argument is full of POOP! Preference, Orientation, Opinion, Prejudice! We agree, it is too bad that when people are in their mind, they forget to mind-their-mind and its output. Perform a RADE — Rigorous Analytical Discernment Exercise on your POOP. See if you can sort it out.
8. Oscar Wilde once noted that “A cynic is someone who knows the price of everything and the value of nothing.” Realize that having an informed but snide opinion is worth anything. **You merely tare things down and offer no help building things anew.**
9. “It is all crap and we are powerless to change it.” **Denigration** is the proverbial “all eggs in one basket”...broken and scrambled! Helpless and angry about it, one fights for one’s limitations with a pessimistic certainty sure to kill, or at least maim, any hope. **All possibilities are being belittled.**

Reality: What a concept!

—Robin Williams

Situational Context: Strip away speculation—work with what’s in front of you.

- Crown: **King Set** and Self Determination = **Background Image and Border Color**
- Attitude Gauge: **Attitude Group**
- Pharaoh: **Exalted Orientation** - broad scope.
- Clubs: **Action Axis**

Illuminated (+): Objective, factual, unbiased, substantiate, con-

crete, veracity, frank

Illuminated Position: Clarify and sharpen your focus. The Phoropter is an optical device which systematically rotates lenses in front of the viewer's field of vision. The angle of each presents a unique perspective until a client arrives at an adjustment which brings them into a clarity and focus. By that, to identify what is Objectively there, and not of personal distortion. It takes continuous evaluation and looking at a situation through various lenses to get clear. And regularly, one has to get retested to keep seeing things anew.

1. **Your assessment is proving realistic.** At this point you have enough valid information to proceed.
2. Unlike the Cynic, the Realist's complementary partner and sometimes nemesis, which tends to consider decisions with a simple binary of black or white, the Realist understands that there are shades of gray and desires not to throw out the "baby with the bath water." Careful what you reject because you simply 'don't like it.'
3. **Objectify the situation.** View it as a Vulcan would: cold, dispassionate, and with sound logic.
4. Focus your analysis on the **cost and benefits** of your position. That is the profitable way to go.
5. "There are some people who live in a dream world, and there are some who face reality; and then there are those who turn one into the other." - Douglas Everett. Which are you?
6. Reality is what stays around once your **beliefs have stopped functioning.** Look to what is.
7. When you are clear, even your subjective evaluation is more spot-on than circumstances may allow. **Be like a lawyer and cross examine the facts.** Probe for what emotions are beneath them.
8. To get a grip on reality, one first must locate a handle. **Start feeling for what is real.**
9. "It is what it is." **Objectivity** requires accounting for actual circumstance in play. Here, the balance of reason and awareness is key to defining what is relevant, both in proportion and in correct sequence. Focus your analysis on the cost and benefits of your position.

Shadow (-): Speculation, supposition, subjective, projecting, opinion, interpretation, spin-doctor

Shadow Position: The globe is an abstraction of the Earth. The man standing over it believes he has a global-view of things, but it is merely his partial, subjective perspective of an artificial representation. Talking heads, as media pundits or “experts” are often referred, engage in the act of Speculation about Reality every time they are contacted for their opinion. It is vital to remember that someone’s subjective evaluation is ALWAYS limited to some degree. Yet, that unique variation might be exactly the one that sheds light upon something not seen and even beautiful (Card 39 – Higher Moving).

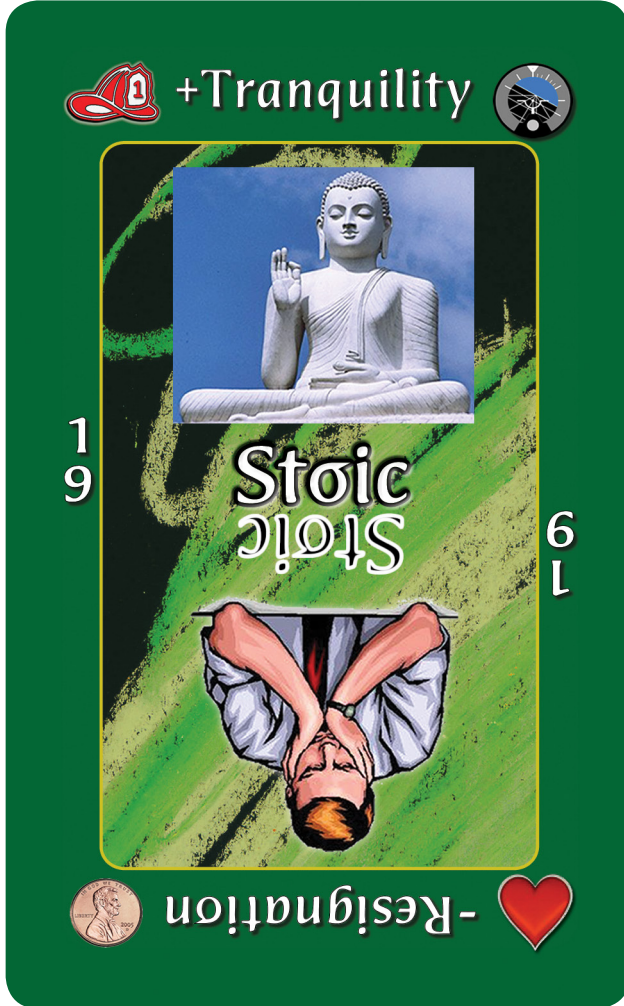
1. Truthiness, a term reintroduced by comedian Stephen Colbert, has a tempting and deceptive allure to it. Examples would be “If you have nothing to hide, you have nothing to fear.” Sounds legit right? Except, it is common that authoritarians, like the Nazis or extremists like in the Spanish Inquisition, trot it out as a distortion that catches people off guard. Like many thin narratives, (remember “one size fits all”), they work only because of its apparent or surface logic...i.e. truthiness.)
2. Your assessment of the current situation is just your spin on it. Listen! **Don’t settle on a conclusion just yet.** There is still more to know.
3. Just because someone is spouting commonly accepted truisms (memes), doesn’t make them factually correct. No one possesses THE truth and anyone can subjectively misrepresent the facts.
4. I suppose so, is a passive statement accepting at face value what appears to be. **Appearances can be deceiving.** Something looks good but doesn’t smell right. The apple has a rotten core.
5. In his assessment of mystical experience American folklorist Richard Chase speculated his view of the Ego’s (Card 56 – pole) influence upon the way humans defer power. “Magic is the envelopment and coercion of the objective world by the ego; it is a dynamic subjectivism. Religion is the coercion of the ego by gods and spirits who are objectively conceived beings in control of nature and man.” Realism is an attitude invoked by the King. **Act like the sovereign of your own reality and do not give over your self-determination to spirits, religions, or deities.** Make your own decision to work with the powers you have not the powers that be.
6. Experts love to claim superior knowledge with their subjective speculations about the real world. Filtering through personal beliefs and biases, **some facts are present but their assembly is skewed.** Are you taking in all the facts or just the ones that support your position?
7. Realist Ayn Rand noticed correctly, “We can evade reality, but we cannot evade the consequences of evading reality”. **Don’t hide behind the idea of**

“my truth”. Consensus reality is not an illusion, but everyone’s take on what it means is subjective and incomplete. **Look to the facts first.**

And this too shall pass.

Siddhartha Gautama – The Buddha

Situational Context: Get calm, be still and listen. Act from this dispassionate place.



- **Fireman's Helmet:** Server Set and Background Image and Border Color
- **Attitude Controller:** Symbol of the Attitude Group
- **Penny:** Ordinal Scope – person, internal or private
- **Heart:** Image of the Inspiration Axis

Illuminated (+): Tranquil, calm, level, unflappable, aplomb

Illuminated Position: Few icons illustrate the definition of Tranquility than the Buddha. In the positive pole of this Inspirational card, he achieves that vibration not through exuberance, but through stillness and tranquility. From this space, he could feel all of the suffering going on around him, but remain steady and empathize, but maintain equanimity and reservedness of a witness, not a judge.

1. Nothing ever lasts or stays the same. Let life take its course. Take a deep breath and **calm down**.
2. Now is the time to have a poker face. **Be unreadable and emit tranquility.** Be unflappable keeping your composure no matter what happens. Let them get nervous and flinch first.
3. Eckhart Tolle, a Stoic, cites in his book, *A New Earth*, a story about a man's changing fortunes: from bad to good, then to great, then back to bad. People offered him admonition, then praise, then envy, then disgust. Remaining tranquil each time, he responded the same way, "*we'll see.*" Realize that whatever happens, the only sure thing is: *This too shall pass.*
4. Act with nonchalance, it helps **diffuse anxiety**.
5. Still waters run deep. Its beauty is that when you look in it is clear. Yet, you might not be able to see what's at the bottom.
6. Buddha's way was to approach life in centered tranquility. Emotional aplomb is the key to this card. Whether circumstances produce pleasure or suffering, seek to balance them with the attitude: "thank goodness, here it comes up for my healing".
7. **It is OK to share what is going on the inside.**
8. Find a measure of peace. Calm down first, and then quell the fear which upset you in the first place. **It is going to be OK.**

Shadow (-): Resignation, numb, passivity, bemused, apathetic, diffident, timid

Shadow Position: A man with his head hung shows a type of heaviness associated with loss and grief, holding oneself in the self-deprecating act of viewing oneself as a failure. This is the plight of the modern male in Western Society. Resignation deflates a person of hope. (Card 63 -) It cast one down into a pit of despair robbing one of life force. Men especially are trained to be detached from their emotions until they are unable to connect with them at all. Yet, those emotions are churning within. In this negative pole of Stoicism exhibits qualities as if reduced to a zombie, the ultimate state of the living dead. British writer D.H. Lawrence noted this hardness and characterized the American soul as "hard, isolate, stoic

and a killer.” To operate from a deadened **Heart** is to not to live but merely exist. Your challenge is to feel your own unique emotions with courage and not merely drool on with the hoard.

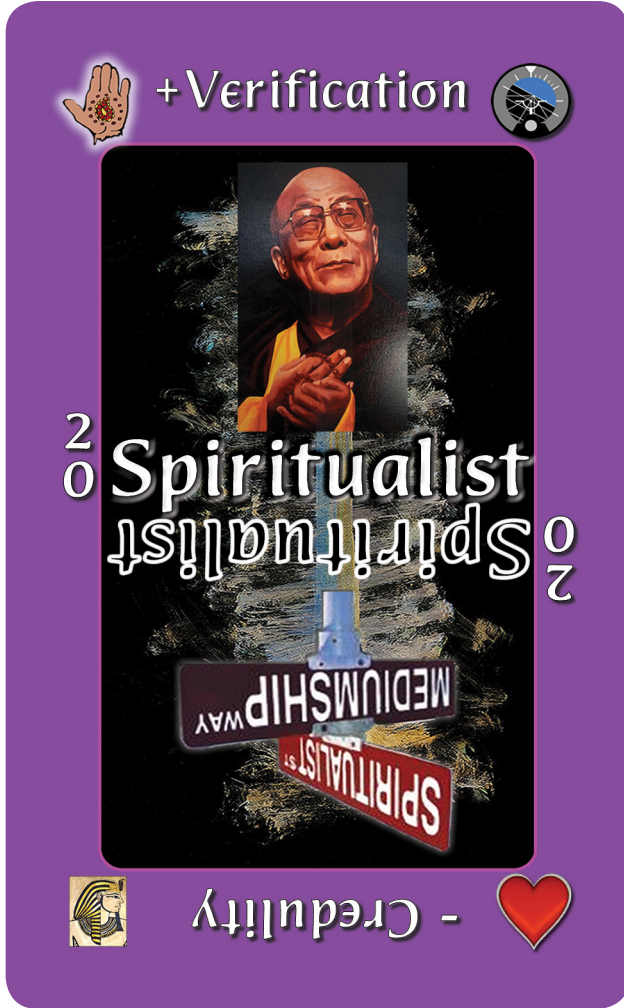
1. “Whatever” is the phrase some Michael books have characterized this attitude. Yet, hiding reaction is not the same as genuine indifference sought by spiritual masters. A.W. Tozer, a commentator of morality stated it eloquently, “To seek tranquility by stopping our ears to the cries of human pain is to make ourselves not Christian but a kind of degenerate stoic having no relation either to stoicism or Christianity.” Or any other aspect that confirms our mutual humanity. Fight for your humanity no matter what. **Checking out is not the same as keeping oneself in check.**
2. “Most men live lives of quiet **desperation**,” wrote Thoreau, resigning him/herself to a life of numbness yet actually locking their emotions inside. They believed that no one cared. Perhaps it was they themselves who stopped caring? Who has stopped caring?
3. If a person has closed-in on him/herself they are not only numb to their own emotions, but be immune to the feeling others.
4. **Do not confuse numbness with peace.** All that energy is going somewhere! Loss or compression?
5. Careful not to misconstrue someone’s quietness with agreement. They may have emotionally checked out and will not be there when called upon.
6. Be careful not to hide your feelings too much, people might perceive you as a threat.
7. Like the Server, who tends to follow, the average man/woman is a conformist, which is sometimes a very useful strategy. But when one is passively stoic and allows themselves to accept miseries and disasters like a sheep freezing in the snow, it is counter to his/her survival.

Counterbalancing the Spiritualist Attitude which it is paired, both view greater existence as the outgrowth of some inevitable force. However, for the Stoic it is most likely devoid of any sense of deity or higher design as with the Spiritualist; but the forces of chaos lead to conclusions categorized under the heading of Fate. Not as hostile nor erasable as the Cynic, nor as curious as the Skeptic, still this Ordinal Attitude shares with its counterparts a very personal quality. Sobriety is a term applying to the Stoic in contrast to Spiritualist with a sense of hopeful optimism or ebullience.

Eeny-meeny, chili-beany, the spirits are about to speak!

—Bullwinkle J. Moose, Cartoon character

Situational Context: Let the spirit of the situation move you! Act or react from it.



- Flame in Open Hand: **Priest Set** and Background Image and Border Color
- Aerial Attitude Gauge: **Attitude Group**
- Pharaoh: **Exalted Orientation**
- Heart: **Inspiration Axis**

Illuminated (+): Verification, faith, fidelity, vision,

Illuminated Position: Of all the living spiritual leaders, the visibility and involvement of the Dalai Lama in both religious and political affairs, makes him the central figure of spiritual and real world concerns for his people. His books are a Verification of the Humane path of Enlightenment, which would impart that no matter what you believe, you must still function in the world.

1. Here a dream still awaiting inspiration. **Courage to act is your best fuel.**
2. **Put faith in your own ability to distinguish and verify** what is real from what is wishful thinking. Don't take anything on face value! Pay attention to simple things. Complex actions happen there.
3. *It could be* that anything is possible when one has faith; your being, doing, and having align. Use the zing of Spirit to **verify your own truth.**
4. **Follow your bliss.** The joy will soften the trials.
5. **No matter how skeptical of religious texts might be, they often can offer a decent piece of advice.** "Quench not the Spirit. Despise not prophesying. Prove all things; hold fast that which is good." I Thessalonians 5:19-21
6. Conscious interaction with spirit may happen during prayer or meditation. What may arrive are flashes of insight or an inspired idea. But, when one is unconscious (i.e. asleep), your dreams are the canvas upon which **your Essence (Card 58) answers** using visions, images, conversations with the disembodied to illustrate something that the mind cannot rationally comprehend or deduce. Remembering your dreams will avail you of useful information at this point.

Shadow (-): Credulity, belief, superstitious, dilettante

Shadow Position: In Cassadaga, Florida, the oldest spiritualist camp in the United States has existed for 119 years. Spiritualist Street and Mediumship Way serve as the junction where belief in the supernatural has formed a central headquarters. Credulity is the unquestioning faith that something exists: beyond proof but with a willingness to suspend thought in pursuit of a feeling that pacifies. Not every Spiritualist acting from the negative pole is going to consort with the ethereal realm, but they will look for explanations which suit a particular doctrine or set of beliefs.

1. Stevie Wonder, a Priest and Spiritualist, wrote with good sense and keen insight when he said, "when you believe in things that you don't understand then you suffer... Superstition is the way." Don't accept as "gospel" some legend or "old wives tale" (sorry ladies – just an idiom of speech), that you cannot confirm. You will fail to assess a situation truthfully, let alone accurately. **If someone is pushing their belief with nothing more than anecdote, best to resist, redirect, or reject it out of hand.**

2. How many wars have been fought over **differing beliefs**? Jihads, crusades, and genocides, are always justified by the offender's doctrine. Karmic payback will arrive shortly.
3. Don't be fooled by someone's declaration of faith in some loosely defined words or ideas. What's happening here is someone is trying to deceive **someone else with a show of piety**.
4. **Credulity then equivocation** is the mark of the true believer. It is usually the Mask behind which cruelty hides. Is someone justifying being mean, calling it stern and claiming it's necessary?
5. Pain often comes from a secret that one is keeping from themselves. The more one chooses to forestall a truth being denied, the longer one suffers. Paradoxically, **the more one suffers, the more likely the misconception to 'believe harder' or more piously**. That in turns, ramps us the pain. This cycle of avoidance of things that shake your reality only creates more pain in the long run. Believe it!
6. You can easily tell when you are attached to a belief. It will feel as if you failed by not being in allegiance to it. Yet **Spirit doesn't want you to have faith in a belief**, or take them as-granted, it wants you to have faith in your ability to see past an idea to the situational relevance of its context.
7. Someone who "talks the talk but doesn't walk the walk" is making some pretty big claims. **This person is a dilettante trying to speak the part without knowing how to act it**. Examine their credentials carefully! Even put them to the test. Otherwise your faith in them is self-delusional.

21 PRAGMATIST

Do what you can, with what you have, where you are.

—Theodore Roosevelt, 26th US President

Situational Context: Practicality negotiates between forces. You win some, you lose some.



- The Atom: **Scholar Set** and Background Image and Border Color
- Aerial Altitude Meter: **Attitude Group**
- Equipoise: **Symbol of Neutrality** - All things being equal.
- The Spade: **Assimilative Axis**

Illuminated (+): Practical, utility, efficient, adaptive

Illuminated Position: Practicality is always searching for alternative options. The choice of one of them isn't necessarily the optimal, or the most moral, or even the most profitable, just the one most simple to explain. Even though it is trying to get all of those aspects, it often sacrifices some of each to reach a workable solution. The Pragmatist is the consummate bargainer. In this pole, they are seeking advancement even if they give-up or give-in to get some things they wanted, in order to capture a larger goal. William James, the founder of the philosophical school of Pragmatism, defines its application by asking a question, "Grant an idea or belief to be true," it says, "what concrete difference will its being true make in anyone's actual life?" In the positive pole, *effectiveness is always a greater concern than the expediency of so-called "cost-efficiency" alone.* The former takes in consequences, the latter looks for an easy way to deflect them. Pragmatist, Barack Obama, has become well known for this style of trade and yield, he managed to put in place a health care program that is the most comprehensive in American history - *although imperfect* for containing many concessions to market inefficiencies! Arguably, a trademark strategy of the Pragmatist is to move things along by choosing the option they deem most optimal at the moment. It is about breaking through impasse and moving toward a solution. The motto in this pole might be: "all things being equal." The positive pole of this Overleaf is by nature open to variability realizing that new or hybrid options might indeed produce greater utility. Much of technological development is predicated on this stated maxim. By contrast, negative pole Pragmatists believe that if you are the nail that stands out, you will invite the hammer. Indeed, any deviation from the rule requires beating it down into conformity.

1. Emphasize function over form. Make deals based on that. It will pay dividends right away.
2. **Do the best with what you have.** Find the quickest path to completion from here.
3. **Shared gains and sacrifices make a pragmatic solution.** Make sure everyone gets something.
4. If the thing, person, move, or a line of thinking doesn't seem to have utility, then **drop it and move on** to something that addresses the immediate concerns.
5. **Brevity.**
6. A Pragmatist can relate to the following statement, "I can usually come up with the easiest way to do something." **Try on this mindset to see what ideas yield. It might break a stalemate.**
7. The quickest way between two points is a straight line. **You may have to leave something unnecessary out of the equation.**

8. Don't make any deals now that you can't pay for right away. Emphasize function over form.
9. "It must be" the one that works or otherwise forget it. Be **practical** and get the job done. But movement is the intention. If you have a log jam, what steps could you initiate to get it moving again? Hint: do nothing and the real issue floats to the surface!
10. If one option doesn't work, then try another one. **Practicality** assimilates whatever it needs to continue movement toward the desired outcome.
11. If the thing, person, move, or **a line of thinking doesn't seem to have utility**, then drop it and move on to something that addresses the immediate concerns.
12. When opportunity knocks, answer the call. **Open the door to new possibilities** at this time. They might not return again. In fact, you might be looking at a once-in-a-lifetime offer.

Shadow (-): Dogmatic, inflexible, pedantic, codified, bureaucratic, credo, repetition

Shadow Position: To be a follower of any dogma, even those who see the fraud or the folly of a choice, or perspective, are depicted as the *three wise monkeys* of Japanese lore: "see no evil, hear no evil, speak no evil." The choice of this image also notes when this attitude is shrouded in fear it suggests the mistaken strategy, "it is better to go along, and get along, than disagree and be trounced upon." Therein lays the strategy of the Pragmatist in this pole: 'make no waves' – just get the job done. "So it is written. So it shall be." This might as well be the motto of the negative pole Pragmatist. Don't actually think about, or try to create, or bargain for other possibilities; rely on standards already tried (but frequently not true), but represent the group think of a Dogma. In the modern era, the credo of convenience, substituting steps with an 'easy-to-use' strategy, tool, or slogan; which defeats creativity, manual skills sets which our brain's evolution is based, and critical thinking as one passively takes as-granted It is easy to confuse the choice of the most expedient, the "quick fix" option, one that serves only as workaround to a problem; and decide to call it a real solution. Neutrality, in the form of substitution, is more slippery than actual objectivity or impartiality. Adherence or constriction to a doctrine in filtering decisions may seem appropriate to a theory, but its reuse of fixed ideas buries consequence under slogans and anesthetizes the mind from dissenting opinions.

1. **Stop making the square peg fit into the round hole!** Try something outside your comfort zone.

2. **An opportunist is skulking around looking for an opening**, like a fox looking for a hole in the chicken coop. Act in advance and in accordance with the old Pragmatist adage, *an ounce of prevention is worth a pound of cure*. Take steps before you have no eggs left, or chickens either. Nail closed the shaky planks in your argument or close loopholes due to skim reading your agreements.
3. Bill Watterston, the creator of Calvin & Hobbes cartoon strip presents us with a useful contrast of consideration, “Some people are pragmatists, taking things as they come and making the best of the choices available. Some people are idealists, standing for principle and refusing to compromise. And some people just act on any whim that enters their heads. I pragmatically turn my whims into principles.” **Be aware if you’ve inventing some expedient ethics to rationalize your decision.**
4. Few Overleaves embrace credo, “one-size-fits-all” like the negative pole of this Attitude. This is an example of the old philosophical method of reductionism said in Latin as “*reductio ad absurdum*” which implies that **an idea or argument has been reduced to an absurd level of oversimplification**. Imagining everyone in the world all having to wear size 9 shoes? Both LaBron James and Shirley Temple would be a bit underserved...everyone would. Yet, when it comes to many ways we view people or situations, here no one is questioning the blanket assumptions that are being asserted. Dogma often smells the same way the word it might trigger by sound association, dog shit. And just like the way so many people who allow their little pooch to leave their ideas on the ground for someone else to step in. To sniff out someone you might try the first, *Gold-Plated Rule*, of pragmatism: “Would I want someone else doing what I’m about to do, done to me?” If you asked the question, answered it honestly, then you have just risen to the positive pole of this Attitude. Congratulations! The result might not yield less crap in the world, but it is at least honestly account for, bagged-up, and not left around for other people to deal with. Negative pole Pragmatism is ALWAYS happy to shift the consequence to someone else. It is the expedient thing to do!
5. “*Stick with the straight and narrow*” might be a sound precept, except, when you drive your car into a wall. Maybe a better option is to **change course or take a different turn**.
6. Occam’s Razor is based upon the **dogma** that the simplest explanation is usually the right one. Nice idea, often not true in reality. Is **dogma** constricting knowledge into something that fits a mold or restricts options?
7. A computer follows rules programmed into it. It **cannot deviate when necessary or appropriate**. Really get honest and ask “do I have to do it the

same old way?”

8. You might want to consider your **Codes of Ethics** more like guidelines rather than strict rules. Guerilla style warfare is an example of this approach.
9. Just remember that rules are generalization trying to encapsulate situations and reduce them down to one thing. **You are being challenged to either reject a rule that that is being inappropriately applied or to find the right rule which does.** A person is lobbying hard for their position but is still not proving their point.
10. All one need to do to see the down-side of convenience of any of the new “life improving”, “time saving” “easy-to-use” technologies of modern inventions, is to confront their instructions. One almost has to be a Scholar to grasp the base level ideas being presented you should understand, to make these things operate. How much time did you have to spend programming a device? In the end, was the machine or you that was programmed?
11. Famed novelist of *Brave New World*, Aldous Huxley, said, “The worst enemy of life, freedom and the common decencies is total anarchy; the second worst enemy is total efficiency.” **Without some limits, some constraint, some principles, you have nothing but rule by fiat (whim of the powerful) i.e “because we said so!”** Do not fall into the mechanical pragmatism or more colloquially “if it’s good for the goose, it’s good for the gander.” That is that one-size-fits-all standardization and not organic reality.

The Chief Feature Group: Temperament, Character Flaw and Ego Defense

Primary Challenge and Defense (A discussion of Fear)

“Be careful when you cast out your demons that you don’t throw away the best of yourself.” — Friedrich Nietzsche

“Do Me, because I have the right!” This is the ultimate in negative Entitlement of particularly Exalted CF characteristics.



- **Unifying Set Image:** The Dragon is borrowed from author Jose’ Stevens characterization³, but also a nod to Mythologist Joseph Campbell who points out that in many Eastern mythologies, the Dragon is a symbol of special character and luck,⁴ not torment.



- **No Common Border Colors or Background Images:** Like all Overleaf Groupings, the Chief Feature member takes both from the Role Set it is associated with.

Characteristics and Commentary about the Chief Feature Group

³ From: [Transforming Your Dragons: How to Turn Fear Patterns into Personal Power](#)

⁴ Reference the Power of Myth with Bill Moyers

Of all the Overleaf components in the Original Michael Teaching array, none is more complex, misunderstood, and perhaps even feared than that which is called **Chief “negative” Feature**, or Chief Obstacle. In the terminology of Michael’s Consortium, we classify these characteristics as primary Ego defenses (-- Card 56). In the realm of the 12-Step programs these are often thought as the root of “character defects.” These mechanisms activate in the presence of fear, or reacting to fear, with a strategy aimed at quelling the effects of fear. Fear is the 4-letter word, which ironically, seems to be an object of fear itself. Grasping this series of events is important since it can give you a mechanism to divide and conquer your own inner reactive patterns. My own view of these sometimes blunt, and yet often ingeniously devised response patterns, especially to those more subtle of psychological neurosis and phobias, is that they are our major part of costumery, pathos, and plot lines of Physical Plane stage craft. In the AMA, I do not classify these as the “enemy” since it is better to heal, than hate, some part of our own character. More will be presented under each aspect.

Cards 22-28 comprise seven (7) major categorical mindsets of fear and their strategic counterparts to compensate and cope with those perceived weaknesses on the Physical Plane. As with each grouping, there are two **Expression: Self Destruction and Greed**; two **Action: Martyrdom and Impatience**; two **Inspiration: Self Deprecation and Arrogance**, and the ubiquitous **Assimilative** one undergirding of all of them, **Stubbornness** - the fear of the unknown and raises fear of one’s inability to cope with life and its changes.

The positive poles are buffers for minimizing risk of pain, while the negative poles are alarms activating our Instinctive Center to react in any of the four categorical unconscious survival strategies: flight, fight, freeze or fuck (submit or dominate using sex or seduction). In the Illuminated or Expansive polarity, the Chief Feature strategies can be deliberate motivations responding to actual survival fears, in an attempt to mitigate, minimize or transform and up-level the circumstance into a place of power rather than fright. The Shadow or Contractive polarity lets loose the dogs of war. And, as you can see from these negative poles, Ordinal CF’s tear apart the Self first, the Exalted CF’s target their projected fear onto tearing apart the *‘other’*.

When Chief Features Present a Warning in Your Cards

Realize that whenever you see a CF Card appear, someone’s fear is looming through the guise of a defensive presentation or deception, quite often someone’s self-deception. In the Illuminated pole, the card is using attributes that were motivated as a counterbalance to some deficit, yet each has a socially noble intent even if distorted by some perceived inability or limitation. In the negative poles, each of those pretensions is often motivated from hidden agenda’s, or unresolved traumas being projected outwards. Know that when these appear look to whom it is

pointing. A potentially confounding situation **when two or more CF's occur in a Layout**. When two fear-borne defenses are on parade, especially when they are in competition of each other, one must be aware that gamesmanship is taking center stage. Whoever the perpetrator, your response to any is likely to be laced with just as much rationalization as the person or circumstance that is present in the situation. Take note of which two CF's are operating, they might be playing one upon each other making it doubly difficult to dissect or dismantle. Also, notice whether a situation that is impersonal is being misinterpreted as something personal; or vice-versa. Never forget that in a game of wits or deception "one-ups-manship" may be the very tactic you need to preserve yourself.

When CF's are in concert with Goal or Attitude Cards, they might be exaggerating or inhibiting some aspect of them. Just read the descriptions and you will intuit which circumstances are being modified or suppressed, *seldom will it indicate actual evil present*. However, when their negative poles are prominently represented, selfish and even malicious motives are behind the scenes. Here stealing energy is a primary method in whatever way that might look. They can be overt material items like money, resources, or possessions but it may be far more subtle psychic attack, an emotional vampirism or voyeurism. One of the more noteworthy forms of psychological abuse in modern lore is *gaslighting*. An eponym taken from the 1944 film *Gaslight*, which depicted a sadistic husband manipulating the perceptions of his wife as he alters, and then denies changes in, the brightness of gaslights in their home. That type of systematic undermining of a person's ability to trust in their own senses is a psychological cruelty meant to torment and manipulate another. A form of malice that boils beneath the psyche of the perpetrator until it is a spiritual malignancy. You are being alerted that there is a defensive apparatus in play, and that you, the other, or the issue itself is being hidden from the real fears or agendas operating from behind the wall. Your options might be a strategic withdrawal allowing those walls to crumble and the Self to emerge undefended. Or, to engage with determined resolve, either raising or scaling those armaments. This second case is not to be met capriciously, since attacking might be just your Chief Feature entangling with another.

Our Animal Nature and Chief Feature Defense Strategies

The need for self-preservation is the foundation of all fears. Worldly events or circumstances can trigger those darks places which exist in one's interior landscape. These prompt the Ego for a reaction formation⁵ to the signals which carry some message of resource scarcity, personal deficit or imminent threat. Those fear rudiments raise concerns of danger, *not* getting one's needs met, or requisite act of self-defense. CF's are categories of compensating strategy which present a front, a **Mask**, or a charade to deceive others, and even the Self, because they represent a threat to some narrowly defined sense of security.

⁵ A term introduced by Sigmund Freud

The consequence: When one hides the truth of *'who I am'* or even those tender feelings of uncertainty, we remain strangers to one another, and read others as potential adversaries. It is for these reasons, and the additional fact that these strategies are learned and adopted during a lifetime, that MT has historically counseled “extinguishing” of the Chief Feature. In doing so it can loosen fear’s grip, and lessen one’s reactive tendency to erect barricades that surround your authentic self-expression.

But insecurity would be a similarly apt name for this Group. At the core of all the Shadow beliefs belying each of these seven *deadly fears*, are those which bury our honest vulnerability beneath a layer of pretense. They encourage us to adopt compensating masquerades under the guise that we are preserving ourselves, interacting but hidden. And, in a society where scarcity for resources and competition can be ruthless, it is easy to understand how these defenses evolved. Yet, they are a self-fulfilling prophesy of perpetuation. To reverse the adage, “the more you practice to deceive, the greater entangled web you weave.” It is easy to lose oneself in that web.

The OMT and Chief Features

In mechanical terms, the Chief Feature can be thought of as the “friction” and “impedance” or “resistance” that we put in our personal computing system (i.e. our brain). This is why in puberty through teenage years and early adulthood (3rd Internal Monad) we notice such a wide array of “negative” or “egotistical” traits during that period. The emergence of a social self occurs at this time. The process may compel a person to hide their innate qualities fearing its vulnerability and manufacture a *false personality* which intercedes as a straw man to test people’s trustworthiness for safety. The problem, according to the Michael narrative, is that it is too easy to get caught up in the charade and lose track of one’s Self.

Within each Chief Feature, there is a primary form of existential fear and each has a unique style or coping mechanism. However, there are some universal qualities that everyone may suffer from in one degree or another: lack or shortage of not having enough: food, love, opportunity, etc. And the feeling of not being safe produces a fear of being vulnerability, or incompetence: fear of having no control. Helplessness: being alone without any allies. And the biggy, the fear of actual Death or pseudo-death: as in perceived loss of social status or occupation, public humiliation or scandal, loss of livelihood, public dishonor, like legal prosecution or community ostracizing. Each type of fear affects a person’s world view toward life. Any of these can mutate and take on any of the seven defense postures we are calling the Chief Feature. “Archetypal fears”, according to De Quille’s teachings, “are a requisite part of any soul structure. They are chosen out of necessity before incarnation and fixated in reality during infancy. The individual fear structure henceforth critically determines the path of experience and the development of

every single character.”

CF is held as the only Overleaf that we develop during the course a lifetime. The notion that we experiment with these protective strategies for the first 20 years of life seems to have merit when considering the early life traumas or perceptions one might have encountered during childhood. For more detail on this process, see Jose Stevens, *Transforming Your Dragons*.) Yet, another member of the Consortium's Cadre and presenter of similar material to the OMT, De Quelle (The Source), suggests that CF is installed to the matrix of a personality pre-incarnation. Consider this books' approach to character development as interweaving the metaphysical constructs of archetypes as patterns present in the human drama, then a soul equipping a personality before birth with a primal fear.

Each life we “try-on” various CF's as to temper our experience by adding friction or resistance to our Goals. The Exalted Chief Features Greed, Impatience, Arrogance tend to be karmic, which focuses the individual relating to and interactive with the outward world. They are also very useful for survival because they set tolerance levels for which the person will preserve themselves. The Ordinal Chief Features Self-Destruction, Martyrdom, and Self-Deprecation tend to be self-karmic, which focuses the individual inward and towards personal experiences that will hold one back and be self-blocking.

For instance, the Exalted (Card 55) CF's Greed (Card 23), Impatience (Card 25) and Arrogance (Card 27) have been described in *Messages From Michael*, as implementing strategic behaviors, attitudes, and emotions, which assist in the acquiring or protecting the requirements of our Animal Self; and thus have strong survival value. Greed is a motivator which stems from hunger and sexual desire. Under its compulsion a person searches to acquire satiation of one's urges. Impatience (which can activate Aggression) motivates quick action to take resources or fend off those who try and steal them. Arrogance is most analogous to the animal that hides its fear with indifference, or puts on a display of prowess without ever doing battle. Think about all those nature programs you've watched where a bird fluffs its plumage to attract a mate or intimidate a rival. This is the animal equivalent of asserting status or implying prowess.

Probably the most thorough historic citation of what we call Chief Feature rests in religion as the Seven Deadly Sins. Michael does not utilize the idea of *sin*, asserting it in the same negative connotation the way that religions do. Instead, my suggestion for the seeker attempting to understand, rather than condemn or merely categorize human nature, is to view it as an experimental filter that one uses to shapes an outlook on reality. Religion often holds an arrogant position toward Ego clinging to the notion of higher “virtue.” In that context it is seldom more than a label of self-congratulation for what it perceives as “good behavior.”

Chief Features are the impedance that reduces the flow of one's deepest Essential feeling of truth and real expression. It inhibits with fear, but as mentioned in the 7 Types of Fear – there are varying degrees or expressions of fears.

The paradoxical nature of Chief Feature is that it tells us to avoid pain, while the defensive strategies it employs often creates pain by initiating self-sabotaging choices or events. Michael says that we put these “obstacles” in our path because as humans, we often learn more effectively through pain rather than pleasure. Either motivation may promote learning. Pleasure gained through use of CF is short term in nature. Like the drug addict who receives progressively less satisfaction after each “fix”, the only real long run satisfaction can result when we give up the “drug” that CF is. To do so, is to recognize it, recognize where the *payoff*⁶ has been, and from a place of awareness, strive to alter the way we reinforce our behaviors.

[M]The symbol of each Chief Feature has a “hole” in the middle. Why this image? It signifies that the assumptions in each case are missing a core piece of information, or have the hollow center of fear beliefs underlying their cause or the strategy they are going to implement. [/M]

As a student of Darwinian zoology, I have always been fascinated by the way animals and humans seek to protect themselves in the presence of *perceived danger*, a threat, real or *imagined*, to their survival. In nature there are four main ways: get fast, get armored, get mean, or get camouflaged. As humans, in Psychoanalytic or Archetypal terms, our primary Ego defense mechanisms, categorically at least, are referred to in the Michael Teachings: as Chief Feature or Chief Obstacle. To me they are perhaps the most fascinating aspects and structures of Personality. Their common presentation as “fear-driven” operations which cutoff or interrupt the flow of Essence input into the Personality,” is both an oversimplification, mischaracterized and introduces misunderstanding.

⁶ Payoff is a modern jargon referring to a psychological reinforcement which sustains a behavior. In the neural psychology of addiction, brain ‘receptor sites’ receive a chemical connection which acts to complete a circuit of pain aversion. That is why opiates are so addictive. The animal organism is pain averse while the Essence may desire to explore both the addiction and the effects of the chemical withdrawal from it.



When one is truly in fear, the mammalian and reptilian regions of our brains switch on, and aspects of our character programmed into our DNA from billions of years of the Dominance Model of survival are engaged to protect us from perceived threat. The neo-cortex is inhibited from its proper function as the agent of our consciousness; and the emotions generated may hinder a modern day measured response, but certainly launch us back into an instinctive stance. Suddenly, we are on automatic alert, but to what degree?

{MC}“Never fear, fear **Itself**.”{/MC}

Fear acts like a drop of food coloring entering clear water. In a very short time, it diffuses throughout every aspect of the person’s life, and a subtle but detectable haze hangs in the person’s energy field, and subsequently in their moods.

As fear grows, it affects the quality of the entire life. The object of fixation or fear projection may be localized to a particular person, issue, or situation. As long as the person refuses to engage their fear with compassion, courage and truth, they will hold the fear energy in their bodies: physical and subtle⁷. This results in a state of “dis-ease.”

Michael long ago postulated Seven 7 Levels of Fear. The Consortium has expanded that notion and its implications; each having, in the parlance of the No Fault Communication Method™ varying levels of *juice*. While overtly Fear can take on the **Mask** of Rage, Hate or Subservience, here are the stages of malignancy and their internal mechanisms which progressively isolate and alienate an individual from others.

⁷ Eckhart Tolle –Speaks about the Pain Body for instance. But, the Michael Teachings, like many metaphysical theories, suggest that there are concurrent energy fields which surround an individual and where memories or residue material can reside. That material affects an individual in ways that may seem untraceable, unpredictable, and uncontrollable.

7 Levels of Fear

(Level 1 is just below the surface. Level 7 is a feeling of complete existential death.)

1. Apprehension/Discomfort/Covert Hostility/Resentment
2. Denial/Ignorance/Rationalization/Pretense
3. Fright/Reaction/Violence/Threat
4. Retreat/Worry/Despair/Dread
5. Terror/Paranoia/Panic
6. Numbness/Trauma/Madness
7. Apathy/Resignation/Collapse

By contrast, the Applied Michael Approach™ characterizes these seven 7 aspects of our Ego defense motivations not as simplistically negative, but as evolutionarily necessary and inevitable. In fact, all the Chief Features reside as aspects of the Ego. If a person can take a meta-perspective about these operant strategies is to acknowledge their positive intent of trying to protect oneself no matter how extreme or ineffectual the tactic, or misguided or deceptive the reasoning behind it. On the other hand consider that in the complexity of human interactions, these strategic defense criteria are not only a perpetual part of the Earth game, but in some circumstances, they might in fact be useful, even necessary! The difference in these two philosophic descriptions about CF has to do with elements of: a) being aware of their presence, b) having the discernment to know when to invoke them, and c) perhaps most self-karmically stringent; to be accountable for their use and consequences. To say that our Essence chooses a Chief Feature means that our Soul has installed an augment, generally one that forms some distortion of our primary intentions onto the Personality. No one consciously augments their temperament with a specific CF. The process would be no more than a mimicry of how or what they'd perceive that style to be.

In the Consortium's view, all fear boils down to a fear of not *being able to cope*. Secondary fears of death, loss, humiliation, worthlessness, powerlessness, hopelessness, lack, rejection, inadequacy, vulnerability, all fall under the purview of Chief Features; because if you can't cope with life's situations, eventually, the body can't or won't survive.

{MC} No part of human endeavor or experience escapes the effects and manifestations of fear. It is part of the MAYA of the Physical Plane. Exposing fears to truth weakens them, but like a wounded animal, their reaction might proj-

ect greater terror or pain. Pre-judgment is the moralistic tool Chief Feature, as an agent of Ego, tends to attack the more nebulous "Self" by using shame-based admonitions. These may undermine or overstate confidence, but in either case the explanations are distortions of the inner truth one is attempting to compensate for or avoid. Chief Feature cannot produce loving people. Because each fear presents the personality with some illusion of a personal deficit, defect or failing, it is quite a simple leap into resentment of others by strongly Ego controlled people. All fearful intentions result from three emotional reactions: hate, shame and guilt. The Ego will play an internal message that warns, "even speaking to these fears will lessen my survival chances because people whom I count-on will either, reject, punish, or abandon me." Ego almost always loops back onto itself, doubling-down on the perceived dangers of being authentic. It does not intentionally lie, it is afraid of fear!{/MC}

Though some of the Michael books seek to brand Chief Feature as something bad that should be eliminated, many other authors have come to believe that CF, in the positive poles, can be useful and a pro-survival mechanism for sublimating fear. Think what would have happened if Winston Churchill were not stubbornly pitted against the Nazi's?

Sometimes, although rarely, a person is able to cope with their fears in a direct manner and thereby find it more useful not to take on a CF. These people often seem very measured and open, taking little or no offense to things and therefore need not react defensively. Another choice we have is whether we want to "extinguish" a CF during the course of a lifetime. The choice to do so results from our analysis whether we are willing to become non-attached to and dispassionate about the highs and lows of emotional intensity. To extinguish CF, one must learn the ways that Ego keeps us seeing the Maya (Card 69), i.e. the illusion of the physical plane. Monks have this as their stated goal. However, the older the soul, the greater likelihood they have already decided upon or have a preference for a CF.

On a larger human scale, we see the effects of the Chief Feature of Greed permeating Capitalistic economics. Impatience rears its intolerant head in the racism that is rife on the planet and the Martyrdom it produces in those who are determined to fight back or participate as helpless victims. We see political regimes arming themselves as they Stubbornly refuse change. Daily, we witness the Self-Destructive tendencies of severe drug addicts or marvel at the death defying feats of people whom, for an occupation, continually throw themselves at death. (e.g. Evel Knieval or Harry Houdini)

CF and the Perpetration of Evil

I've gone to lengths to disavow the term evil from any supernatural association

from a demonic force, not potential for punishment from and avenging deity. Fabricating those secondary meanings often leads to the interpretation of judgments of a disliked act from another and then, ironically, permits the assessor to carry out deeds that are themselves as **Heartless**, heinous, or hysterical as any they are condemning. No, *evil is purely a human act carried out with malice*, born of a hatred so fierce as to hide the cowering source of its fuel: fear. And generally, that fear is associated with a feeling of deep vulnerability borne of a wound. Emotionally the more extreme the pain, the greater potential for more pronounced forms of extreme reactive/coping behaviors.

Chief Features by their nature, foster, if not produce, the emotional pain that can, if not addressed and healed, morph into a chimaera of behaviors which can inflict torment onto others and the Personality itself (Card 57). Pain, that bears a mark of such intolerance as to give rise to cruelty. When human collectives are afflicted with rampant pandemics of fear, individuals tend to rise who themselves revel in the lust for power. In absence of loving world and seeking to overcome any sense of vulnerability, their actions exploit and inflict their internal suffering upon others.

Extinguishing Chief Feature: Easier Said than Done.

Michael's admonition to "extinguish Chief Feature" is an instruction accounting for the overt results from descent into phobias, stresses, resentments or terrors, transforming into potentially malicious distortions like: insanity, hatred, malice, and malevolence. The religious icon of the Devil is not the source of lies, but the distorted lenses of the Seven Deadly Sins, most certainly are. A quick conversion of terms makes these 'sins' likely to align with the negative poles of the Chief Features. To remove those lenses may not lay one bare to their fears and lock one's Ego in paralysis. But whenever one removes any denials of their pretenses, it will expose one nakedly to their base cause and one is forced to face them directly.

Egos as a Guard Dog – The Consortium's View of Chief Features operation

{MC} *"Make your Ego, your Amigo! {/MC}*

Imagine not hating anything about yourself or others? What if you actually felt in flow (+ Card 14) with life such that fear was unnecessary? What would it be like too naturally feel so competent as to trust that you could cope with situations as they arise? We might say it is "being in control" instead of you having to exert or take or seize control. Human personality has a built in defender, the Ego; which functions much in the same way as a personal guard dog. But there is nothing that requires that 'dog' to be bold or vicious. In fact, it can be cowering on the end of a chain, feeling beaten. It may lunge at the chance to get petted, a treat, or some praise, pleasing anyone willing to reward it with attention. But the metaphor is

best made when we bring in the notion of the dog's owner, and whether the owner, the conscious-mature Personality (+ Card 56) has not only tamed the dog to be obedient as well as vigilant, but also made that defender your "best friend." In this analogy, we note that Ego is not something to suppress, or think of as an enemy to defeat, 'extinguish' in the early Michael books, but an aspect of Self that serves your safety and requires you to become a good master. Of course, many people just let their dogs/Ego's run amok, undisciplined and out-of-control. They'll shit anywhere; and even bite others, but sometimes bite you as well.

So, working with this analogy, is to ask some questions about your "Inner Pooch" and become aware if you have made it friend or foe, let it run wild, tried to beat it into submission, or neglected to acknowledge it with some care and feeding for helping you survive.

- What kind of dog is your Ego? (Breed, size, color, notable characteristics)
- Is your dog well behaved or very misbehaving?
- Is it loving, mean, or ignoring of you?
- Does it loom large in your life or is it a little thing that hides or cowers.
- Does your own actual pet resemble some of your characteristics in some ways?
- What parts of it do you actually like vs those you dislike?
- What might you do to make friends with it and train with it?

Banzai!

—Japanese war cry

Situational Context: Notice dangerous extremes. What seems out of control?

+ Sacrifice

2
2 Self Destruction
2
2

- Suicide

- **Background Image and Color**
- Paint Palette: **Artisan Set**
- Vitruvian Man: **Body Type Group**
- Penny: **Ordinal** - Personal
- Diamond: **Expression Axis**

Illuminated (+): Sacrifice, altruism, reparation

Illuminated Position: For those who have given themselves, or who have been maimed somehow, and yet still strive no matter how much they lost; this is Sacrifice at its' finest. The wheelchair racer pictured in the positive pole, shows no sign of having given up or given in, unlike like the implication for the rooster pictured beneath it. As a Chief Feature, we are reminded that Ego's perception of things may have a skewed or even bizarre sense of valuing itself, and what it gives to meet some perception of its worth. Seldom are any of these persons consciously aware of themselves as offering 'life and limb' for something that has more worth than they believe they possess. Yet, the underlying notion that their own life or worthiness somehow falls short of someone or something else, is the spiritual pattern being explored here. Like its counterpart Greed (Card 23), they both have an innate sense that there is insufficiency in the world. Yet, unlike Greed which strategically overcompensates by attempting to fill itself with MORE, Self-Destruction initiates actions that seek to rid itself excess that may somehow be keeping it from some perfect state. According to Mohandas Gandhi cast is like this: "The sacrifice which causes sorrow to the doer of the sacrifice is no sacrifice. Real sacrifice lightens the mind of the doer and gives him a sense of peace and joy. The Buddha gave up the pleasures of life because they had become painful to him."

1. Often cited as **an act of true heroism** are when men in battle, *take a bullet for someone*. They sacrificed their own life to show the high value placed on another's. If someone has sacrificed something as a gift to you, don't dishonor their sacrifice.
2. To achieve a long run goal, it is sometimes necessary and prudent to **make sacrifices along the way**, even a few extreme ones.
3. Working yourself harder is not doing anything but cause you to self-destruct. **Take a break!**
4. If **sacrifice brings you that bittersweet joy** of having given something you value to another, then what you gave was a true gift.
5. One of the more inspiring statements originating in the Positive Pole of this CF, came from Fire Chief Edward F. Croker, "I have no ambition in this world but one, and that is to be a fireman. The position may, in the eyes of some, appear to be a lowly one, but we who know the work which the fireman has to do believe that his is a noble calling. Our proudest moment is to save lives. Under the impulse of such thoughts, the nobility of the occupation thrills us and stimulates us to deeds of daring, even of supreme sacrifice." Who or what could you make the "supreme sacrifice" for?
6. Make the ultimate sacrifice. Give up your agenda and get in behind some-

one you respect or admire. **Something is at stake that is worth the price.**

7. If you sacrifice now, payoff will come later. **Shed any hesitation.**

8. If **sacrifice** brings you that bittersweet joy of having given something you value to another, then what you gave was true gift.

9. **Sacrifice** for the benefit of someone else is often an act of true altruism. Give in the spirit of “what I preserve in someone else is more important to me than my direct well-being.” Could more be gained if you sacrifice for someone else? **Stop thinking of yourself first.**

Shadow (-): Suicide, self-hatred, mutilation, haggard, perversion, immolation, forfeit

Shadow Position: Proud and reckless often go together. This rooster shows the signs of behavior that has obviously gotten him into trouble with other chickens. Whether this is molting or he has been plucked terribly from the pecking of other birds, he looks in terrible health. Both analogies are pretty common with people in this negative pole of Suicide. Actual death may not be the affliction here, but sabotaging oneself in this context isn't just a single act of self-destruction, but it is a lifestyle and series of choices that will bring on that demise nonetheless. This is the Artisan Chief Feature since in the act of expressing an individual persona one may perceive themselves or their creation in desperate need to display a daring act. In some cases maybe, but often they are deluded, miscalculated and ultimately harmful to themselves, but also others who are in their sphere. Think about the addict whose downfall negatively impacts their family and friends. On the Michael Cards web site is a before and after photo of singer Amy Winehouse, who succumbed to one of Self-destructions most unfortunate assassins: anorexia nervosa.

1. **Is someone is about to crash and burn?** Get a fire extinguisher or get out of the way. It is up to you whether to help. Could it be you who is a wreck? Pain is inevitable, suffering is not.
2. **Are you a reckless risk taker** with your health, relations, or money? It's suicide to keep racing toward this cliff. Is that what's on your horizon?
3. Is someone asking you to sacrifice something for them? Make sure you know what is trying to be achieved. **Don't sell yourself out!**
4. Assess the payoff you get when you persecute yourself with shame or guilt?
5. **Suicide** is all too prevalent when **life seems worthless.** It may occur in a single act or a series of small ones, resulting in implosion. Is someone daring death to eek-out some value or aliveness?

6. **Stop obsessing over yourself! Others need you.**
7. Suicide is everyone's right, but to exercise it usually leaves everyone else feeling very wrong.
8. Daredevils often push the limits so they can feel alive. **What is being sought is a fleeting moment of exhilaration.** Just make sure it doesn't cost you more than its worth...or your worth.
9. Sorry, you are not too competent to fuck-up. Adopting the, "Na, that won't happen to me" might as well be written on your tombstone. No one is impervious to stupidity. Yet some practice it with great misplaced self-assuredness. This person wants to dance. Best sit this one out.
10. If you **find something to value**, and sacrifice everything trying to reach for it, then **perhaps your offering will be received.** Unfortunately, you might not be around to enjoy it.
11. World Class mile runner Steve "Pre" Prefontaine, who was in Self-Destruction, had an interesting take on this CF. "A lot of people run a race to see who is fastest. I run to see who has the most guts, who can punish himself into exhausting pace, and then at the end, punish himself even more." He died from a speeding accident in his car, not his feet. In his case, the race did go to the swift, but it was a final. If you are revving at full gear, make sure you can navigate the turns and not just rushing to crash and burn proving yourself tougher than others.

It's my Precious!

—Gollum, Lord of the Rings

Situational Context: Here is a fear of scarcity. A scramble is on for resources.



- **Star:** The Sage Set - Background Image and Border Color
- **Dragon:** Chief Feature Group
- **Pharaoh:** Exalted Orientation - Impersonal - Abstracted
- **Diamond:** Expression Axis

Illuminated (+): Desire, appetite, bounteous, eager, lavish, gratifica-

tion, ambition, prosperous,

Illuminated Position: Ah, the good life: wine, women (or men), and song, sex, smoking, food, and riches! There is no place on Earth that can appeal to this Chief Feature quite like Las Vegas. With all the sinful indulgences capable of being slaked in a single spree of hedonism, anything one's Ego's appetite desires can be filled, as long as one has enough cash to pay for it all. In the positive pole, some familiar with the Buddhist adage, "Desire is the source of all suffering", it is appropriate to differentiate this idea, which in part is the magnetic force of attraction for creation and opening oneself to diverse realities, as in the teachings of Abraham. Artist Paul Vernon Buser acknowledges "Desire, like the atom, is explosive with creative force." Yet, a discussion of the Chief Feature of Greed has at its root a psychology of scarcity, a feeling of lack, and unrelenting craving. It is a hunger-driven by the notion that everything is in short supply and must be acquired or consumed as much as possible one feels the deprivation of not having enough. Not only does this apply to items, but also to intangibles like love, respect, or fame, making a person possessive or controlling. This puts a person in a constant state of 'want', one of two of Dickens' warnings to Ebenezer Scrooge in *A Christmas Carol* (a story about Greed) the other ignorance, and can do nothing but be fixated on filling the emptiness left by a feeling of constant dissatisfaction or desolation. Ambition is often one of the drives that originates from this Chief Feature and is a favorite of Young Souls. The problem befalling either side of this CF has to do with sharing what is gained or hoarded in a selfish frenzy of avarice.

1. An appetite for life's finer things can foster a sense of reverie and ambition.

Reward appropriately.

2. You are being asked to **consider your desires** and whether they exist because of shortfall or aspiration; a feeling of hunger or of being nourished? There is nothing wrong with the desire to experience bounty.

3. Sometimes a **lavish treat sparks** feeling of abundance and recharges motivation. Need one?

4. **Go after what you desire.** Learn: what is enough?

5. Desire is the fuel that captures one's focus and motivates eventual action. Savor your desires and use them to achieve something that will fulfill you.

6. **Go after what you desire.** Don't stop until you get it.

7. Don't confuse genuine desire and aspiration for ambition and greed. The first is powered by the love of it and cannot be altered. The second is for the love of power and money. It can be bribed, bought or sold. Hopefully this clarifies the motivation.

8. Gratification is the reinforcement of a habit or attitude that keeps an organism seeking and surviving. Don't neglect your needs by delaying it too long. **Develop a regular schedule of rewards** and you will really see your productivity increase.

Shadow (-): Gluttony, voracious, insatiable, hoarding, prurient, profligate, obsessive, penurious

Shadow Position: Following the last sentence, is why this image of the hogs at the feeding trough is used for the negative pole. Corporate pigs and fat cats both hang out at places where they can consume hardily; whether the resources belong to them or not. If you have a shortage of cash, gambling with someone else's money seems like the best way to fatten up the wallet. Wall(et) Street provides gluttons and miscreants a buffet of money making opportunity before heading out to indulge in their excess. Gordon Gecko, the main character in the movie, "*Wall Street*", declared the iconic phrase "Greed is Good". Later President Ronald Reagan, and more recently Donald Trump, followed suit rolling back environmental and consumer protections. Greed never creates anything but it certainly inflates in price whatever it possesses. The motto of this image is simply: MORE is never enough. Greed is that "rapacious creditor" and feels a craving to be filled, but is soon revisited with a sense of emptiness.

1. Gluttony and hoarding are two sides of the same Greed coin. **Ego fears lack and deprivation.** It always wants more, and it never feels satisfied!
2. In the game of acquisition, **selfishness is twisted from a vice into a virtue.** Consider your desires. Do you have them or they have you? The former is incentive, the latter is obsession.
3. It was none other than George Bernard Shaw, in *Man and Superman* where he defined the dilemma of this CF, "There are two tragedies in life. One is not to get your **Heart's** desire. The other is to get it". **There is no guarantee that what you long for will fill the emptiness of a hunger that has no satiation.**
4. What are you really hungry for? Are you trying to gnaw on something because **something is gnawing at you?** Take a breath, not a bite.
5. Don't consider gambling as calculated risk. **You are playing Russian Roulette, walk away from this wheel of fortune as fast as you can!** Otherwise, something drastic is about to happen. Hold on!
6. Greed is a voracious appetite trying to get sated.
7. This shadow may be obvious or not, but it suggests that someone is suf-

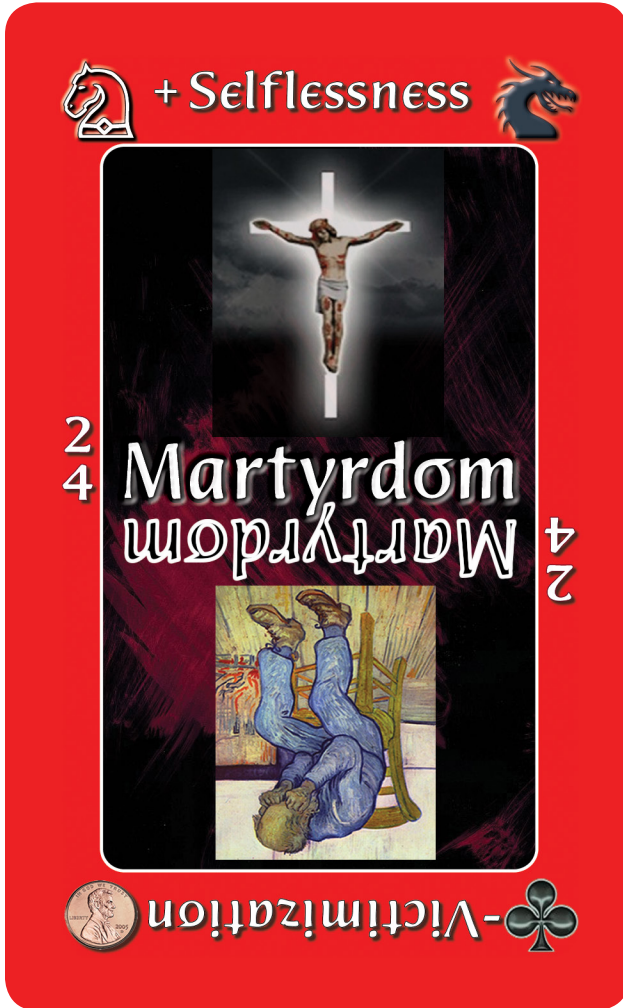
fering because they are voracious for something they don't have. **What is really missing?**

8. Consider your desires and whether you have them or they have you?
9. Desire, according to the Buddha is "the source of all suffering." If you are obsessed, it feels like hell.
10. In his book, *The End of the Affair*, Graham Greene's main character noted "I measured love by the extent of my jealousy". Don't confuse loving someone with owning them.
11. In *Overeaters Anonymous*, addressing one of the primary ways that Greed in the negative pole reveals itself, compulsive eating, they say "**it is not what you are eating, it's what's eating you.**" That is the best question to ask if you gain clarity around feeling unending cravings.

I regret I have but one life to give for my country.

—Nathan Hale

Situational Context: A selfless act is required. You may feel like a victim but it may bring victory.



- **Chess Knight The Horse: Warrior Set-** Background Image and Border Color
- **Dragon's Head: Chief Feature Group**
- **Penny: Ordinal Ubiquity** - the personal, close, sense of limited
- **Clubs: Action Axis**

Illuminated (+): Selflessness, magnanimity, austere, deference, accommodating,

Illuminated Position: The greatest story ever told is the symbol of the greatest act of Selflessness presented in by the iconic image of Christ on the Cross. Martyrdom is a choice for a cause. Jesus gave of himself not to be a victim, but to show his conviction in what he believed. However, the person whose selfless desire to allay suffering because he/she has gained understanding of that pain and misery it delivers has the capacity for mercy and compassion like few others. They have transcended pain and their fear of it. That is the positive outcome of facing the desire to be without Ego – ie. Selfless.

1. You appear ready to **do the work and assume the cost**. It is a magnanimous gesture when you do it in **selfless love**. Get out of your own way.
2. You have more value than as fodder for someone else's greater good. Harness **control of yourself**. No need to rescue or be rescued.
3. A martyr's display of selflessness can be interpreted as a willingness to make a cause greater than themselves. **Is it time to take one for the team?** Just remember, you win too!
4. Your magnanimity shows in the highest display of chivalry and valor. Lay it down **ONLY** for those who are truly worthy of it. If not, get away from the whole situation.
5. **No defeat is permanent** unless one gives up.
6. When you ask for what you need, and don't stop until the Universe responds, then **you have a reasonable claim to integrity**.
7. Time to **gain some control and stop pretending** your only value is as fodder for the greater good.
8. A principle **you hold sacred is on the line**. History's martyrs gave everything they had for them.
9. There is no greater act of altruism than to **act with sincere selflessness**. As you proceed, know that allowing whatever to happen and staying present with it is the greatest gift you can give.
10. You may feel like a victim but it **may bring victory**.

Shadow (-): Victimization, immolation, mortification, hypochondria, bitterness, projection, persecution complex, impoverished, whipped, immobile, suffering

Shadow Position: A painting by Vincent Van Gogh, the *Sorrowful Man at Eternity's Gate*, portrays a familiar body posture for a person with this CF: slumped over, head down, and sobbing inconsolably. Feeling powerless, and despairing of any relief, the person who perceives themselves persecuted by life, but might genuinely know sorrow, yet is just unable to cope. But complaining and wanton helplessness characterize this mindset in the negative pole. Strategies for attention are fixated on hostility and resentment of others who do not suffer in the same way. At being called to account for their behavior or condition, a negative martyr is mortified and infuriated that someone might actually challenge his assertion of being victim of circumstance; "that I am not to blame." The philosopher Soren Kierkegaard paraphrased Martyrdom in both extremes very well, "The difference between a man who faces death for the sake of an idea and an imitator who goes in search of martyrdom is that whilst the former expresses his idea most fully in death it is the strange feeling of bitterness which comes from failure that the latter really enjoys; the former rejoices in his victory, the latter in his suffering." Martyrs then are so focused on the guilt of the oppressor that seldom a moment of reflection takes place. Faced with enormous powerlessness to take a responsible stand, their own misery lays a wreath around the headstone on the grave of accountability. Today, when the perpetrator of a grave injustice is called upon to account, some instance of "poor me" surfaces and groveling commences. One has to go no further than Wall Street bankers after the 2008 housing collapse, to witness a perfect scenario when perpetrators claimed victimhood and pleaded for relief for problems which they, in large part, created.

1. Victimization comes with the Maya (- Card 69), "*this always happens to me.*" Feeling humiliated, demoralized, and helplessness, there is some **negative power being accrued** in this situation. Watch out for it.
2. In the modern era, a concept termed "weaponized victimization" has emerged. When a group already with privilege or power, seizes upon an attempt by the less powerful to redress that imbalance and claims themselves to be the victims of a "power grab." This dodge tactic was historically used by parents and clergy when persons, who were the actual victims of abuse, stood up and made accusations for accountability. In some cases, this results in a counter strategy of blame-the-real-victim, for this problem. Sort of like saying "well she wouldn't have been raped if she wasn't X." The situation is not complex, just complicated. **Those screaming the loudest may not be guilty of anything, but they are afraid of what is being said since it means they'll lose the option to act with impunity.** The jig is up, but there will be a fight.
3. "Poor me, I am so selfless, so generous and giving but no one does that for me." Someone is **dramatizing a show of hard work** in hope of being rewarded with praise. If it's you, ask for it!

4. Self-pity does not desire to see its own culpability. **Beware of the passive-aggressive perpetrator.** Watch your back! Heal the hurt of the *Inner Child*.
5. Mohandas Gandhi who himself was martyred by an assassins bullet said, "Let us all be brave enough to die the death of a martyr, but **let no one lust for martyrdom.**"
6. **Stop whining and do something.** Tell whomever to knock it off for a start! Things will go much better if you take a stand.
7. A noble death (actual or symbolic) may sound inspiring, but it is still death! Don't mistake reckless abandon for willingness to do what it takes. The first is misdirected, the second means you are willing to **fight for what you believe; even if you lose.**

And I want it NOW!

—Verusca, Willy Wonka’s Chocolate Factory

Situational Context: Someone moves too fast and gets ahead of themselves.



- Crown: **King Set** - Very Imperious yet excited - Background Image and Border Color
- Dragon: **Chief Feature Group**
- Pharaoh: **Exalted or Cardinal Orientation**
- Clubs: **Action Axis**

Illuminated (+): Audacity, chutzpah, daring, bold, resourceful, swift,

urgent, irreverent

Illuminated Position: Sometimes it takes audacity to have a good scream. It can clear a room or clear the cobwebs out of one's own head. Frankenstein's bride certainly must have been shocked when she realized who she was betrothed to. It was a daring move, and she ran. Impatience can cause us to act hastily, but in some cases just in the nick-of-time (Card 70 - Time).

1. It is OK to be angry! Stop wasting time or having your time wasted by someone else. **Take responsibility.** Have the audacity to make it loud and obnoxious if necessary.
2. If the situation seems immovable, be **daring** and do something completely unexpected.
3. Jump! Waste no time! **Act now, or lose out.**
4. The race goes to the swift. Now, **it's time to run!**
5. **Patience** is a virtue and a necessity! Sit tight.
6. Author Marianne Moore wrote, "Impatience is the mark of independence, not of bondage." As the King CF, don't be surprised that someone is demonstrating their sovereignty. Show respect and ask for clarification. If it is you, **notice how liberating blasting out frustration can be.** Don't ask for permission. You can get forgiveness later.
7. Don't be **intolerant of patience.** Waiting just may save you the time you fear you're wasting.

Shadow (-): Intolerance, frustration, reckless, harried, rash, flip-pant, gall

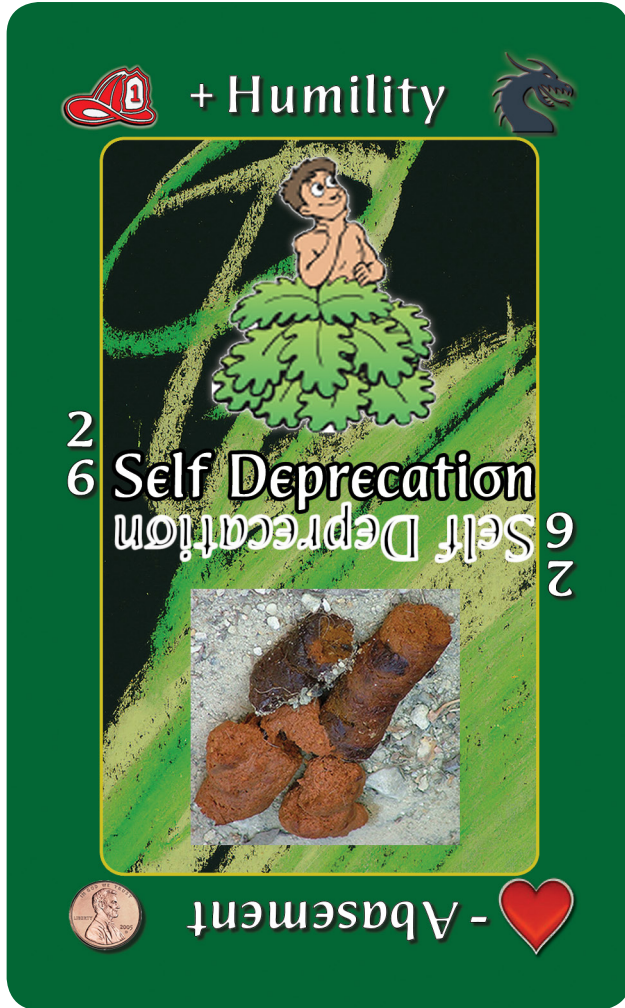
Shadow Position: *FOMO is the fear of missing out.* In the negative pole, we have a vociferous and sometimes vicious Blamer, who sees every person as a direct impediment to getting to do something they deem valuable! Intolerant of anything that frustrates one's opportunity to act or gain advantage; the other bastard "gets what they deserve" since they should "get out of my way." On the Michael Card web site, notice the look on the face of the woman driving her vehicle. Road rage and impatience are two events that go hand-in-hand. Or more aptly, hand on horn or hand balled into a fist. Impatience can lead to accusation, confrontation, and altercation, all as stages of the seething sense of having lost a privileged position which of course was someone else's fault. Yet the process can run a person ragged and the focus of what they fear they're missing, is missed because they are fixed on "getting there" instead of being there.

1. In the name of progress and getting things done, someone **frustrated by opposing views** or circumstances is trying to ram something through. Don't be bowled over in the process.
2. This card is about the **fear of losing out on an opportunity**. Are you acting to overcome a past failure? If so, put it behind you.
3. **Don't be intolerant of patience**. Waiting just may save you the time you fear you're wasting.
4. You are getting ahead of yourself. **Slow your thinking and re-order your tasks. Do these now.**
5. **If you keep jumping the gun**, you'll be disqualified from the race. Pause, and then sprint.
6. **Blamers are often frustrated easily** and are angry at reality for how it is. Intolerant of the now, Impatience wants life to move to its timetable. If life doesn't seem to be happening fast enough for you then ask yourself "what do I fear missing out on?"
7. When **you put the cart before the horse**, you end up pushing or getting kicked in the head.
8. **A perpetrator is on the loose with an ax to grind**. If it is you, don't cut off your own head in the act.
9. Slow your thinking and **put order on your tasks**. Doing everything at once only raises your frustrations.
10. Franz Kafka noted about his writing process, "**All human errors are impatience**, a premature breaking-off of methodical procedure, an apparent fencing-in of what is apparently at issue." Give the cockroaches running around in your head an exit point and take a breath.

I don't get no respect.

—Rodney Dangerfield

Situational Context: Is something undervalued or is value being missed?



- Fireman's Helmet: **Server Set** - Background Image and Border Color
- Dragon's Head: **Chief Feature Group** (Has bad breath rather than breathes fire.)
- Penny: **Ordinality** – Personal, common, narrow.
- Heart: **Inspiration Axis**

Illuminated (+): Humility, self-effacing, modesty, culpable, demure

Illuminated Position: Poor old Adam! Devastated by his shameful transgression against God for eating the *Fruit of Knowledge of Good and Evil*; he sure learned to have a little Humility about the disgraceful prominence of his own nakedness. So, in an effort to hide his private shame, and implied above - his private parts; Adam donned not just a fig leaf, but an entire tree! Yet of course, it is a bonsai version of a fig since no self-respecting Self Deprecator, would ever want to draw undue attention to themselves or would ever consider themselves worthy enough, as to use a full size fig tree. That would be downright conceited! And besides, hadn't the Almighty just pinned the "arrogant to sin before God" thing on them already? Let's not forget Eve. She's been getting the worst part of the stick for eons because of this bad rap. A person in Self Deprecation is challenged within. They can be at war with themselves. Their motto would be "I'm not worthy." The primary fear surrounds the issue of value, specifically their perception of personal inadequacy and undeservedness. They often feel the need to diminish themselves before others who would otherwise be their equals. In trying to establish a beach head against a lack of self-respect, most favor the strategy of being unassuming, self-effacing, and sometimes fall into outright self-denigration. The primary emotion that a Deprecator suffers is shame. It is an insufferable sense that a flaw in their character is irreparable and somehow they are responsible for it's cause or failure to repair it. The downward spiral of bitterness (- Card 40) and resignation (-Card 19), both sibling Overleaves to this Server CF, roll downhill until a bottom is crashed into, they hit a-basement.

1. **Stop taking yourself so seriously!** Put life into perspective. Ease up and you'll see the humor.
2. Being humble means one is less likely to feel offended, because you might even agree with the assessment. But not being reactive to insult is a position of power.
3. Humility does not require groveling, but it is self-effacing. **Realize the illusion of imperfection** or self-importance, and you will find deeper dignity.
4. You know, when a person is calm and suggests that they themselves might have been at fault, even if they were not, the person in fear feels less threatened. If you know you are innocent, then **acknowledge responsibility not accept blame.**
5. A situation has arisen where you should drop all modesty and state your skills and accomplishments directly and accurately. You have earned your achievements, be proud.
6. **Modesty** is a good thing when sincere. Try a little of it now and you'll lessen others resistance toward you.

7. You are a unique expression of the TAO. You are actually doing your best though without acknowledgment.
8. **Can you stop doubting yourself?** At least long enough to actually have a laugh at your own foibles?
9. **You have produced just as well as anyone did.** No need to act like a doormat. Believe in yourself.

Shadow (-): Abasement, inferiority, pathetic, shame, derision

Shadow Position: Arguably, this is the most controversial image on any of the cards. Yes, you discern correctly... it is a fresh pile of canine excrement. It seems my artistic and comedic muses teamed up for a Rorschach moment. The Standard Poodle (no pun intended), squatted ever so gracefully as his master stood by, allowing his pooch, (~~again no pun~~ – OK, this one), to relieve itself at a most auspicious place: the base of the Eiffel Tower in Paris! Yep, you read correctly. On a 2005 visit to the “city of love” strolling along the graveled paths that flank either side of the grand structure, I witnessed this scene. It struck me even then that leaving the pile of crap out for others to step-in, or have to contend with, was a show of utter disrespect. As it happens, that sort of behavior is a mark of the negative pole of Self-Deprecation – Abasement. One can often justify acts under the mask of vanity saying “too bad, put up with it.” You see, when one abases their own life as shit, then this highly loathing, shame-based, repellant form of self-loathing, (Card 57), views everyone else with the same kind of contempt it has for itself... nothing more than a pile of dog shit! The only difference is, in this pole of Self Dep, one expects to be stepped on. The dog, however, whom left his commentary was apparently pleased with his accomplishment, as he was walking away briskly with his tail wagging. There it was, *the last will and excrement of Masseur le Pooch*, gracing the path with his poop de jure. What a grand thing...to let go of shit! Ah, but what a burden to have felt like shit in the first place. Writing about this pole expresses the very tone of terse crudity that the Self-Deprecator fears. That they themselves are nothing more than crap to be disdained. It isn't true most of the time, for they often compensate with lowly behaviors and apology.

1. **Inferiority complexes** cause doubt and *understatement of value*. Don't sell yourself short.
2. If you perceive no value in yourself, then **what you produce is equally abased...**by you!
3. “If you had a person in your life treating you the way you treat yourself, you would have gotten rid of them a long time ago...” — Cheri Huber, *There Is Nothing Wrong with You: Going Beyond Self-Hate*

4. Really, you might as well **stop beating up on yourself**. The world will present many willing candidates with barbs, bruises, and bombs to take you down. Don't join in. Release whatever shame you suffer.
5. Groucho Marx famously revealed **the crazy circular logic** of the negative pole of Self-Dep when he said, "I wouldn't want to be a member of a club that would have me as a member."
6. **Stop the self-denigration and pay attention to the lesson**. You might not really be as bad as you think you are. But if you are, then have the dignity to make reparations.
7. Stupidity is not a lack of intelligence, **it is a failure to exercise your intelligence yet making excuses for it**. Take your mind out for a stimulating jaunt. It will distract you from being so bitter.
8. **Put a stop to shame!** This situation reeks of it. It is either being heaped-on or is being stuffed-down and hidden. No need to buy into it.
9. The bitter soul is hindered with no self-esteem. **They abase all things as inferior or inadequate**.
10. Toxic **shame removes joy** leaving the person to drown in hopelessness. Resentment is shame smoldering beneath the surface and everyone suffers from the gloom. Address it **OUT LOUD!**
11. **Stop the shaming!** This situation reeks of it. It is either being heaped on or is being shoved down and hidden. Speak to it but do not buy into it.

Pride goeth before the fall.

—Adapted from Biblical Proverbs 16:18

Situational Context: Beware of exaggerated claims and false superiority.



- Open Hand with Flame of Spirit: **Priest Set**
- Dragon's Head: **Chief Feature Group**
- Pharaoh" **Exalted Orientation**
- The Heart: **Inspiration Axis**

Illuminated (+): Pride, poise, dignity, status, polished, merit, deco-

rum, formality, prestige, esteem, decorum, exempt, shy, protected

Illuminated Position: In Japan, women who were elevated as a symbol of superior status were the Geisha. For centuries, only men of wealth and power could “enjoy” the trappings of elegance a Geisha could provide. But for the women themselves, masked behind the white painted skin and decorated as an object of status and desire, it was often one of the only ways they themselves might climb the ranks of society. Geisha is a term which has connotations of both performer and server. I chose this image because the person in the positive pole of Arrogance takes pride in their presentation. A perfected appearance (usually within some fashion standard) is a key tactic to present an unassailable or detached front, keeping their real vulnerabilities hidden. The Geisha employ a posed “Giaconda Smile” as if borrowed from Da Vinci’s Mona Lisa. It is aloof, alluring, and protected by an air of mystery. The intent of Pride is to display dignity and propriety but in a formal and impersonal way. In this pole, there can be beauty, but it is crafted, as is the porcelain decorated skin of the Geisha. As a spiritual lesson and motivator, it enhances feelings of worth such that a person’s havingness, status and self esteem are elevated. In the positive pole, it can be crutch creating a persona that projects an air of perfection and highly polished veneer. It makes them believe that if they are perfect then they might be loveable. Of course, a *genuine* show of pride can accompany someone who presents themselves with grace, poise, and self control; and still appear a true poser!

1. Sometimes, **one has earned their bragging rights**. Take a victory lap and receive your laurels.
2. Pride generates esteem for the Ego. Your Ego is your watch dog. Feed it by giving it a well-deserved bone, pat it on the head and say, “good dog!” **Ego is not your enemy, but you must be a kind master.**
3. **Dignity is more important than Pride.** One is inner the other appears outer. And Truth is more important than being right. Sort those out here and much damage will be avoided.
4. **Inner Dignity is the inner precursor of Pride.** When you acquire a sense of genuine right to be alive and having earned whatever of life rewards you may have acquired, then you have a reasonable claim for inner peace.
5. Standing in truth, that which you can emotionally draw strength from, will serve you by **forgoing any need to take offense or defend your virtue**. You are secure in yourself.
6. God Bless author Jane Austen for illuminating this important distinction, “Vanity and pride are different things, though the words are often used synonymously. **A person may be proud without being vain.** Pride relates more to our

opinion of ourselves, vanity to what we would have others think of us.” Pride is an effort to produce valid love for the Self (+Card 56) and displaying oneself in accordance with it. But vanity is a need of an insecure Ego (- Card 56) to have others fill in the gaps where we feel vulnerable to our own judgments of ourselves.

7. Aloofness is **merely shyness in disguise**. Some fragile souls are uncertain and need reassurance. **Help them shore up their sense of value by being magnanimous and treating them with respect**. All of this has the byproduct of making you appear to be noble.

8. **Take pride in your work**. Show your best and be willing to receive no less in return.

9. If someone’s pride is at stake make sure to help them save face. **You are personally secure enough to handle a little deference**.

10. It is a worthwhile observance to **do the honorable thing** rather than sacrificing it for praise.

11. In Nature, animal Arrogance shows an appearance of self-assured and unyielding strength. It is a strategy to not show weakness to an opponent. Your social survival may be at stake, so stand with head high and do not waver. **Even if you feel vulnerable to attack, never let them see you sweat**. You are enough!

Shadow (-): Vanity, aloof, detached, conceit, opinionated, smug, cocky, haughty, cold, condescending, insensitive,

Shadow Position: Few Kings have the iconic look for self-aggrandizement and personal vanity than does Henry VIII of England. It was this man whose arrogance was so all encompassing that he created his own religion! It was as if the lamb bone he is often portrayed as waving at feasts of excess was his middle finger, which he prominently gave to the Pope in Rome when he divided Catholicism and instituted the Church of England. A singer, a fashionista, and a person who loved pomp-and-circumstance (Card 44 - Jupiter), everything that King Henry did was to engage public adoration or to indulge his slightest whims; including the exile or murder of 6 wives. But no matter how hard he tried to will one of them to produce a male heir, it was finally a daughter, Elizabeth I, who would make England into the world renowned empire it became. Arrogance, in the negative pole, believes it deserves whatever it wants; especially in earlier Soul Ages. Indeed, this sense of elevated position or prowess condones their superiority privilege for what underlies one of the human animal’s most permissive Ego characteristics played out in the social sphere: Entitlement. And, as a Priest Set Card membered it endowed Henry’s sense of righteousness to even proclaim himself “ordained” as the leader of the Anglican religion. Somehow, the most self-important, always invoke

some higher authority, or their place in some elite order (like royalty) to grant themselves the license to invalidate others rights and justify committing injustices. Arrogance would chime in with Self Deprecation's sentiment of "I am not worthy" and agree, "you are not worthy." These two often collude in ways that are *healthy to neither, but familiar to both*. And with a motion away, to relieve whatever inner tension is upon them and inner imperious voice assuages them... "but, I AM!" A main form of deflection justifying its rejection of the other would be something like, "I don't throw pearls before swine." Contemporary gestures of superiority might have a person smugly form an "L" with their fingers over their forehead at someone, projecting onto them that "you're a Loser."

1. **Vanity hates to lose face.** Appearances and a sense of *being above it all* hides a deep insecurity about feeling vulnerable to insult. Step lightly because someone's hiding. Exposure might cost someone their head! Who is it?
2. **Avoid pedestals;** placing yourself or someone else atop one! Falling off is embarrassing! Step down voluntarily. Invite the worshippers down with you. Remember what happened to Jesus when he disavowed people's projections?
3. To presume that one knows all sides of the truth is the height of hubris. In fact, the Biblical Yahweh engineered a Commandment, the 3rd about this very tendency. "Thou shalt not take the name of the Lord thy God in Vain(ity)." Yup, anytime one smugly asserts something, as if they are the finally authority, you are playing God. Whether you believe in sin or not, whenever that kind of arrogance is asserted, you are witnessing someone playing God. **Don't pedestalize those who assert some supreme authority. They are false gods. They are no better than you.**
4. **Someone is posing** to come off as better than. Don't buy it. It is a ruse to gain your deference.
5. If someone's pride is at stake, **help them to save face.** Otherwise, bitterness and resentment set in.
6. Never stand for someone **acting like an asshole.** Just notice if it is you.
7. In the negative poles, as its Priestly and passionate counterparts activate, one will begin to believe that their way, is not only the best way, but right the way, or worse the only way to do things. **Look out for someone sanctimonious in their self-assurance** that they have been ordained with the truth from on-high. Most people have no reasonable claim to being so *blessed*.
8. As the Priest CF, there is a pressure to appear "handled" or a playful term borrowed from modern slang "bitchen" indicating an external presentation which conveys a spiritual correctness. An almost self-ordained spiritual superi-

ority

9. Pride generates esteem for the Ego. Aloofness or false humility may hide a shy person who uses poise and emotional detachment to protect themselves. Is someone's pride at stake or are they just too superior to notice? Make sure to save face.
10. **A superior complex** is usually harder to be with than anyone self-effacing. It also is quick to lay blame at the feet of others.
11. **A self important person needs worldly approval and accolades.** It is a mask they can hide behind. Appearances can be deceiving.
12. The conceited person parades themselves with **false humility** being the best at showing their modesty.
13. Aloofness is **merely shyness in disguise.** Some fragile souls are uncertain and need reassurance.

Hell no, I won't go!

—Chant by Vietnam draft protesters

Situational Context: You are challenged to stand your ground.



- Atom: **Scholar Set** - Background Image and Border Color
- Dragon: **Chief Feature Group**
- Equal Sign: **Neutral Orientation** – variable in response.
- Spade: **Assimilative Axis** - Pointedly dig deeper.

Illuminated (+): Willfulness, indomitable, unyielding

Illuminated Position: The American Bison will lock horns with an opponent, never giving an inch. Or, when threatened, will charge a predator head-on with no regard for anything but knocking the intruder off its position. In Yellowstone, I once witnessed a group of bison stand off a Grizzly Bear. I remember Gandolf from the first *Lord of the Rings* movie, shouting at a powerful opponent “you shall not pass.” To stand one’s ground can take tremendous Will power, especially to overcome one’s own terror. It is a determination not to lose what you have or be a victim of someone else’s manifestation. (Card 69 - Maya). Though Stubbornness doesn’t like to move, it doesn’t mean it can’t or won’t. But when it does, look out, they are likely to be the *bull in the china shop*. Stubbornness is the strategy in response to a fear of change. More specifically the challenge beneath this Chief Feature is the fear of the unknown and whether one is capable of coping with it. From this ubiquitous disquiet, a person will lock themselves into familiar patterns to preserve a status quo...believing an “enemy you know is better than one you do not.” In the positive poles, a person can hold a principled position with unshakable determination and in the extreme an air of implacability. Unlike a Winston Churchill, whose iron jaw, a hallmark of the Stubbornness in appearance, was often clenched holding his cigar like a small club ready to bludgeon any detractor to his plans. His rock solid indomitability was captured in one of the most famous speeches of the 20th century, “*Whatever the cost may be, we shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills; we shall never surrender!*”¹ gave the British people succor in times when Britain was losing in the early part of WWII; the strength to endure and outlast the threats of Fascism. In such a case, in the face of domination, stubborn resistance is no vice, it is a necessity.

1. **Invest in something, not against it.**
2. **Have courage and be steadfast!** Change for the better happens inside even if things don’t outside! Sometimes defeat in a battle serves to help strengthen resolve to win the war.
3. **Invoke willpower, and just say NO! Be determined not to cave, but be open to negotiation.**
4. If change has slowed to a trickle or none at all, then **only willpower will override stuckness.**
5. **Bolster your convictions!** Are you in service to something you love? Or are you defending something you fear might diminish your advantage?
6. “I do not agree!” is a powerful statement of boundaries. When someone is about to intrude on your territory or your principles, you have every right to **declare your opposition**. Some things must be stopped!

¹ Winston Churchill, May 13, 1940.

7. Better to have a strong will, than a rebellious *will* not. **Do something contrary but not impeding.**
8. **Pushing for change** is a heck of a lot better than being pulled by it. Lean into it, or it will on you.
9. Many will relate to David Foster Wallace's "Infinite Jest" statement about dealing with Stubbornness, "Everything I ever let go of had claw marks on it." Acknowledge that what you hold onto has helped you cope with something. **Find alternative coping strategies** and "letting go" many not feel easier, but the habit will not fight for their lives as you replace them.
10. Willfully **resisting change is warranted** when those changes diminish a vital principle or **produce needless pain**. Churchill knew this and stood against a tyrant. Stand your ground!
11. Be **determined!** Stay the course. **Do not be swayed by outer forces.** Remember Ulysses?

Shadow (-): Obstinate, contrary, de ant, rigid, stuck

Shadow Position: "Oh no you don't" and "not in my backyard" are the two book-end motto's of this pole of Stubbornness: Obstinacy. Emphatic is the image used here, with the international symbol of "no" the circle with the slanted red line through it. Then implying a more forceful stance, the person gestures the raised flat palm, a signal almost universally recognized as "stop", while the face with mouth open wide as if bellowing "no way Jose." Like all Assimilative Overleaves (Card 64 - Assimilative), there is no forward motion initiated in this pole per se, but it can remain steadfastly motionless, or resist motion from the outside trying to move it. In the extreme match-up of proverbial forces, this aspect of Stubbornness is the "immovable object" which digs in its heels to perceive someone else's demand as irresistible force of imposition. A battle of wills ensues. In the negative poles, you are a creature of habit and seldom, if ever, divert away from what is tried and true...for you! Thus, you don't argue with others over a point, you simply deny they have one in the first place. At best, you pay them lip service while never "giving an inch." Stubbornness might not appear to others as overtly disagreeable, but avoiding agreement or procrastinating something is the subtle means by which obstinacy is hidden.

1. **Fear of the unknown** kills one's willingness to risk change. Make it easier by taking it in small steps. Try doing it in concert with the support of others. You need not face this alone.
2. Someone is **entrenched in their position**. They feel under siege. It is advisable to raise the white flag and talk about a truce?

3. You might just be fighting for the security of a familiar prison? Notice if someone is guarding their walls or are trapped by them?
4. Stupid is, as stupid doesn't do...because it is afraid to try.
5. Don't confuse Will with rigidity or absolutism. **Are you stuck?**
6. Obstacles are being thrown up for someone to defend their position. If you can't go through them or over them, go around them. Perhaps you are being told "**this door is closed.**" **So, go find another.**
7. Face and subdue the thing you resist. That may require **surrendering to it.** Stop being afraid.
8. Acting like a jackass, being pig-headed, or bullheaded is a signal that your animal-self feels backed into a corner. Identify the threat?
9. Obstinancy **produces nothing!** It impedes progress, exerting a form of negative control. Perhaps you are fighting for the security of a prison? Master and subdue the thing you resist.
10. Are your heels dug in because **you fear not coping with an advancing change?** Get neutral.

Modes Group: Behavioral Style and Your Performance Motivation



- **Unifying Set Image:** The Automobile: How we choose to get around!



- **Common Color: None.** Each bears the color of the Role Sets to which it belongs.
- **Primary Theme:** What is your favored method of response?

Humans share general ways of going about a task or interacting with each other. Discussion about that Mode regards the motivation of *HOW to act or proceed*. This category is about behavioral styles or methods of approach, more so than a specified single action or response. Characteristics of one's modus operandi can be aggregated into seven 7 categories of conventional behavior, listed below in **cards 29 - 35**. The Mode Cards report on how you have chosen to perform, or act out, in an operation within your command. Employing an unfamiliar technique may require some exertion and discomfort, but they are all within you to be summoned. Like all Overleaves categories, there is growth in competency and maturation of wisdom, when you gain greater diversity in your abilities to cope with life situations.

When Mode Card(s) Appear in Your Layout

If a Mode Card points to a motivation operating in someone else, or suggests you employ it yourself, the messages associated with each of respective poles will offer an array of possible behavioral options or opinions to consider in your strategizing. Each commentary is nuanced to help you manage the degree to which you engagement the situation but also infer the amount of stealth or overt bluntness

called for in your exact response.

What is a Mode?

The Mode is the method of operations or propellant that you employ to achieve your Goal. The Mode is the means to the end. The Mode is “how” we do our human experience toward learning and interacting on your life journey; thus it is the style of vehicle for reaching your destination. It is the foundation classification from which all of your unique strategies for behaving emerge. When you learn to use a number of different Modes, you enhance learning success for both the Essence and the Personality. This is what Michael calls “sliding.” Sliding helps a person get out of the negative pole of his/her Overleaves.

Modes are visceral in nature. A Mode can exert an effect on a person’s body posture or stance.. Just imagine a particular state of being like feeling aggressive. Notice all the aspects of your body including the way you hold yourself, your breathing, the amount of tension, etc. Such awareness can assist you in assessing what emotional state is occurring within you and then make necessary alteration, if you desire. On the other hand, knowing the sensations, postures, and other physiological aspects of a Mode can provide you the command to invoke it at will.

The Mode is the personality characteristic most associated with one’s response style or their method of showing up or acting-out. People can often readily see and identify that one aspect of *your style* in your performance of the Mode. Sometimes, the essence will create a very difficult challenge by taking on a Goal and a Mode whose basic nature is contradictory to one another. When this occurs much of that conflicted energy reveals itself in emotional and psychological upset. When you learn to use a number of different Modes, you enhance learning success for both the Essence and the Personality. This situation is what Michael refers to a “**abraded Overleaves.**” Counseling is very useful for helping the person cope with this condition. An example might be someone in Goal of Acceptance and the Mode of Aggression. “I really want you to like me. But you better not mess with me, asshole.”



If the Modes Were Actual Vehicles

- o Caution = Volvo
- o Power = Mercedes Benz
- o Perseverance = Pick-up truck
- o Aggression = Monster Truck or HMMV or Tank
- o Reservation = Prius
- o Passion = Hot Rod
- o Observation = VW Van

Modes As Cultural Labels

Modes of behavior are often used as the adjectives to describe our institutions and culture. We describe the Italians as Passionate, the English as Reserved, the Russians as Aggressive, and or Japanese as Persevering, etc. Cultures and Racial groups exhibit historic trends for Modes more so than any other Overleaf. The Protestant Work Ethic is a combination of both Caution and Perseverance. This Capitalistic Ethic has favored these Modes in workers for over 300 years. Yet for the entrepreneur, Modes of Aggression and Power have been preferred and held in higher esteem. So you see, when applying Modes, for that matter any Overleaf energies to describe a group, be very sure to know who you are including in your sample.

Warning, warning, warning, Will Robinson!

—Robot from TV show, *Lost in Space*

Situational Context: Weighing possibilities with deliberate but measured action.



- Artist's palette: **Artisan Set - Background Image and Border Color**
- Automobile: **Mode Group**
- Penny: **Ordinal Orientation** - Personal and intimate
- Diamond: **Expressive Axis**

Illuminated (+): Deliberation, circumspect, thorough, prudent,

careful, shrewd

Illuminated Position: Seldom are things black or white, even when the chess pieces are simple to discern who you are and who your opponent is. Yet how they will move is varied and complex. Deliberation of one's own moves often infers, if not outright requires, how the person you interact with will respond in kind. Since calculation is such an integral part of the game of chess, most every player I've ever met has been a bit cautious about losing his castle, his horse, or his queen; and of course, a queen her king. But as long as the game goes on, the inevitable gets closer: checkmate. Sometimes, you might as well go for it. Caution Mode is a way of acting that holds the injunction: "act only when certain". Like its cousin in the Ordinal Expressive column, Discrimination, it views alternatives with an eye on *the safest bet*. You can be sure that the Caution Mode person is very thoughtful (Card 36) even when the thinking is looking for things to go wrong or pitfalls in someone else's logic. The *sure thing* mindset will lead some in Caution Mode to be very habit-driven and repetitive. Change comes only when something has "stood the test of time" and has "proven itself" reliable. A familiar word or thought so pervasive to Caution is **beware**. Therefore, Caution Mode relies upon planning, calculation, and process monitoring. And as you might expect, these folks, like the Skeptic aspect in its constellation, ask questions trying to make themselves safe and certain about the other person or circumstance.

1. **Deliberation** can be quick or ponderous. Either way this card says, "do not make decisions lightly". Have you considered all the factors in a situation? Act like a hunter stalking prey. If you are circumspect, and deliberate your options carefully, you **increase your chances for success**. Key phrase: *Slow and steady wins*.
2. Tact is the root word for tactic. Weigh both when considering your response in this situation.
3. Due diligence, if done thoroughly, will eliminate most problems you could encounter, in advance! **Forecast, then plan accordingly, is prudent here**.
4. If you are circumspect and deliberate your options carefully, you minimize your risk of failure.
5. The shrewd business man will ride on the thrust of his competitor before igniting his own rockets. Being judicious is the best way not to burn out.
6. **You've paid attention to the details**. Low and behold you flushed out a devil. Good work.
7. Planning does always stop things from happening, but when you encounter them **you are often prepared to deal with exigencies when they arise!**

Just be aware of what kind of things could happen and you'll experience more success and confidence.

8. Remember the old aphorism, "an ounce of prevention is worth a pound of cure." Being prudent means you'll regain health faster and not suffer as long.

Shadow (-): Paranoia, phobia, timid, averse, anxious, worried, timorous, slothful, retreating, officious, indecisive,

Shadow Position: Edvard Munch's surrealist image, *The Scream* (of Nature) conveys more than a visceral sense of paranoid terror, shock or dismay. Yet, even though considered a mark of insanity, paranoia, like the stopped clock that is right twice a day, is sometimes well placed. When we feel ourselves completely in moments of continuous fear, we become alone, alienated, and phobic of anything we associate with the cause of these feelings. Essences which have been hurt or disappointment by more active Overleaves like: Passion, Aggression, Idealism, Growth, Moving or Emotional Centers; will choose this Mode as a suitable means to apply the brakes and slow down their reactivity. But in a life which needs to avoid or may anticipate tragedy or pain, it is not uncommon for Essences is checkmated by Ego and sends a Caution mode person spiraling into indecision, and in the extreme paranoia. Most phobias evoke extreme cautious reactions like the "freeze" response of geckos and lizards or like a deer caught in the headlights of an oncoming car. Not acting until it is too late is often worse in repercussions than having taken a risk in the first place. Cowardice is the interpretation that inaction is based upon excessive fear and thus may be an outgrowth of the negative pole of this Mode.

1. **Paranoia makes people freeze or act erratically.** Defensive and reactive, this shadow side might be a cunning and conniving foe instead of a trembling fool.
2. Is someone holding back due to fear?
3. Risk averse? Don't wait and see. **Make a decision!**
4. FDR said you have "nothing to fear but fear itself." It makes people act weird. Still, **step lightly**, just the same.
5. "Paranoia strikes deep. Into your heart it will creep. It starts when you're always afraid. Step out of line, the man he comes and takes you away." *For What it's Worth* by Buffalo Springfield
6. Sometimes too many precautions are stumbling blocks to any forward progress. Take care but take action.
7. What is polarizing the situation or making you afraid? **Are the phobias**

winning?

8. Nothing wrong with **a little healthy paranoia**. Even broken clock is right twice a day.
9. In this position, the card is telling you: **be ultra careful!** There might be a boogie man in the shadows. Freeze and let it come into the light. Then, heave a sigh of relief or run like hell. You'll know the difference.

Power is the ultimate aphrodisiac.

—Henry Kissinger to Chairman Mao Tse-tung

Situational Context: Ultimately, who is accountable?



- Star: **Sage Set** and Background Image and Border Color
- Automobile: **Mode Group**
- Pharaoh: **Exalted Orientation** and public image
- Diamond: **Expressive Axis**

Illuminated (+): Authority, stature, decisive, confident, command-

ing, potent,

Illuminated Position: “We will...*pump you up!*” The positive pole of authority means asserting confidence in what you know and what you can do. Notice however, it takes exercising those muscles by pushing around the weights and lifting the burdens it requires to solidify yourself; but also make people see your power. One time body building champion - actor - governor Arnold Schwarzenegger knew well how to throw his weight around and build upon his successes. In the positive pole, one can feel that their knowledge or physical prowess or accomplishments make them an Authority about their subject area. Power Mode as a member of the Sage Set cluster makes its desire less about directive leadership (like Dominance Card 11) than it is to acquire notice like: achieve fame, receive deference, or possess the title of Expert. Alfred Lord Tennyson condensed a formula of personality achieving these stations, “Self-reverence, self-knowledge, self-control — these three alone lead to power.” When a person is utilizing Power Mode, *they are a force or more accurately - an opinion to be reckoned with.* But remember the warning that Spiderman’s Uncle Ben warned him, “with great power, comes great responsibility.” And with any luck, you might earn some wisdom as a result. And, on that quest to cultivate power in yourself, let me empower you by saying, “May the Force be with you.”

1. **Lao Tzu** wrote, “He who controls others may be powerful, but he who has mastered himself is mightier still”. **Never doubt that when the power of your being is turned toward the world you MAKE a difference!**
2. **Primary power originates within.** It comes from the focus of self upon knowledge, expertise and the authority derived from it. Sharing your genius makes you a more potent person! You are the only expert of you.
3. While you may accept advice or direction from a trusted authority, **the power of decision rests with you.** Accept nothing that takes undermines your confidence in yourself.
4. The voice of the dissenter should **cast doubt on the party line**, and in doing so expose corruption. Assert your own authority.
5. You’ve been given the decision power. Use it well.
6. Harry Truman defended personal responsibility by saying, “the buck stops here.” Stop the buck passing and **show your stature and integrity.**
7. Polymath Francis Bacon once uttered the now iconic phrase: **“knowledge is power.”** But such a force must be spoken, directed and implemented; not just held in mind. Say what you know!
8. To act responsibly is to being congruent with the truth of your being. *That,*

is the **right use of your power**. Act with self-possession. You need not know it all, but assert what you do know with authority and conviction.

9. **Exert authority** over your doubt and your doubt will have no power.

10. **Authentic power is always accountable!** Oppressive force seldom is. You know the difference!

Shadow (-): Oppression, overbearing, diminishing, autocratic, disapproving

Shadow Position: Assault with the intention to commit oppression. A Power Mode person will hold to their opinion with great vigor, even to the point of stubborn (Card 28) resistance. We see a person beating someone using their words like a bludgeon. Totalitarian people and states use this tactic often! Want compliance? Repress the speech of others. For the famed maxim “absolute power corrupts absolutely” is witnessed in those who are out-of-control over themselves, and wielding force over others. A combination for disaster.

1. Those **who conform from fear** can't be trusted. Keep an eye out for malicious obedience.

2. **Forcing another to your way** or overpowering them invites a conflict. What is the struggle over and who is the cause?

3. Authentic power is always **accountable to truth**, oppressive force seldom is. Know the difference!

4. All it takes to be a bully is an imbalance of power. Be alert to whoever is overstepping the limits.

5. Disapproval may be harsh, but **is it useful information or just insulting BS?**

6. Someone is being browbeaten and disapproved of. Intervene or watch that person collapse.

7. Any form of **intimidation is oppressive**. It saps energy like a vampire sucks blood. Time to be bold and stake them to the wall.

8. Authority granted from institutions may allow oppression to be visited upon those who dissent. Knowing its position is weak, the oppressor resorts to force to compel compliance. Stand up or bow down. Your choice

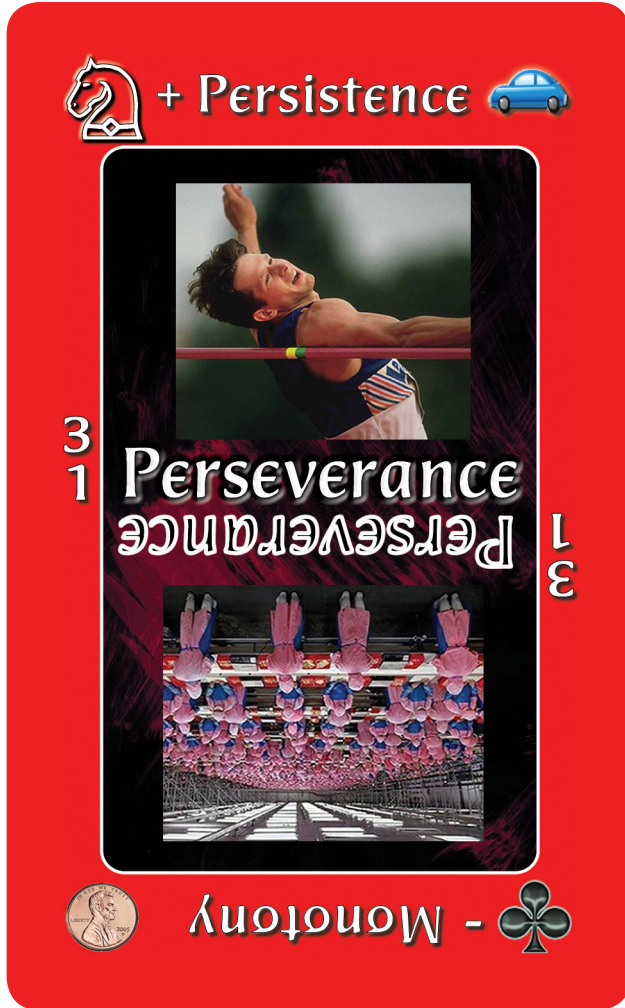
9. **Marshal your resources and repel attacks. A bully hates it when someone won't cave in.**

10. **Forcing another to your way** or overpowering them invites a struggle.
11. “Shields are failing Captain,” says Scottie to Kirk. **Divert power from other sources to shore up your protection.**
12. A situation is present where the use of force was mistaken for having authentic power.
13. **The easiest way to give up your power is to believe you have none to begin with.** As long as you are alive, you can also be kicking!

Hi ho, hi ho, it's off to work we go!

—Snow White and the Seven Dwarfs, Disney

Situational Context: Stay the course.



- Horse – Knight: **Warrior Set** - Background Image and Border Color
- Automobile: **Mode Group**
- Penny: **Ordinal Orientation** - the personal
- Clubs: **Action Axis**

Illuminated (+): Persistence, steadfast, dependable, stalwart, unre-

lenting,

Illuminated Position: Progress is often measured sometimes in the smallest fractions. The image of the high jumper reminds us that to leap higher can take many attempts. Sometimes, in the course of many tries a new method is discovered, even leading to a new paradigm. One man, an Oregon high-jumper named Dick Fosbury, (not pictured) changed the sport when he literally *flipped the way the jumped*. In 1964, he did something simply radical, he “flopped” over the bar. From that day forward, every competitor in the sport of high jumping now does the technique which bears his name. The Fosbury Flop. If at first you don’t succeed, try, try again. And on that note, another famous Persister... Thomas Edison tested almost 1000 materials for the filament for his light bulb before tungsten proved to be the one that lasted.

1. **Get a move on!** Keep heading in one direction even if you have to shift gears. Walk, run, crawl, or maybe even fly! But don’t stop!
2. **You are in a marathon. One step at time!** Be steadfast and persist.
3. **Jockeying for position** is appropriate in a horse race. You may not have the lead, but make sure you cross the finish line first. You can do it!
4. **Work at developing a new habit.** Repeat it 7 times in a day and it becomes familiar. 7 times in a week and your body adapts. Repeat this process for 7 weeks and reach proficiency. Do that for 7 months and reach competency. Do it for seven years and reach total mastery.
5. **Persistence** is how nature endures and creates change. The processes of erosion, evolution, adaptation, all persist. Atoms are eternal but change organization, and eventually in form. **Are you creating change or is it acting upon you?** Either way, action is happening.
6. You are as dependable as the sun rising every morning. Trust that you are doing the right action and moving toward achievement.
7. **Realize that you are in it for the long-haul.** You might lose a battle but the war continues.
8. Day-in, day-out, that is how this energy can seem, but **the goal is coming into view.**
9. **Your Persistence is about to pay off.** Keep on truckin’!
10. Stay the course. **No need to change the process or method.** You are getting there.
11. **You’ve been dependable in every way!** Don’t let anyone dissuade you from

that confidence.

Shadow (-): Monotony, repetitive, dogged, fixed, immutability, stuck, morose, routine

Shadow Position: This is a modern industrial assembly line. People stand planted, unable to leave their position as work is shuttled by them at an unforgiving pace. Imagine doing repetitive motion for 8 - 10 hours per day, 5 -6 days per week? What would your quality of life be like? Monotony is the best way to kill not just the human spirit, but based on studies of emotional and physical stress...the human body as well. The modern office worker knows of a similar malady of facing repetitive stress injuries more commonly known as “carpal-tunnel syndrome”. Some have even listed it under what has been termed an “industrial decease”. Anytime a person/body is subjected to unwavering or immutable circumstances their intelligence dulls, their zest for life drains, and their vitality ebbs. Think of all those old movies portraying slaves pushing a grinding wheel around in a circle. Like the grain underneath the millstones they were compelled to push, they too were being ground down. In the negative pole, a being has resigned to allowing himself to be *used by the system*. They have expectations, from previous experience, that nothing can change for them so might as well just simply suffer through it. This kind of expectation aligns with its Warrior Set counterparts sounding cynical (Card 10), expecting battle, if not defeat, having to move continuously expelling energy for some cause that may not be worthy, but they are in Submission (Card 10) to. Needless to say, with such a combination we can see how the CF of Martyrdom (Card 23) can emerge.

1. Are you **weary of the monotony** in this situation? Try taking a break before you start up again. Reimagine the process you use to get the job done.
2. Sisyphus was cursed to push the boulder up a mountain only to have it roll back down. If you cursed to a life of monotony like this, **stop being a sissy, and make a fuss!**
3. After years of service the ‘company’ man or woman, is often **drained of vigor**. Make sure you reach retirement before you are retired beneath the ground. It might be time to find a new job.
4. Carl Jung said, **“what you resist, persists.”** Don’t let yourself be locked into a way of doing things. Otherwise, you keep getting the same old results.
5. Don’t give up now just because things aren’t going your way. Remember what the famous baseball manager Yogi Berra said about the game, “It ain’t over, till its over.” Now stand in there and swing.
6. **Monotony** is repetition without focus. It is the millstone grinding one

down, stealing any meaningful expression by usurping your time in a endless and mindless recursion. These patterns wear one out rather than build toward. Are you just spinning your wheels? Get off the treadmill and run somewhere.

7. The ultimate steady state is death. Have **you forgotten to live** while you are earning your living?

8. When TV or drinking or snacking are the high points of your day then you are merely existing and not living. **Get a change of scenery and abandon a few slothful routines.**

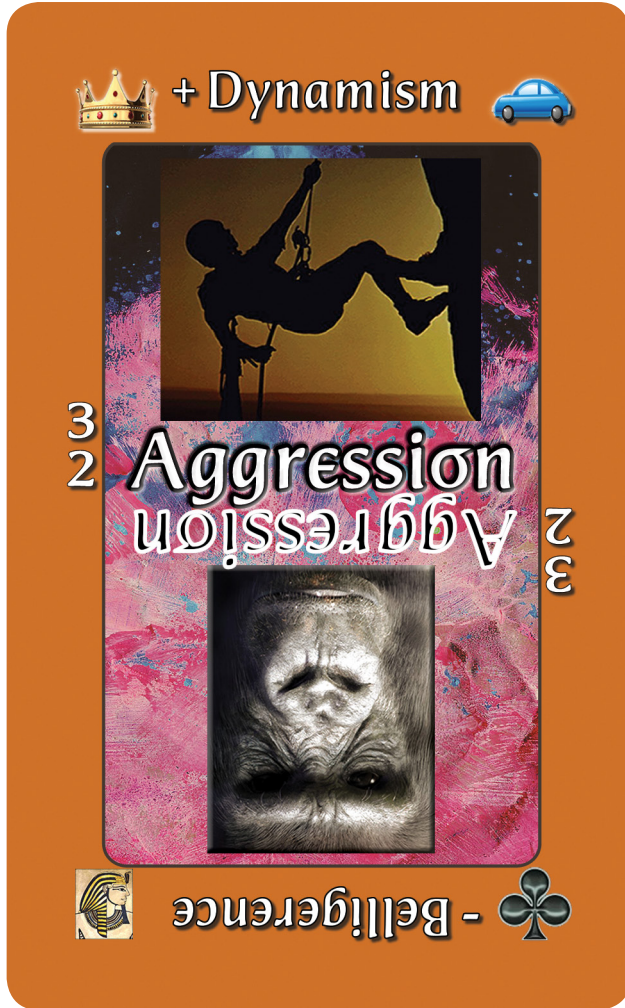
9. One modern archetype for the loyal, hardworking person is “the company man.” Sadly for many men, when their years of service spent, often so are they. **It might be time to find a new position, if not a new job.** Make sure you reach retirement before you are retired beneath the ground.

10. Perseverance is a quality one needs to run a marathon. But the closer to the end of the ordeal, the sooner one will need to lean into that last effort, for then a one must sprint to get to the finish line. At that point, it is time to slide over into Aggression Mode and kick your way to the end.

The Territorial Imperative

—Robert Ardrey

Situational Context: Time for daring action. Fight for the right reasons.



- Crown: Self Determination - **King Set** and Background Image and Border Color
- Automobile: **Mode Group**
- Pharaoh: **Exalted Orientation**, broad scope all or nothing.
- Clubs: **Action Axis**

Illuminated (+): Dynamism, assertive, fierce, forceful, vigorous,

lively, verve, pluck

Illuminated Position: “Fortune favors the bold. Fortune favors the Brave.” The Latin proverb pretty much identifies the positive pole of Aggression in Dynamism. Living so close to one of the world’s largest pieces of megalithic flat rock, El Capitan in Yosemite, I’ve seen people hanging by a single line, or a single hand hold, 2,000 feet up on a sheer face of a stone wall. “That takes balls”, I’d think to myself. Yeah, “balls to the wall”, another part of me responds. Willing engagement and the burst of energy that can provide, makes this characteristic a real risk taker. Hanging around with a younger soul or young person in Aggression can be what we might call “Mr. Toad’s wild ride.” When it comes to achievement or confronting a fight, it was famed Alabama football coach Paul “Bear” Bryant who colloquially but precisely spoke about what matters in a clash, “What matters is not the size of the dog in the fight but the size of the fight in the dog.” In the positive pole, Aggression is a Mode designed to add a boost of raw fury to a person who may desire that extra punch needed to be triumphant over difficult tasks. Here the emotion of anger is not required for behavior of aggression to be carried out. But one must feel resolute and determined that once their forces are committed, they are all in!

1. “I came, I saw, I conquered!” Caesar knew that to attain a goal means **declaring your objective**. Fight for what you want.
2. Take the high ground. When you have reached the top notice that the **advantage is yours**.
3. Sometimes the best defense is a strong offense. **Time to go on the attack**.
4. **Dynamism** weds to boldness like a glove protecting a fist. Take quick action!
5. **Strike out and clear an obstacle**, with force if necessary. **You win**.
6. Assert boldly! Time to risk an advance. Thrust and parry!
7. **Dynamite!** That is what you need to pull out of yourself. Be a dynamo and full speed ahead.
8. **Be assertive!** Wage the campaign on your terms. Engage them whenever possible on your turf.
9. **A person with verve (life force) attracts attention like moths to a flame**. Bask in it, emulate it, but be careful not to burn up or burn out.
10. **Time to go on the attack**. Sometimes the best defense is a strong offense.

Shadow (-): Belligerence, bullying, invasive, abusive, pugnacious,

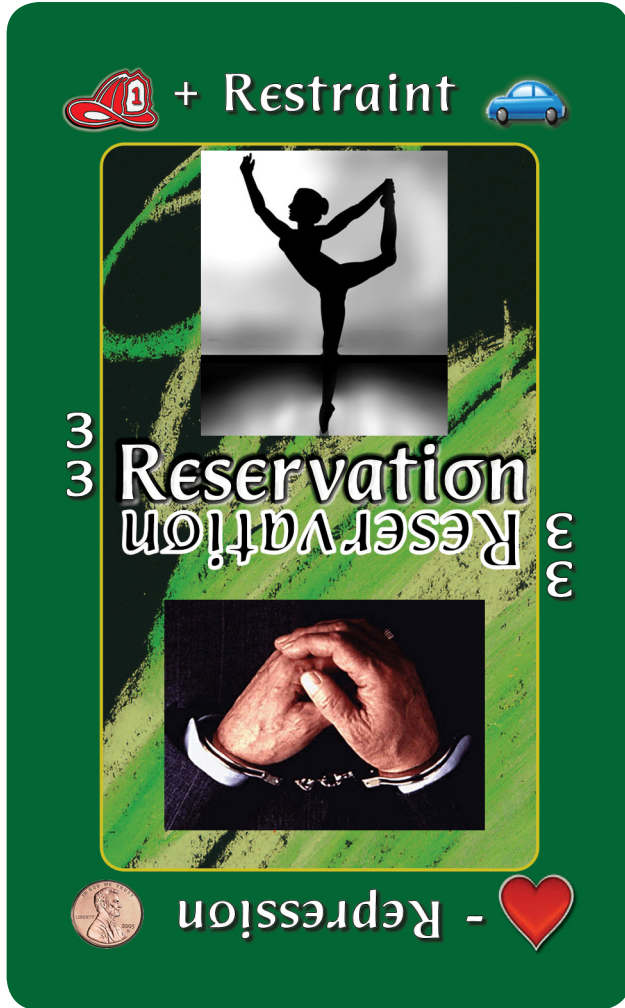
Shadow Position: “Attack first, ask questions later.” The male Mountain Gorilla, called a Silver Back, is one of the most powerful animals on Earth! While it tends to avoid violence, any perceived threat is met with a show of Belligerence and territorial dominance that may render them beaten to a pulp. Since human beings are also a simian species, it is possible to notice when the “800 pound gorilla” enters the room. As apes with consciousness, awareness of violence stimulates our own reactions and brings our own hostility to the surface. Anger is part of this Mode.

1. Is someone kicking you in the teeth? **You have a fight on your hands** so come out swinging.
2. Abusing others under the guise of your cause? That creates enemies and turns **disagreement into war**. Being fierce in asserting your principles is not the same as acting viciously in your attacks.
3. Violence without plan, purpose, or reason is vicious. Who’s on attack? **Look out for hysteria**.
4. **Someone is seething with envy** and wants to take something from you; a war over property is on.
5. **Vicious harassment is going on**. Hysteria is building in the background. Who’s the attacker?
6. **Masculine energy is the source of aggression**. Not male per se. In fact, one of the great conflicts in societies is that men are rewarded for aggression; females punished for it. Today, there are many high masculine energy women who are aggressive. You may have to turn and face a social setting where you confront status quo and with appropriate defiance say “Fuck ‘em!”
7. A villain is afoot. It could be someone else, or something evil brewing in you? Just know it’s angry!
8. The reaction of a soul in **continual pain incites belligerence**. Hostility born of distrust and blame contend that lashing out first, is warranted. War and the enmity that drive it are the hammer and nail that builds coffins; not just for the vanquished but also the victor. No spoils, just spoilage!
9. Violence does not require any weapons just hatred. The courts are full of civil people **dishing emotional and verbal torment on each other**. Stop the cycle of wounding. Call a cease fire.

I feel pretty, oh so pretty!

—Eliza, My Fair Lady, Learner & Loewe

Situational Context: Refine a process, become graceful and precise.



- **Fireman's Helmet:** Server Set Symbol
- **Automobile:** Mode Group Symbol
- **Penny:** Ordinal - Personal
- **Heart:** Inspiration Axis Symbol

Illuminated (+): Restraint, civilized, elegant, disciplined, graceful

Illuminated Position: Positive pole Reservation Mode almost always reminds me of the grace of a ballerina. With great concentration and physical discipline, they are often likely to be emotionally understated and yet transport those who observe them into a feeling of awe or whimsy. Ms. Hepburn, portrayed such a transformation as Elsa Doolittle in *My Fair Lady*.

1. **Be nimble, self-controlled and elegant** in your thoughts and solutions. Like the ballerina whose balance is precise on one toe, be the well-placed lever and you will move mountains.
2. Pirouette, parry, and handstand, are all refined movements performed with grace. Make yourself appear graceful in your form by exerting minimal energy and **executing precise control over your movements**.
3. Refine and distill, **condense the force of your enthusiasm with precision** and you will be as sharp as a razor's edge.
4. Judy Garland once remarked about being type cast, "Always be a first-rate version of yourself, instead of a second-rate version of somebody else." **Let go of the expectations of others**.
5. Move with fluid action, and you will appear to be poetry in motion.
6. Act with reserve is to compress what you have into exact parcels and dole them out judiciously.

Shadow (-): Repression, inhibited, tight, blocked, constrained

Shadow Position: The handcuffs have metaphorical implications that a person in Repression is stifled to express themselves, particularly emotionally. In the real world, Repressive regimes like Stalinist Russia, for example, would put anyone in opposition to the regime in chains. The implications are the same: to feel repressed is to be so inhibited by outer or inner forces, that feeling itself is a threat to one's own safety.

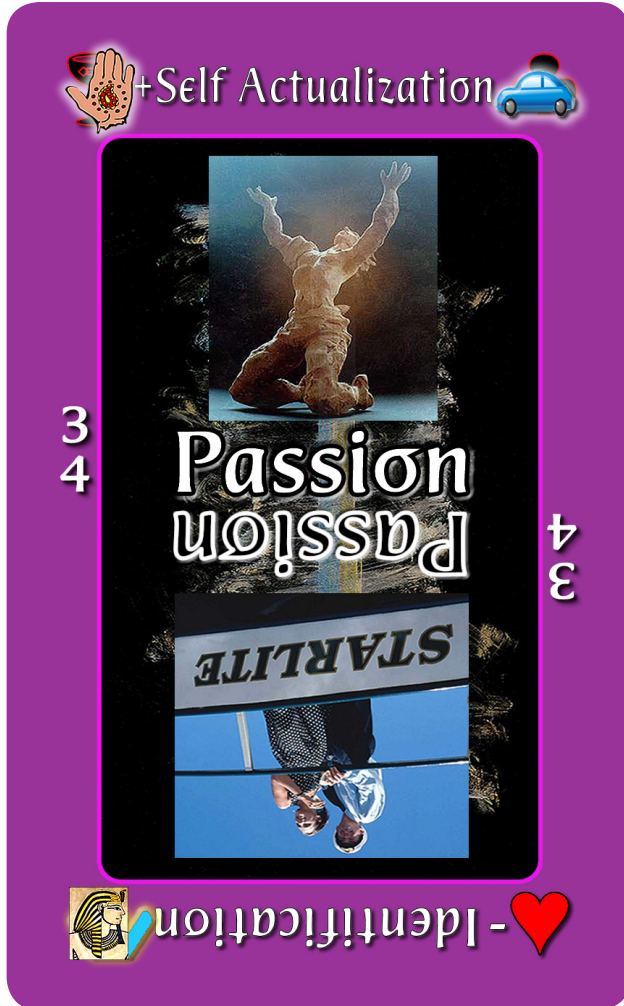
1. **Feeling inhibited?** Emotions can act like a weight to retard or crush advancement. Time to strengthen your sense of self and advocate for your rights.
2. Dignity is one thing, but being stuffy, removed, or above-it-all, cost all parties involved, not just the one repressing themselves. Let down and open up.
3. Blocking one's hurt does not make it go away. It just builds up pressure.
4. **Someone is stuffing feelings.** It forms a scar tissue over an emotional wound. It makes the person coarse and inflexible. When the injury is sealed under a dead, hard shell of emotional repression, a malignancy may compound beneath it; eventually erupting out of control into something toxic.

5. An entire project is about to stop because of a **sudden explosion of repressed emotion**. Take precautions and lower the emotional charge first.
6. Self-control does not have to feel like **you are in a strait jacket**. It does require you to straighten up and get right in the presence of those attempting to take your power. Unshackle yourself from customs or traditions which expect of you to démore for their convenience.
7. Stifling yourself or another? Weighing down your voice with conditions? Cast off the chains and stage a revolt against repression. Revolution may be initiated but evolution will be served.
8. Whatever the process is now, it is meant to shut people down. Here, what looks like cooperation is actually capitulation. **Once you capitulate, the repression begins**. Find the deceptive assertion at least and blow-the-whistle on it, if you can.

To be, or not to be? That, is the question!

— Hamlet, by William Shakespeare

Situational Context: A fleeting outburst or something new is emerging.



- Open Hand: **Priest Group** - Background Image and Border Color
- Automobile: **Mode Group**
- Pharaoh: **Exalted Orientation**
- Heart: **Inspiration Axis**

Illuminated (+): Self Actualization, spontaneous, enthusiastic, in-

volved, lively, spirited

Illuminated Position: Self Actualization is an act of ultimate grace: unification with the Self and Essence. With arms raised in adulation the person is on their knees, likely from agony as from sheer ecstasy, of experiencing themselves fully. As both Abraham Maslow and Michael have stated, Self Actualization or Essence contact (Card 58 - Soul Spirit) is realized at times of “peak experience.” That can be moments of great sorrow or pain as well as the movie title “**The Unbearable Lightness of Being**”. The actual moment is unmistakable and unforgettable. Living from this place, is connotes a paradox for some: living in the total Presence (Card 0 - TAO) and the secondary tendency to compare oneself against others (Card 8 - Discrimination), virtually disappears. It is not the complete ego involvement which is suggested by the Negative Pole of this card or the Negative Pole of (Card 57 - Self Love), but the total freedom to operate oneself without monitoring or censoring because one is congruent with Self. The play “Billy Elliot” explores the discovery that occurs with Passion Mode. It adroitly reveals both the challenges and rewards for one first discovering and then self-actualizing the exhilaration of something that focuses the attention totally in the moment, and makes one feel complete and alive. Self Actualization, which is the positive pole of this Mode, is in fact the most compulsive driver embedded in a human personality. But when a personality is equipped with Passion Mode, that motivation is emphatic, erratic but striving, and unrelenting. Expansion of Self, which means the embrace of more of one’s own Being expressed through life is the key motivation of this Overleaf.

1. **Play with boundaries...**stretch outside the box. Let go and fly! Carpe Diem.
2. **Act spontaneously!** Show your enthusiasm, play, truth, brilliance, and generosity, for it all.
3. **Invest totally.** Hold nothing back! This is it.
4. Love it all. **It’s pure discovery.** There are no mistakes here.
5. You possess that certain, *je ne sais quoi*. People notice it, feel it, love it! You cannot control it, so **go with it**. It’s related Overleaf is Arrogance; so now that you know, don’t let it go to your head.
6. Commit yourself with heart and soul. Allow your true self to **actualize** and add your unique signature. Have some fun as if it were the last breath you draw.
7. “It’s not the years in your life that count. *It’s the life in your years,*” said **Abraham Lincoln**. Just **remember that no matter how exciting the ideas and**

aspirations are you must follow through. Do it!

8. Grab hold of every piece of love, fury, hope, outrage, enthusiasm, and courage you have. Roll them all together and aim yourself in the direction of life you most believe to hold *your own truth*... **the Self you want to actualize.**

9. Shakespeare wrote, 'To be, or not to be; *that*, is the question?' **Self-actualization** is a state where nothing impedes the full expression and commitment to one's life or cause. Do you love your life enough to be fully involved?

10. Love fires passion, but commitment keeps it burning. Are you fueling your passions, enough?

11. When one goes beyond the Personality they believe themselves to BE, and act, without restraint, or limits, and to move beyond boundaries. It is there, beyond your familiar identity, that true discovery and invention occurs. These are the dynamics of **self-actualization.**

12. You've got the juice, the zing, the excitement. Now add the meat, the calm, and the discipline to go beyond the moment and into perpetuity.

13. Is this the impetuous of something that will last for long run? Only a **leap of faith** will find out.

Shadow (-): Identification, capricious, spurious, flighty, foggy, invested

Shadow Position: Passion, especially for Young Souls (Card 73 - Adolescence) is all about being "hot" and "looking good"; like the image of these status seeking person's identifying their success with wealth. However, identification need not take on any glamorous appearance. The high emotional attachment which connotes "passions" (after all the original usage of the word was about Christ's suffering), actually speaks to the idea that a person is identified with the intensity which makes them feel alive. The Ego uses these identities to define itself from the outside, in order to assuage any sense of disconnection or addiction (neg pole Card 66 - Self Karma) circumventing validation from Essence. But in the negative pole, the use of Ego thrust emotions as the guiding force for weighing the choice behind behavior or attitude, can cause a person to be caught in the trap of Identification. "I am what I feel" and thus "anyone or anything I feel strongly about is an expression or a reflection of me!" It can take a person down the rabbit hole enslaving themselves to a forced march through a labyrinth of ill defined and perhaps even contradictory feelings, perceptions, and attitudes. Thus, the emphatic quality of Passion can get fixated into a narrow range of full volume which expresses vehemence for a position rather than enthusiasm for a way of Being. The negative defends the boundaries of one's beliefs, while the positive pole seeks to liberate

you from them. All of it, on the strength of *emotional truth!* Passion may have difficulty discerning because it has the tendency to *believe everything is significant*, and mistake originality for utility or timeliness.

1. **Identification** is defining yourself by acts or titles: a spouse, sexy, professional, parent, honorable or loser, etc. Factual descriptions, sometimes. Yet has your Ego locked you into a box willingly binding you into an easy-to-manage and defensible status? Have you substituted a label of what you are, instead of knowing *who* you are? **You are more than your labels.**
2. Passion is not about winning, it is about Being and playing with every ounce of spirit you have. Don't confuse one for the other or else you will identify outcome as your worth.
3. Old Blue eyes himself, Frank Sinatra sung, "I did it myyyyyy waayyyy!" That's great. But make sure you actually know what "your way" is. **Don't go off half-cocked.**
4. How many times, especially in the pop psychology movement have you heard some one foment, "it's my passion"? And the next week or month have something else be identified that way? Quixotic caprice is what is at work here. **Don't get caught up in someone's romantic declaration.** Wait to you see how they speak and perform when they are in the trenches.
5. If this situation were a stage play it would be "Much Ado About Nothing." Shakespeare would be proud of the part this person is playing. Only trouble is they are so enmeshed in the part, **they don't know they are acting.** Perhaps yelling "cut" might startle them into paying attention.
6. Either you have your emotions or your emotions have you! Remember that your emotional overlay is a reaction to what is happening. It is a comment about your truth, not the truth itself.
7. If you have identified with your anger, fear, shame, grief, or whatever flavor of feeling, positive or negative, then your power to choose disappears. Make sure it is not you **identified** with them.
8. Passion is not the same as sex any more than intimacy is a euphemism for having sex. In fact, the raw authenticity of passions actually happens when one is **dis-identified** not in a Role or persona.
9. No workshop is going to teach you Passion. You feel it, not invent it; and certainly **it is not something you decree.** Such lying is to identify with some group, out a need to belong or gain advantage. (Card 23 - Greed).
10. When you hear of the Passion of Christ, it was referring to great suffering

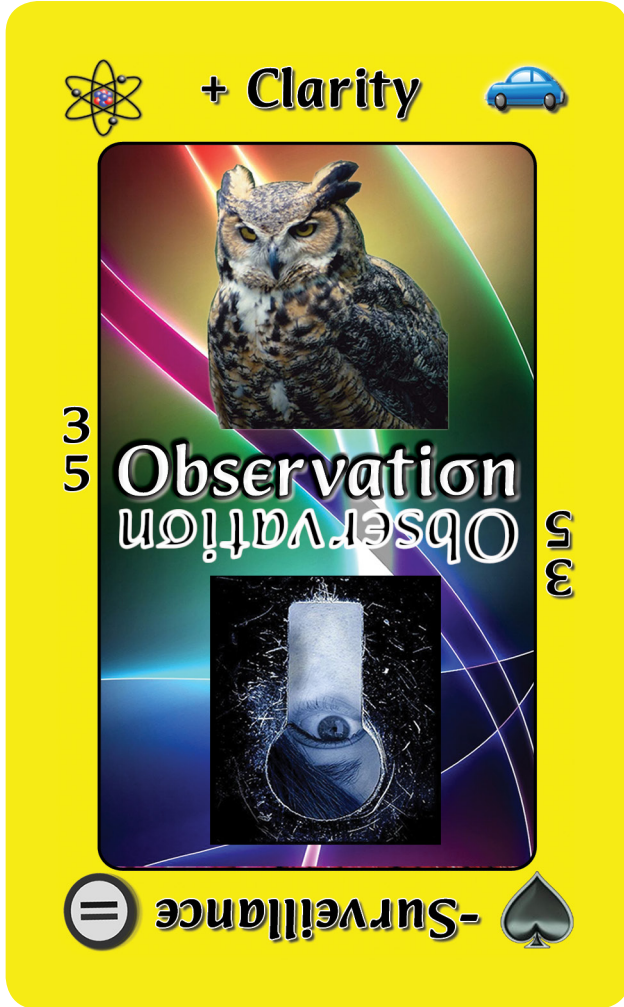
on the Cross. Be careful when you use the term that you are not inviting great suffering to transcend. Most don't realize that even for an Old Soul like Jesus, he went through a crucible of unimaginable pain in order to achieve Higher Center connection with the TAO.

The contrast between Reservation and Passion Modes are as diverse as quiet is too loud, or at least as demure is to bold. Passion Mode personalities want to feel it all NOW! Their zest for life occurs in spontaneity. For them, everything is in the moment. Thus other concerns, goals, or emotions that may happen in a month, a day, or even the next moment can seem so far removed as to be irrelevant. Passion Mode seeks the full verisimilitude of their emotional states, thus believing that they are *what they feel*. Stepping back and witnessing this roller coaster is the next phase of development and embeds in the use of Observation (Card 35)

I like to watch

—Peter Sellers, as Chauncey Gardner, Being There

Situational Context: Watch and learn. Acquire information.



- Atom: **Scholar Set** and Background Image and Border Color
- Automobile: **Mode Group**
- Equipoise: **Neutrality** “All things being equal”
- Spade: **Assimilative Axis**

Illuminated (+): Clarity, absorption, attentive, witness

Illuminated Position: In nature, few animals possess the visual acuity of the owl. Able to adjust to the dark of night and equally of the brightness of day, it also has 110 degree field of vision, actually less than a human. But what makes it remarkable is that unlike a human who can focus only in one direction, an owl can see out of each eye independently and binocularly, at the same time. This is true observation. Until it detects motion of its prey, it remains still and silent. Its clarity and focus is the hallmark of owl.

1. Look before you leap! It is necessary in order to **gauge the distance you must span**. Be exact.
2. **Keep your eyes open and pay attention.** Witness and remember everything. You can't predict which details will be of importance later.
3. The ability to see the all the facts **depends upon the clarity** of your vision. Clean your lenses.
4. What's in **your line of sight** but you have overlooked?
5. Keep your **eyes open and pay attention**. Refrain from conclusions just yet.
6. The ability to see the truth depends upon the **clarity** of your vision.
7. Have you seen enough to decide how to proceed? If not, **open your eyes wider** or take off the blinders! Act once you see what is going on.
8. **Get clear on the situation.** Sometimes it helps to see through different lenses. Ask a confidant.
9. **Shed some new light on your surroundings.** The best way to combat S.A.D. (Seasonally Affected Disorder) is to have the full spectrum of luminescence illuminate your vision. Just allowing other colors into your line of sight will brighten your outlook.
10. Peripheral vision is a part of sight a person seldom takes notice of until there has been a slight movement, or a strange pattern out of the "corner of my eye." **There are things on the periphery that are going on that you should include in your field of vision.** Waste not, want not.
11. The fair witness is one of the most sought after positions in the court system. **Know that recording all you see and hear, impartially, can make you of great value.**
12. Leave it to humorist Will Rogers to remind us that, "People's minds are changed through observation and not through argument." **Show them what you mean with examples not with words.**

Shadow (-): Surveillance, voyeur, bystander, covert

Shadow Position: The peeping Tom or stalker enjoys surveillance just as much as the NSA. Surreptitious Observation hides the fact that you are watching someone else. The eye through the key hole is an anachronistic image from a time long ago; but it signifies that for as long as humans have been able to see they have spied on one another. Many human beings, facing the complexity and speed at which information is thrown at them, have opted to become bystanders instead of players. It renders Democracy more impotent and opens the door to those whose modes, particularly Power and Aggression, dominate debates and fill the empty spaces left by those otherwise impotent and uninvolved.

1. **Spectators** feed upon the actions of others, but seldom get involved. Time to get into the game!
2. If you get caught **watching and doing nothing**, fess up, lying about it only damages you.
3. Famed 20th century mystic and teacher Jiddu Krishnamurti noted that, "The ability to observe without evaluating is the highest form of intelligence." **Are you paying attention to those things around you or just staring off into space?**
4. A Peeping Tom is **covertly watching**. Voyeurism is an improper use of power and an invasion into someone else's privacy. Call in the authorities.
5. Have you seen enough to decide how to proceed? If not, open your eyes wider or **take off the blinders!** Act, once you get what is going on.
6. Remember the Roman Coliseum? The **spectators feed upon the actions of those in the arena**. Someone is in the stands calling for blood. Look to see who is the rabble-rouser and watch out; the blood being sought might be yours.
7. If you are acting as a bystander and not involved, time to jump in and offer some timely help.
8. Someone is watching you. They are living life vicariously through **they are just a spectator bystander while you do the living**. Are you being stalked?
9. Online, there are "trolls" who standby and pounce rather than risk asserting their opinion. They spy on you to gain information without risking being seen. Expose the spy?
10. The bored watch TV and achieve nothing. **Get outside of your rut.**
11. Peeking around corners at someone when they aren't watching or can't see you has a delicious power to it. The kind that one has when there is no respon-

sibility or risk to the viewer. **This could be a useful tactic.** But just remember that if you are surreptitiously watching someone; couldn't someone be doing the same to you?

The Centers Group: Deciphering Data, Perception Learning and Reactions



- **Unifying Set Image:** Man in the Center of a labyrinth feeling the concentric rings of experience.
- **Common Color:** None - Colors are drawn from each of the Role Sets



- **Central Theme:** How do you process stimulus?

These are represented in cards 36-42. Historical spiritual teachings of arcane and metaphysical origins, define the *body electric* as being energized by, and its construction emanating from, seven (7) points of output. In Eastern traditions these are term “chakras”; which means wheel in ancient Sanskrit. In the Michael Teaching, the adoption of these points of energy is presented under the concept of “Centers.” And although the functions elucidated by the two systems are similar; in MT, their relative effect upon the formation of a human personality has additional import.

The influence of the *Centering* is most seen in two areas of the Personality: the learning style, visual, auditory, or kinesthetic; and its primary mechanism for receiving, collecting, and processing income stimuli from the environment. While every human being has a mind from which they think, emotions to flavor and inform what they experience, and a sensory apparatus, the body, for interpreting its world with its five senses and movements; the sequence of these three effects can be re-ordered in any combination. Whether a person feels, thinks and then senses; thinks, senses, and feels, or senses, feels, and then thinks, (these are only 3

of 9 possible combinations), at this point; one might imagine that the type, speed, and effect of their response can vary greatly.

Motivations directed from a specific center, are informing you which type of feedback you should consult with first. Once you've discerned the meanings conveyed from that Center, the messages of that Motivation Card, poses optional points of view or behaviors you might take. Just remember that in both the MT and Applied Michael, there is complete agreement in the premise that harmony between the emotions you feel, about the thoughts you are having, is optimal as a ground of being to govern your choice of how you then act. In extending this idea, when a common focal point or alignment among all your centers is reached, then it may be asserted that one is "centered." When one is centered, your greatest clarity is brought to bear.

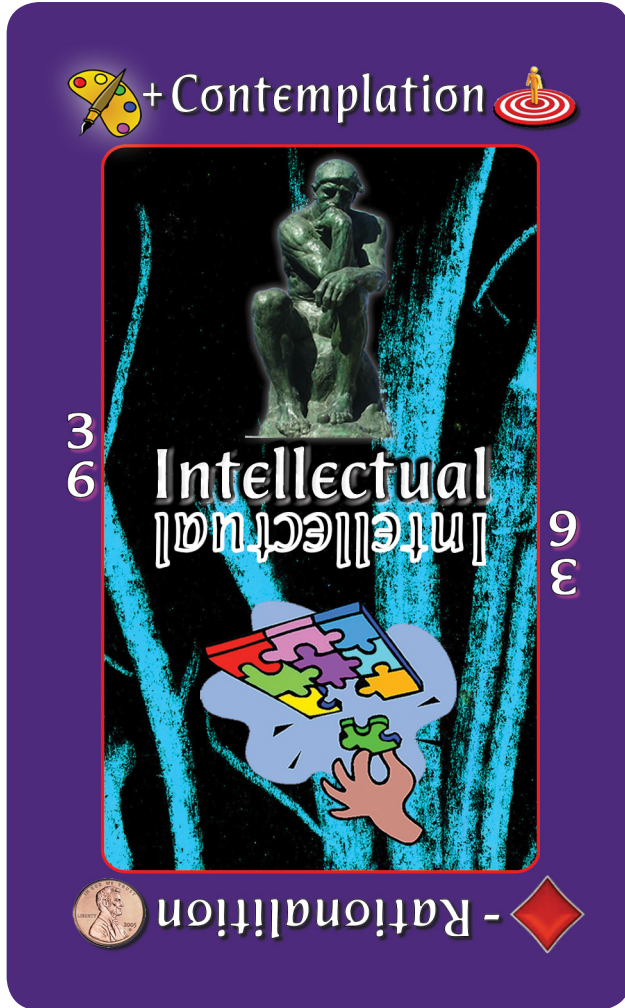
Look at the [Centers as the 7 Types of Intelligence by Howard Gardner](#), as another way of considering the influence of Centers.



I think, therefore I am!

—Rene Descartes'

Situational Context: The situation might require rethinking.



- Palette: Artisan Set - Background Image and Border Color
- Labyrinth: Centers Group
- Penny: Ordinal Orientation - individual
- Diamond: Expression Axis

Illuminated (+): Contemplation, thought, cogitation, elaboration,

reason, thick narrative, explanation, cognition

Illuminated Position: Rodin's iconic sculpture, The Thinker, adorns the positive pole of the Intellectual Center. One must turn inward to truly contemplate a thought. The mind can do many things: memory, pattern recognition, calculation, and sensory organization, but the real capacity that give humans a spiritual ability is that of abstraction. In the vastness of cognitive space, anything can be created or discovered, it is all a matter of what matters.

1. Your brain has rational (left) and sensing (right) sides. **Look at the situation in a nonlinear right brained way.** Other explanations will emerge.
2. **You must think like the other party** if you want to gain their understanding to reach a solution.
3. **Act on what you already know.** Stop looking for more proof you have enough.
4. Evaluate your options, reason them through. **A solution will arise.**
5. *The mind is a terrible thing to waste.* Engage your **thought** processes and make sure to test your assumptions.
6. **The logic of your actions appears sound.** Stick to the facts about what is and you will be sure to find the truth.
7. **Make your questions more thorough and probing** than your answers sound smart or pithy. You will gain what you need if you ask the rights questions and give only required answers.
8. **Can you think of a different solution?** If you can't try changing your assumptions.
9. Time to dream journal, or brainstorm, or sketch out a new frame of reference; any medium you choose. do it deliberately but **without the constraints of "logic"**. Heck, call it a wish list or bucket list, but **DO IT TODAY!**
10. "Begin challenging your own assumptions. Your assumptions are your windows on the world. Scrub them off every once in a while, or the light won't come in." Alan Alda
11. "The mind is not a vessel to be filled, but a fire to be kindled." Plutarch

Shadow (-): Rationalization, rhetoric, dialectic, denial, stupidity, thin narrative, justification, obtuse, scotoma, myopia, rightness,

tautology

Shadow Position: The Intellect collects data in packets of experience and snippets of sensory code in the same way as a computer. Frequently data is assembled incompletely, but in ways where the puzzle pieces *seemingly* fit together, even if the picture they form doesn't make any sense. Rationalization is taking puzzle pieces of different colors but roughly the same contours and forcing them together to arrive at a decision.

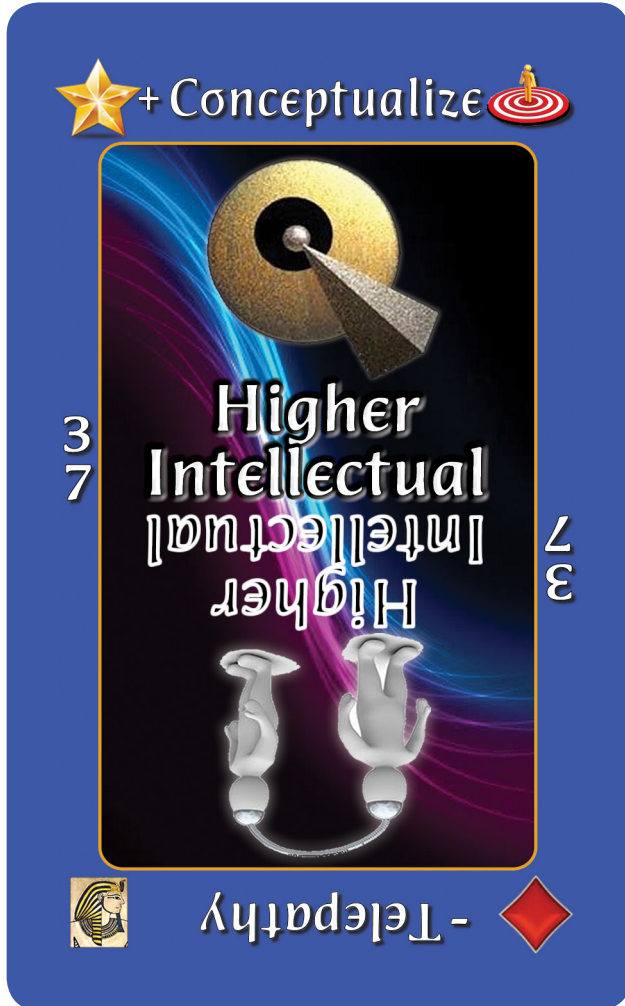
1. If all you can think of are **rationalizations or judgments**, it is obvious your view point is stuck. Extract your 7th chakra from your 1st chakra and you will see the light.
2. Some ideas in play are based upon **faulty reasoning**. Ferret out the erroneous assumptions.
3. You are stuck in analysis paralysis, and locked inside your head. Find what you feel, and why.
4. GIGO stands for *garbage in—garbage out*. The premises being asserted here **fail to make the bridge** from theoretical to practical. Start over.
5. Unless you **change the narrative playing in your head**, your life is just the same old story.
6. “Only the good die young,” and other stupid aphorisms, reveal the tendency to justify not thinking because it is simpler to believe that one-size-fits-all. **Never is one solution suited for every situation.** Think about it.
7. **If it sounds like bullshit because you know someone is trying to deceive you**, then stop listening. But, if you are feeling threatened that what they are saying makes sense and it will prove you wrong, have the guts to listen more closely.
8. **Rationalization** is the feature of the mind that Ego uses to selectively build a justification for whatever thought or action it chooses to defend. Tangible facts are factored by some calculus known only to the one who ciphers it. If you are confused by someone's explanation, be wary!
9. One of the greatest flaws of the mind is its fear of being wrong and therefore to believe what it thinks is right. **Limited scope of awareness, with partial knowledge** made people think the sea horse was a horse. Restrain beating yourself when you discover that there is still data to be included and an obvious blunder in your calculation of the situation. Judgments are what make rationalizing so tempting to the Ego in the first place. It is fear masked under the need to be *smart or clever*. *Instead, be wise and intelligent.*

10. The situation is an intellectual mishmash. **Don't mistake simple correlation with causation.**

And the truth shall make you free!

—John: 8:32 (KJV)

Situational Context: A moment of truth. Challenge standing axioms and maxims that went unquestioned.



- Star: **Sage Set** - Communication and Imagination - **Background Image and Border Color**
- Person in Concentric rings: **Centers Group**
- Pharaoh: **Exalted Orientation**- Worldly -Philosophical
- Diamond: Expressive Axis

Illuminated (+): Truth, principle, conceptualization, revelation

Illuminated Position: The symbol of the IDIC - Infinite Diversity in Infinite Combination, I extracted from one of our greatest modern mythologies: Star Trek and one of their representative races called the Vulcans. In striving for purity of thought without the *distraction of body* or emotions, I'd translate that desire into seeking that Higher Intellectually Centered experience of **Conceptualization**.

1. A revelation is coming. **What you thought was true will be altered.** Is it illumination or shock?
2. Better acknowledge that truth is something you pursue, not possess. Such claims are seldom true. Yet, **facts can be known** and wisdom extracted.
3. The power to conceptualize the world has built empires, expanded science, and created beautiful compositions of music, writing, and art. **Free your mind and imagine.** The process is not linear. The mind often meanders like a stream.
4. **You have just had a moment of truth.** What will you do with it? Here's one: expand your thinking?
5. **A revelation is coming.** What you thought was true will be altered.
6. Truth forces liberation from acceptable ignorance. Someone is about to say ouch! **Help them to understand.**
7. "Rome wasn't build in a day," so the old adage goes, but part of *Rome was built in a day!* **Bust clichés! Get specific. Generalities are seldom, if ever, truth?**
8. When an epiphany happens, and you feel its resonance in every part of you, know that **you have just had a moment of truth.** What will you do with it? Hint: change your mind.
9. Better acknowledge that truth is something you pursue. Claims of being in sole possession of it are always untrue. Yet, facts can be known.
10. **Imagination lays the groundwork for the future.** Set your mind to dream big.
11. "And the Truth shall *make* you free." Jesus did not say "*set you free*". Religions want you to believe that only they can save you with their doctrine. It takes courage followed by responsibility to live from truth. Have you embraced them?
12. Heisenberg's Uncertainty Principle paradoxically reminds us of one quantum truth: particles (ideas) can exist in more than two dimensions at once,

but when you go to observe (act upon it) you can only do one at a time. **Point being: what you believe might have many applications, but you have to test them in one situation at a time to measure where they actually fit.**

13. **Contemplating your navel?** Act on something.

14. Existential psychologist Rollo May spoke of the capacity of the higher mind's various functions. He said, "Imagination is the outreaching of the mind...the bombardment of the conscious mind with ideas, impulses, images and every sort of psychic phenomena welling up from the preconscious. It is the capacity to dream dreams and see visions." **When was that last time you looked inward to take note of a neglected vision you've held in imagination?**

Shadow (-): Telepathy, transference, expectation, inference

15. **Shadow Position:** Interestingly enough, the search for "exclusivity" of emotion and extension of the mind to its ultimate limits gave rise to another interesting aspect taken from the mythical (yet not mystical) Vulcan motif: the "mind meld"; In parlance of the negative pole of this Shadow center: **telepathy**.

1. *Rome wasn't built in a day*, so the old adage goes. But part of Rome was built in a day! **Bust clichés! Get specific.** Generalities seldom, if ever, express situational truth accurately.

2. **Truth is relative to the situation**, but to the mind of the accuser wanting to retaliate, theirs is absolute! Reason will not work in this situation.

3. Read the thoughts and control the person. It is an imbalance of power. This is the shadow use of this expanded capability that **telepathy** portends. It makes a communication a quietus action and eliminates response. Are you trying to gain advantage by reading someone's mind?

4. **Believing that someone should know what you're thinking is a recipe for disaster.** Ask! Ask! Ask!

5. **"Well, you know what I mean!"**, blurts someone when they feel exasperated when you ask for clarification. As if the other should be able to read their mind? Would you really want that? **You are responsible for making yourself clearly understood**, not the other person.

6. Projection is the way that we seek to control our perception of others. When **you expect them** to conform to our image, you can be greatly disappointed and pissed!

7. Having a meeting of minds occurs when two people **actually listen to what the other person is saying**. Yet, sometimes, it is possible to infer **what is**

NOT being said out loud. Look into someone's eyes deeply and you might know their mind.

8. **Edgar Rice Burroughs** said in *Jungle Tales of Tarzan* that, "Imagination is but another name for super intelligence." An astute observation. Yet, Mr. Burroughs made this statement in context to a very racist commentary of modern literature. Take notice of the context of how something is presented. A statement may on the surface be valid on its own, but misrepresent a larger fact. **Someone's rhetoric sounds elegant but a bigot and deceiver is behind it.**

9. Trying to read another's thoughts? Chances are you are afraid they have some power or advantage over you. Stop guessing. Confront them if you need to.

10. When you are constantly stuck on a person or idea, it's like a **cord has tethered you** to them. Where is this obsession coming from? Is it yours or is it directed at you?

11. **Challenge standing axioms** or maxims that have gone unquestioned will come back to haunt you.

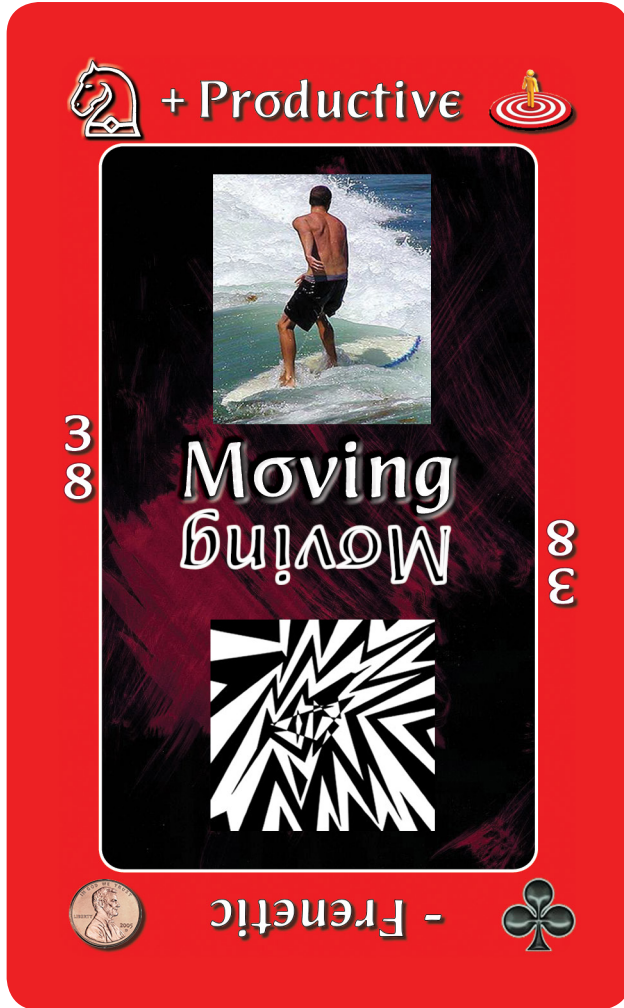
12. If a truth is founded on facts, repeated use, and evidenced by history, **don't let anyone take it away from you.** Unless these conditions can be disproven, you will win the day.

13. Old Sage and Victorian playwright, Oscar Wilde, revealed in his play *The Importance of Being Earnest* a dissenting awareness about truth, "The truth is rarely pure and never simple." **Best to deconstruct a situation into parts rather than reduce it into one oversimplified nonsense.**

Rollin, rollin, rollin, keep them doggies going.

—Rawhide, TV show theme song.

Situational Context: Awareness of motion, posture or activity.



- Horse – Chess Knight: **Warrior Set** Background Image and Border Color
- Center of Concentric Rings: **Centers Group**
- Penny: **Ordinal Orientation**
- Clubs: **Action Axis**

Illuminated (+): Productive, active responsive, ambling, attuned

Illuminated Position: When the body detects waves of energy surrounding it, and can make adjustments to those motions accordingly, that person can transfer that energy into something that serves their productive end. This surfer rides the energy of the wave. The irony is that the less energy he uses himself, the more effectively captures and uses the energy of the water. The measure of true productivity has always been the reduction of wasted energy producing the smoothest possible flow of motion.

1. When in touch with your body, your ability to **sense your surroundings** is enhanced. Sense the Force, and the Force will be with you.
2. **Get kinetic!** Sometimes just moving your body will stir the kind of energy you need to get going.
3. **Breathe!** The mind and body need a breath of fresh air.
4. **You have an energy management issue going on.** Compare the quality of the work to its quantity. Was the output worth the energy spent?
5. **Your physical health is foundational** to your well-being, vitality, and ability to achieve. How is it?

Shadow (-): Frenetic, hyperactive, manic, morose, reactive, impetuous, clumsy, rambunctious

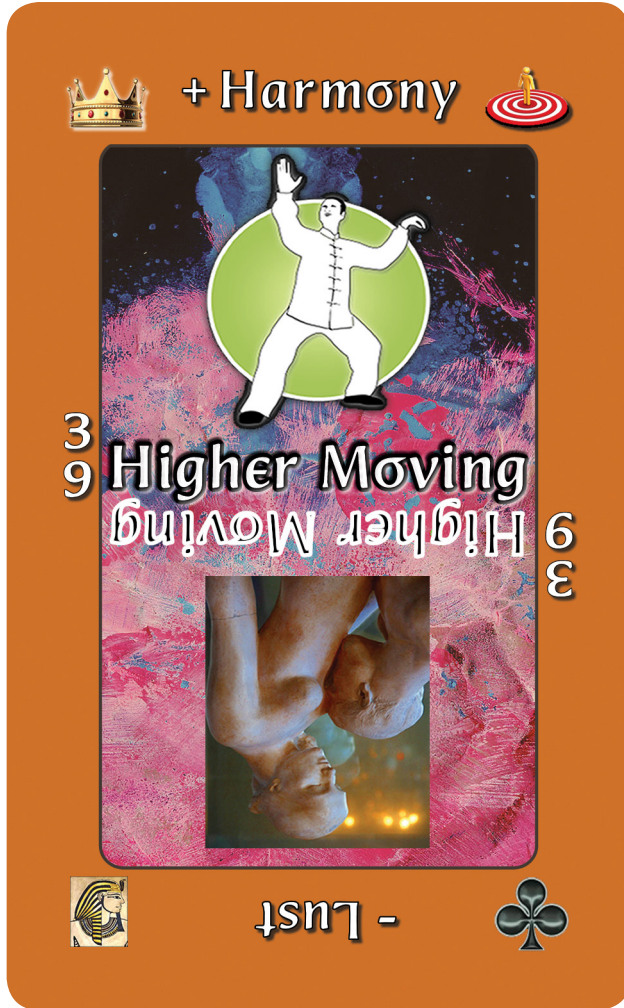
Shadow Position: Static is energy moving in all directions at once. Like this image of overlapping bolts of lightening, there is much energy, but it is moving undirected and as for productive purposes, wasted.

1. Frenetic energy is hyperactive; like the chicken with its head cut off. Motion without direction is frantic and exhausting to everyone who is caught in the whirlwind. **Where do the frenzied feelings come from?**
2. **Someone is bouncing all over the place.** Is it you? Settle it down!
3. Are you actually getting somewhere or **just spinning your wheels?**
4. **Get in your body.** Some pain is being avoided.

I feel good. I knew that I would.

—James Brown, I Got You

Situational Context: Harmony, synergy, seamless interactions.



- Crown: **King Set** Background Image and Border Color
- Person in Concentric Circles: **Centers Group**
- Pharaoh: **Exalted Orientation** of transcendence
- Clubs: Clover – **Action Axis**

Illuminated (+): Harmony, union, bliss, integration, fusion, synthe-

sis, embodiment, peak experience, feltsense, One-Taste, orgasm, magnetism, delight, ardor, ecstasy.

Illuminated Position: The Tai Chi Master seeks to harmonize with the energy of the Universe. By his precise, slow and flowing motion, done without exertion, it is movement that puts him/her in flow with the energies around him. This is the state sought after in many traditions: the Whirling Dervishes of Sufism, the Christian and Hindu aesthetics, hedonists, mystics, shamen, tantrics and drug addicts. Not to leave the body, but to feel fully alive and connected to the body and with all sensations. The Higher Moving or Kinesthetic Center, refers to the 2nd Chakra in this teaching. It emanates the power of transformational energy into matter - the ultimate form of manifestation. Also called the “Sexual Center” in the earlier Michael books, it signals to humans the longing for Oneness which is the reunion of yin and yang. Embodied, yin energy is carried in the female gender and yang in the male gender. As such, the most primary mechanical means to stimulate this Center, and thus physically engage all the bio-chemical and emotional elements, is sexual intercourse. The 2nd chakra, of course, is at the genital area of the physical body in both genders. The drive of reunification is equally part of the yin and yang connection as is the drive to reproduce offspring. Orgasm is the epitome of the momentary merger with all that is. Bliss so potent and encompassing, that it is inescapable not to feel a sense of connection with the other person, or to lose oneself into a total letting go into sensation. But the end result of carnal sex does guarantee a connection that is broader than mere pleasure, but it is a glimpse. Thus, in a crude and blunt way, the “urge to merge” is satisfied even if through the vehicle of lust, which represents the negative pole of this Center.

1. **Abraham Maslow noted that**, “Peak experiences are transient moments of self-actualization.” Anytime you push the limits of your body to the edge, the possibility of entering into a state of complete fusion with spirit becomes real. In actuality, for those who experience extreme pain, the same possibility exists.
2. You don’t have to be a Yogi or a stoner to have an ecstatic experience. Just start breathing. Take a bath or let your feet dangle in a cool stream. **Get out of your head and into sensation.**
3. The runner’s high triggers a **feeling of oneness**. The groove is available now. Get it on!
4. A perfect cord has been struck and there is **harmony** with all present. Energy is peaking, put the pedal to the metal.
5. **When in the groove, synergy fuels are all involved.** Maybe the next level is critical mass?
6. Some traditions term orgasm “the little death”, since for a moment, **Ego is**

totally out-of-control and personality is blended with Essence. Sex may not be appropriate in this situation, but surely allowing yourself to breathe deeply is. The deeper you go, the less the trappings of the situation will matter. **Take a deep breath.** Center yourself as part of the Earth.

7. A peak experience is possible to **feel fully alive.**
8. The greatest sense of **creation is birthing.** Whether woman with child or a man with invention.
9. When this energy is active, it is primal. It is sexy and stirs the soul for intimate physical contact. If it is appropriate, surrender into this higher state is just what you need. Maybe massage?
10. Orgasm can transcend mind, body, and emotion and remove the boundary between self and other. A perfect cord is struck and a **resonance with all things is present. When energy peaks, use it full throttle!**
11. Tantra is not limited to sex. It is about comingling energies in ways that **produce a feeling of seamless union and synergy.** *All forces are ready for that merger.*
12. **Harmony** is a state of complete integrity, leading to emotional ebullience and physical vigor. Kundalini states often unify the Essences if both people are completely bathed in one another.
13. Few moments in life **deliver that sense of wholeness.** An experience of complete fluid motion where there is no effort, no friction. *This situation has that potential.*
14. Seek synthesis of all your resources and get them all working together flawlessly.

Shadow (-): Lust, degraded, debauched, hollow, stimulation, delirium, frenzy

Shadow Position: I took this photo of Rodin's *Lovers*. It is pure sensuality. Lust is a way of completely leaving the mind and getting in touch with the pure and unrestrained energy of the animal within.

1. Someone might be using sex energy to cord you and get what they need through **seduction.** You are being used for fuel.
2. It could be **your body is at risk right now,** seriously so. If you are taking care of yourself, then be careful not to play too rough.
3. Never underestimate that the power of **longing for some rush of sensa-**

tion may also lead to craven debauchery. Now, it could be fun or put you outside your comfort zone.

4. *Have you been getting energy from indulgences?* If you are using **sensual pleasure** to prop up what seems to be a hole in your heart, filling it this way is it at best short lived. Break the cycle!

5. **Lust** is Eros, life force that captures attention and takes you for a ride. The opiates of *good feeling seduce one into a demand for repeated exhilaration at cost of other action*. Rather than a pinnacle reached, it is a sought after, high overruling attention to other things. Distracted by indulgences?

6. If you are not aware of your body, then *pleasure falls away*. Someone might be using sex energy to connect and get what they need through **seduction**. Look out, a succubus is draining you!

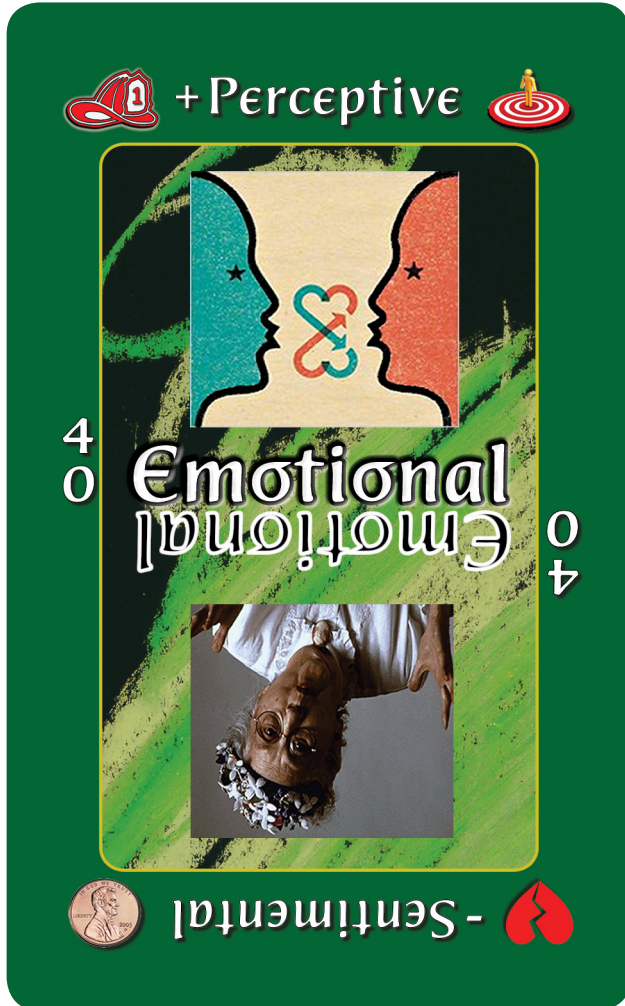
7. **Some people do drugs to get the feeling of being in their body**. Others do them to try and reach oneness with the Universe. The problem is the day after both feelings are gone. Sober up. **Clean up your act**.

8. **Lust and greed are different**. Lust wants to sensation and experience. Greed wants to possess and control. If you experience the former, be aware if you find yourself diving into the latter. One might be obsessive, but the other will make you compulsive.

I feel your pain.

— President Bill Clinton

Situational Context: Emotional intensity gauges the real significance held by someone—notice it!



- **Fireman's Helmet: Server Set** Background Image and border Color
- Man in Concentric Circles: **Centers Group**
- Penny: **Ordinal - Personal**
- **Broken Heart: Inspiration Set Symbol** reversed to show that sentimentality is often an effect of grief or pain from some past event still influencing

the person in the present. (see Card 70 - Time).

Illuminated (+): Perceptivity, sensitivity, warmth, astute, affectionate, receptive

Illuminated Position: When people think with their emotions, some consider it a mishmash of illogic. Yet, Emotional Intelligence or Perceptivity, is being recognized as giving a person an edge in working with others. The symbol, a bit campy I admit, shows two people sharing a loving moment. Respect between people is a form of social love. Justice in our courts is a form of humanitarian love. Fixated on the “one true love” is the trap of MAYA, a demand of Ego, and yet a longing for connection deeper than either can imagine. Accomplished Irish poet John O’Donahue, a philosopher and Catholic priest said, “...You are joined in an ancient and eternal union with humanity that cuts across all barriers of time, convention, philosophy and definition. When you are blessed with an anam cara, (a Celtic concept of Essence Twin) the Irish believe you have arrived at that most sacred place: home.” The distortion of this romanticized view of loving another presumes that there is a lack of love in the Universe. There is not. Only a lack of willingness to let go and let it in.

1. **When a person gets gotten on the emotions** driving their words, a shift moves them out of defensiveness and into genuine expression. At this point, people can get real. Freedom to be!
2. **Let your enthusiasm be infectious.** Communicate your joy and excitement to others.
3. The Law of Emotions is simple: **you have them or they have you!** Feel them, don’t deny them.
4. **Emotions drive everything!** Realize this truth and your perceptivity to detect the moods of others can be a key asset in connecting to them.

Shadow (-): Sentimentality, nostalgia, neurotic, moody, apprehensive, depressed

Shadow Position: In the photo, I admit that I played to a stereotype of “church lady”, who always seems ready to reminisce about “the good old days”. Sentimentality and nostalgia are clung to when a person remembers what it felt like, instead of bringing awareness of the feeling into the present moment.

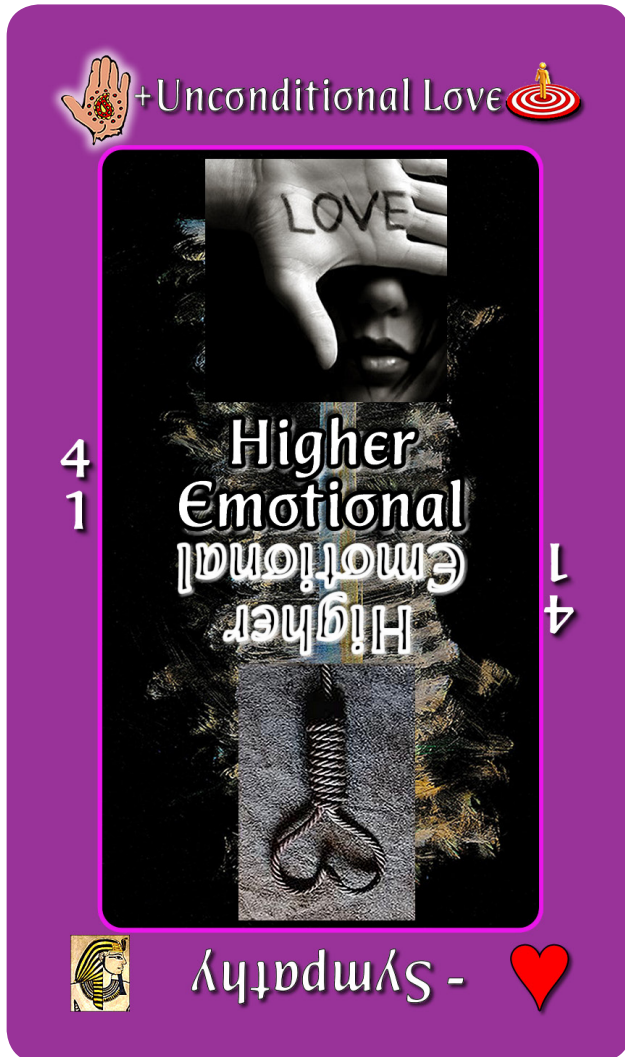
1. **Dealing with a moody person?** Try listening to what they have to say then ask “what is the emotion driving that?”

2. **Nostalgic reminiscence takes one out of present time.** A current event is being misinterpreted.
3. Ah, the *good old days!* Hey, they *really* weren't that good. Your perception of the past is distorted because you'd prefer to be nostalgic about a past that your mind invented rather than deal with the now. Clear your head. Feeling is not wrong here, but you are indulging your fantasy about emotions you want to have instead of what actually was. **How do these feelings or tendencies to look backward, instead of forward, function as part of your defenses?**
4. Sentimentality is looking to the past for feelings that once might have soothed or inspired you. Be alert that a **longing for safety is being expressed** as traditional values. One size does not fit all.
5. *That was then, this is now.* **Stop romanticizing.**
6. **Someone is verklempt!** A term borrowed from Yiddish, it means one is choked-up with emotion; generally distraught, filled with angst, possibly on the verge of tears - if not sobbing. **This is not a person to rely upon when this state is so clearly ruling the situation.**

Love the one you're with.

—Stephen Stills

Situational Context: Spiritual connections or issues of the higher good are in play here.



- Open Hand: **Priest Group** - Background Image and Border Color
- Person in Concentric Circles: **Centers Groups**
- Pharaoh: **Exalted Orientation**
- Heart: **Inspiration Axis**

Illuminated (+): Unconditional Love, agape, admiration, ecstasy, serenity

Illuminated Position: Love is blind. So goes the old adage. The woman holds an open hand and signals her unconcern about appearances, but love is spelled out for all to see. The Seventh Chakra, this Center opens the Personality with the Messianic Plane. The Infinite Soul (a term meaning Avatar or one fully realized to his own Divinity) that represented this quality was that of Jesus of Nazareth, who was called the Christ by the Hebrews of that time. Higher Emotional Centered experiences remind us of our universal connection with all things, and that ultimately beyond the realm of fear and MAYA (Card 69), there is no difference between us, at our core.

1. Being genuine and vulnerable, meaning direct about what you feel, IS unconditional love in action. **You do not have to be perfect, just open.**
2. **Love** is the foundation of all that matters and *all that is matter*. Messianic energy dissolves the fog of Maya and forgives any conditions which hinder common bonds. Remember this idiom: *“there but for the love of God go I.”*
3. No matter what the circumstance **bring loving kindness and light hard-heartedness** to all the players, no matter how difficult it seems, and the core focus of any sticking points will be dissolved.
4. Drop all schemes, pretenses and strategies, and **open your heart to that possibility.**
5. Relating to someone’s greatest love: a child, a spouse, a discovery, can be the best way to realize that they are human just like you.
6. You are in the presence of a situation where you can open your heart and perhaps heal something that has been out of balance. If you are willing?
7. **Opening to Love of the highest order produces miracles and dissolves obstacles.** Remember what Jesus said, “love thine enemies.”
8. Robert A. Heinlein in his book about a Love Messiah, *Stranger in a Strange Land*, “**Love is that condition in which the happiness of another person is essential to your own.**” If you really love, then there is no sacrifice.

Shadow (-): Sympathy, ennui, pity, intuition, suadade

Shadow Position: When love is constriction it might as well be a noose. Sympathy is like putting a leash on someone. Believing them to be weak or helpless, you drag them around to cheer them up. Or they drag you around with their grief.

1. **Sympathy for someone easily hides pity.** Pity makes you believe you are more powerful than someone else. Encourage, don't enable.
2. **Do not rest on what your intuition is telling you.** If you have a hunch, look into it before you act on it. Emotions don't use words, they use sensation. Let that feeling alert you, and pay attention to the tenor of the interaction.
3. **Selfish emotions** are those rooted in the fearful belief in scarcity, that you'll never have enough. Raise your havingness. Love is always generous because it is always abundant. Share if you care.
4. The Physical Plane is a hard place. As M. Scott Peck reminds us, "*life is difficult.*" Share that truth with someone, and differences will fade away.
5. Benevolent paternalism may go far to fulfill the needs of a family or a people. But it **prevents one from being seen as whole.** Stop guessing you know what is good for someone and ask questions.
6. Past life history is stored in one's DNA memory. Intuition is **engaged when a memory has been stirred. Pay attention when it is activated.** Trust it, but verify it with the spoken word.
7. **Don't confuse the presence of feelings which seek healing, understanding or resolution a signal of "fair" assessment of the encounter.** Projection also happens. It probes rather than asks and it acts on presupposition. Intuition is always biased.
8. **If grief has stayed with you longer than needed** to heal, it is because you have forgotten the pleasure you once knew from the thing you lost. Remember and rejoice.
9. Protecting yourself from being hurt is also **shutting yourself down** from the possibility of knowing the ecstasy of love without condition.
10. **Alfred Lord Tennyson** famously said, "Tis better to have loved and lost Than never to have loved at all." Even if this phrase seems like BS, **in the long run, love is always worth it.**

The hackles on the back of my neck just went up!

—Popular idiom

Situational Context: You sense something but can't quite pin it down...or put words to it.



- Atom: **Scholar Set** - Background Image and Border Color
- Man in the Center of Concentric Circles: **Centers Group**
- **The Neutral Symbol:** it assume no specified action in response.
- Spade: **Assimilative Axis** - Pointedly dig deeper.

Illuminated (+): Essential, atomistic, Eros, visceral, gut feeling,

Illuminated Position: Few animals call forth thoughts of raw power and nature's beauty than the cougar. It calls from us an essential purity and authenticity from being fully alive and in the moment.

1. **Pay attention** as if your life depended on it! By the way, it does.
2. Like all animals, you have instincts. Notice, **what makes the hair on the back of your neck stand up?** Or maybe you smell something shy or rotten? The animal within is on alert—honor it as your own watch dog growling a warning.
3. Instincts *can* be developed. It's called evolution.
4. ESP is nothing more than *extended sensory perception*. **You are capable of sensing more than your mind can realize.** Let the animal inside of you come out and sniff the air and listen to the whispers on the wind.
5. You are the alchemical product of your **Essence**. Let your gold luster shine with natural brilliance. Trust your *gut instincts* to point you in the right direction, *for you!*
6. Sometimes, the fluid, unplanned and uninterrupted reaction is far more **Essence directed** than anything the mind could cook up. Jump into action! *Don't think*, just do!
7. One's **Essential** nature expresses itself whether awareness is present or not. Open the doorway to your animal nature as framed by evolution and programmed by the Soul. Rely upon and sharpen your instincts. Fly by the seat of your pants! If you are reckless, you might have a few skid marks.
8. Remember, "you are the superior predator." (See Bob's Story - Card 11) Make sure that you know it. It is beyond, or perhaps below, confidence. Act on instinct. No, You don't have win, let alone kill, but you must be ready to fight.
9. The Jungle does not judge. Neither should you. Do what is right in front of you and shut your mind up. **In the end, balance will be restored.**
10. Follow your circadian rhythm instinctive to all animals. Rest when you need to, eat only when hungry, play to nurture and release stress, but above all know when **it is time to the hunt and gather what you need.**

Shadow (-): Mechanical, atavism, Id, survival, remote, feral, carnal, ravenous,

Shadow Position: The Great White Shark has been called nature's perfect killing machine: cold blooded and efficient. The Shark is mechanically perfect as a predator. There is no emotion, no malice, no intent; just operating upon millions of years of biologically programmed and naturally selected impulses to feed and survive.

1. Reactive programs are operating in place of awareness. **Be alert for some rash reactions.**
2. **Something hidden** is stalking you. Be vigilant.
3. Cunning is a quality that makes one dangerous. Scheming is unaware fearful defensiveness. It's NOT the same as deliberate contemplation.
4. Living life **on automatic**, like a mindless herd beast, simply makes one food for predators. Who is acting reflexively, without notice or thought? What might wake them up?

Body Types Group: the Costumes; Appearances, Health and Attractiveness

“Seeing, hearing, feeling, are miracles, and each part and tag of me is a miracle.”

Walt Whitman



- **Unifying Set Image:** Di Vinci’s Vitruvian Man – Showing the full range of physical possibility.



- **Common Color:** None. Color of card varies from the representative of each Role Set
- **Background Image:** All different.

When Body Type Card(s) lands in your Layout

Cards 43-52 are the motivation it brings with it are those regarding your appearances and/or how the situation is orchestrated to appear. The subject of the question is key to understanding its arrival. If you are asking about a health issue, the Body Types may be specifying specific systems associated with that type. ²If it is about how one might fare in a relationship, especially in efforts of sexual attraction or performance, perhaps it is relative to height and weight or other aspects of physical compatibility. Because people have associations with body types they hold as sexy or repulsive, or perhaps related to a pleasant or unhappy experience associated with a particular size, shape or color, there might be projection of some aspect of character onto a person’s Body Type that resembles a memory of someone past?

2 My recommendation would be to view Jose Stevens’ book The Michael Handbook concerning the metaphysical associations with the systems of the body.

When two or more Body Types appear they might represent two different people or a contrast between two parts of your own body composite.

What is the Significance of Body Type?

Bodies are the vehicles which house the Soul's consciousness. In Biblical terms, "your bodies are temples of the Holy Spirit"³ We are constructed from genetic materials which connect humans to each other and all other life on Earth. Our bodies present an image to the world for all to see. For a specific life, nothing is more important than care and feeding of the Animal⁴ (or the neglect thereof). A body provides the first standard of our physical strengths and weaknesses, our stature and limitations, and our native advantages over other animals since we possess such diversity within our own species.



Metaphorically, we can speak of how a person or group or situation is postured or it captures the shape of the situation. Such qualities would contrast aspects of whether one is humbled, or rigid, or flamboyant, are just a few adjectives one might use to assess the strength or weakness of someone's "presentation." Remember, two very important adages here: "looks can be deceiving" and "don't judge a book by its cover." Since the human body is animal and mammalian, you are being reminded that stance, adaptability, and fitness to your environment, affect your ability to survive, but also to thrive. For those interested in more esoteric interpretations, look into the mythology associated with the card for hints of the native

3 1 Corinthians 6:19-20

4 Reference Harry Palmer from Resurfacing and Michael from Michael's People

behaviors of each of the gods and goddesses representative of each body type. The motivation it brings with it are those regarding your appearances and/or how the situation is orchestrated to appear. Appearances, remember, can be deceiving. Since the human body is animal and mammalian, you are being reminded that stance, adaptability, and fitness to your environment, affect your ability to survive, but also to thrive. For those interested in more esoteric interpretations, look into the mythology associated with the card for hints of the native behaviors of each of the gods and goddesses representative of each body type.

Examples of Key traits

Expressive Types

- Mercury (quick, nervous)
- Jupiter or Jovial (big, windy)
- Pluto (edgy, dangerous)

Action Types

- Venus (image, beauty)
- Mars (action, confrontation)
- Uranus (intriguing, astounding)

Inspirational Types

- Lunar (earnest, subterfuge)
- Saturn (status, power)
- Neptune (coy, delicate)

Assimilative Types

- Solar (calm but heady and possibly any of the others)

However, visible phenotype (a person's characteristics) generally exhibits the physical traits of a dominant, and usually secondary, type. However, it is the internal physiological qualities resulting from the genetics of recessive body types which can have a more pronounced, and unseen, effect upon a person's health. The characteristics of listed below can be understood to suggest not only the physical manifestation of our bodies: size, weight, coloration (race or ethnicity) and health (or deformity), but also the psychological attributes which attend each type.

Aligned with the Astrological mythology of our solar system, they serve more to remind us of our strengths and weaknesses, our stature and limitations, and our

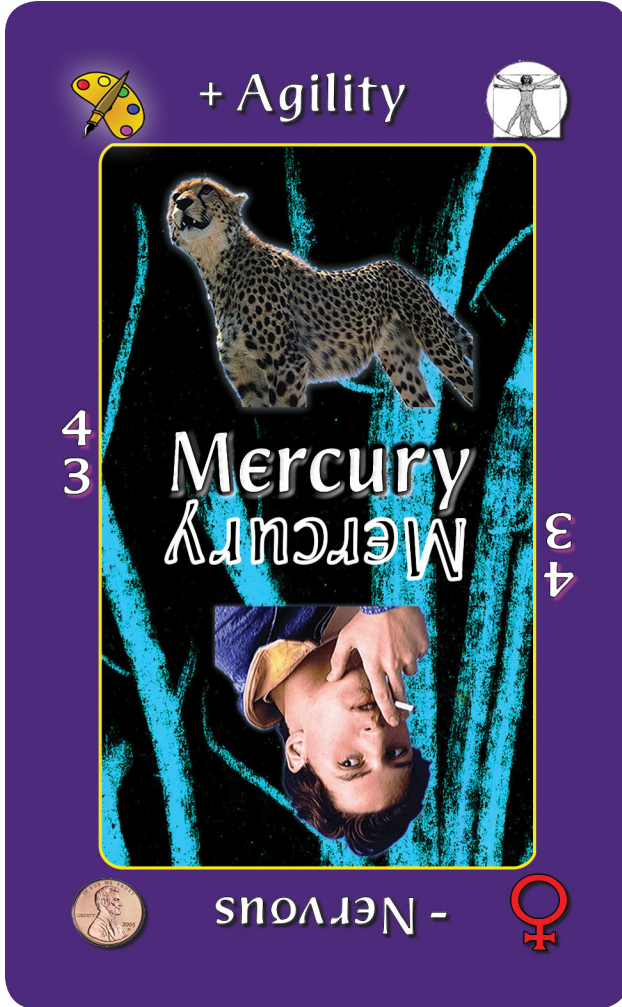
native advantages over other animals since we possess such diversity within our own species. The characteristics can be understood to suggest not only the physical manifestation of our bodies: size, weight, coloration and health, but also the psychological attributes which attend each type. Homo Sapiens have so crossbred over the hundreds of millennia, with a vast acceleration during the last century, it should be expected that most human beings are hybrid combinations of several body types. However, visible physiognomy generally exhibits the physical traits of the dominant and possibly the second. Physiologically however, the qualities of the recessive types can have a more pronounced effect unseen and internally upon the person's health or genetics.

There are many systems of classifications which characterize the shape, appearance, and attributes of a person's anatomy; one of the most widely used being the trio of: Endomorph (softer and rounder), Ectomorph (thin and boney) and Mesomorph (muscular and hard). But in the Michael Teachings these general characteristics are distributed under the more esoteric methodology associated with an Astrological mythology named after the celestial bodies within our own solar system. Thus, the Body Type Cards are named: Mercurial (Mercury), Jovial (Jupiter), Venusian (Venus), Martial (Mars), Lunar (Moon), Saturnine (Saturn), Solar (Sun), and the three outer most planets are represented as the "esoteric Body Types" Plutonian (Pluto), Uranian (Uranus) and Neptunian (Neptune); since their influence is less prominent in appearance but subtle and more nuanced in the function of the Personality.

Run Forrest, Run!

— Forrest Gump, by Winston Groom

Situational Context: Act with agility to a timely message.



- Artist's Palette: **Artisan Set**
- Vitruvian Man: **Body Type Group**
- Penny: **Ordinal Orientation**
- Astrological Symbol for Mercury: **Body Types**

Illuminated (+): Agile, sprightly, nimble, elastic

Illuminated Position: As the fastest land animal on the planet, the Cheetah symbolizes speed with Agility. The energy of this card in the positive pole is one of quick mind, reactions, and wit. But, they are sprinters and need to rest after capturing their meal. They have an extremely high metabolism and can run out of fuel quickly.

1. **The communication road is wide open!** Handle the hairpin turns of tough statements with your words and your wit. You are in the driver's seat.
2. If you have a Mercurial Body type, **you might find yourself often anxious and ready to leap.** Squirrels and sparrows are constantly taking in their surroundings. Do the same.
3. The messenger had better be **agile** of words and footing, lest they be killed for bringing a message that is unwelcome or poorly delivered.
4. **Mobility is the key.** Be ready to move.
5. The situation calls for a slight of hand. **Move quickly** so that it can't be seen.
6. **Agile** of mind and body, this card confers a quickness to move and respond with a cleverness of wit. **Act fast and glide over obstacles.**
7. **An intellect that is nimble,** flexible and yet aware of its premises, can hear another's point of view, examine it, *take in new information or readily find the mistaken assumptions of ideas presented* to it. Mercury brings messages all the time!
8. You are like an acrobat: jumping, tumbling, twisting, in ways that dazzle. Get ready for the *Pièce de résistance; you've got 'em!*

Shadow (-): Nervous, gawky, erratic, flighty, edgy, slippery, elusive, effete, volatile, temperamental, quixotic

Shadow Position: Nervous people often smoke, or eat, or fidget, or run, or do just about anything to discharge that energy out of them. Not always thin of body, but the limbs are often lithe.

1. **Tension is signaling you** that there is strain somewhere. Are you handling your stress?
2. **A nervous speaker can stammer or be glib.** A mercurial mind moves faster than its awareness.
3. Someone needs to burn off some nervous energy. **Stop the overstimulation, NOW!**

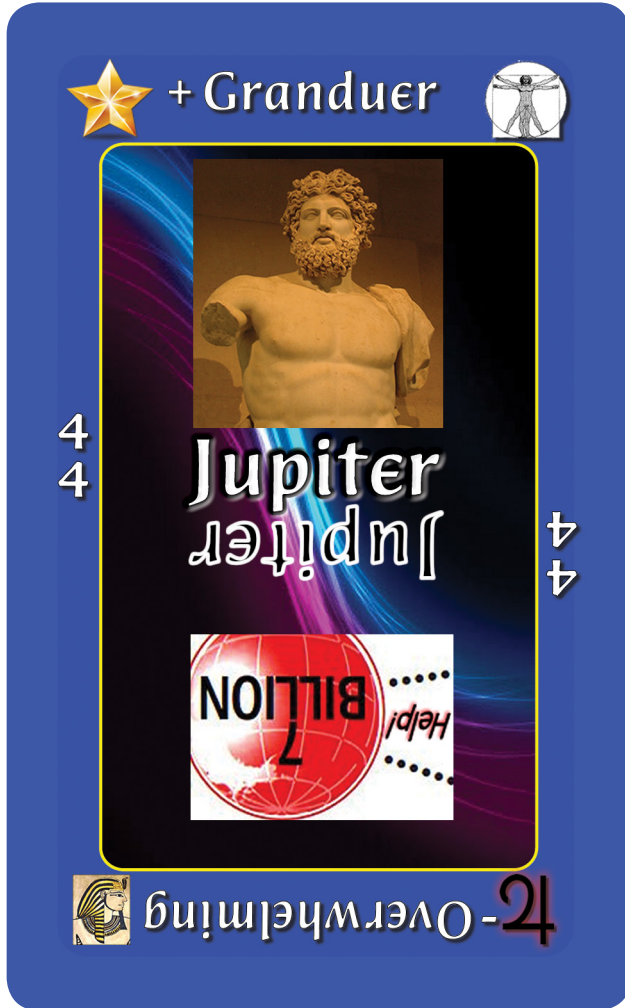
4. Mercury in retrograde? You're going backward fast! **Can you put on the brakes before it breaks the situation?**
5. Beware of a mercurial person. Their thinking is generally erratic and **seldom dependable.**
6. You are twitching like a live wire. When was the last time you ate? **Get grounded!**
7. The messenger had better be quick and know what they are about to say, lest they be killed for bringing a message that is unwelcome or poorly delivered.
8. Get grounded by using your tension in an applied way...take a walk and mellow out!
9. **Friedrich Nietzsche, for all of his Mercurial** wit and musings, had the awareness to recognize that the mind can sabotage the heart when he noted that "Wit is the epitaph of an emotion." Try not to be the deceptive Artisan with your own feelings, speak to them rather than gloss over them with some philosophical excuse or banter.
10. This Body Type is favored by those who like an agile mind, quick wit; and in the positive pole, keen but stealthy perception. Because it tends to favor narrow, long, and flexible bone structures, people of this Body Type often make exceptional runners, acrobats, swimmers, gymnasts and models; where extension and playability is an advantage.
11. The person with these abilities can be as fast with a comeback, as they can be with moving quickly like the winged feet of the God which carries its name. In the American culture, both speed and wit, like speed of foot and quickness of tongue, are highly valued traits. When in use by the likes of a Robin Williams, a Venusian-Mercurial, truth can be issued like darts from a blowgun. It leaves its prey as paralyzed and helpless. Be careful of the reactions of others.
12. **Intended by Essence for use in augmenting one's ability to "think fast" and jump quickly;** this Body Type's metabolism and neural network is apt to be *running flat-out*, all the time! Hence, physical weight gain and calm minds, are NOT a common part of its make-up. High output can be expected from this Body Type as a result, but so to can burnout from a hyperactive use.

Once the subtlety of Mercury has run its course, the pontification of the Jupiter enters the picture. Meant as an energy of presence, potency, and declaration to take-up-space, this Body Type makes one very visible and puts others on alert to your presence. If this symbolic energy is your mantle to wear, then you might want to do it with as much majesty as you can muster. Perhaps you are ready to practice a bit of the center stage?

Life is a banquet and too many suckers are starving.

—Auntie Mame

Situational Context: Grand pageantry, showmanship, and spectacle commands attention.



- Star: **Sage Set** - Huff and Puff - Background Image and Border Color
- Vitruvian Man: **Body Type Group**
- Pharaoh: **Exalted Orientation**
- Diamond: **Expression Axis**

Illuminated (+): Grandeur, magnanimous, splendor, generous, mag-

nificence, expansive, voluminous, ebullient, chutzpah

Illuminated Position: Few icons of power and Grandeur surpass that of the Greek God Zeus, which the Romans called Jupiter. The bust is on display in the Louvre, and I took this photo to remind me of my own dominant Body Type. If one wants to show up in “big way” and “live large” then the Jupiter Body Type is the preferred vehicle. *Jovial*, means of course: gregarious, loud, and one who “takes up space.” People choosing this physiognomy will most certainly be noticed wherever they go. It is a terrific device for an Essence who wants to make sure that the Personality they are creating for a lifetime cannot get away unseen. Like the Sage, you will be noticed! “Pomp and Circumstance” is the hallmark display of this energy when it comes to ceremony and exalting something they hold as glorious or grand.

1. Be in the spotlight and get noticed. **Have a grand time.**
2. A bid deal is about to happen! **Act with jovial aplomb** and you will be the center of attention.
3. No matter what, **now IS the time to occupy space.** In fact, fill it with as much power, charisma and dignity as you know how to muster. If you think a lightning bolt is necessary, use only a few of them. Being striking someone with one can draw the attention to them. You wouldn't want that to happen, would you?
4. Be splendid like Zeus on Olympus. **You are the central power in your Soloverse. Display!**
5. Be like jovial Santa: **magnanimous with the Christmas Spirit** (anytime). And remember to, “ho, ho, ho!” It will feel like a gift for everyone.
6. Grand pomp may convey elegant **grandeur** or overt grandiosity. Either way, much ado is generated; let people be genuinely impressed.
7. **A presence is expanding into this setting**, on display or attracting attention, this energy may appear larger than life.
8. Make yourself a larger than life figure. As Auntie Mame would say, “The more the merrier!”
9. Make a grand entrance. Act with **splendor and with self-possession.** People will bow at your feet.
10. **Raise the joviality in the situation.** Raise the level of discourse to issues and principle rather than bickering over positions and petty appearances. Everyone will be grateful for the reminder.

Shadow (-): Overwhelming, pompous, ostentatious, corpulent, imperial, bravura, extravagant, entourage

Shadow Position: When something feels Overwhelming, imagine being poor Atlas carrying the world on his shoulders? When you carry the weight of the world, it often stresses you beyond your perceived (or actual) carrying capacity. The image chosen for this negative pole denotes the plight of our Earth. Itself not in peril, but dangerously stressed to its carrying capacity...*of us!* Whatever a burden feels too heavy, or a problem too unmanageable, triggering your feelings of overwhelm, it suggests you do something that poor old Atlas was not allowed to do: lay it down and get some help. But, in the case of the seriously obese, that attention might be anything but exultant. Instead, that person becomes an unmistakable target of derision. In either case, there is no place to hide. As you might guess, a Body Type so centered on size and strength is governed by the Pituitary Gland where HGH (human growth hormone) is produced. Over the last 3 decades, baseball superstars like Mark McGuire, homerun king Barry Bonds, and pitcher Roger Clements, all indulged in *performance enhancing substances* (And you have to admit, they put on one heck of a show.) and their bodies grew into bulky Jupiter brutes. Each has had their notoriety crash into infamy. And as their missteps show us, the self-karma of Jupiter is you can ride high, but when you grandstand too large, the fall can be even more spectacular than the rise. And, it is a long, hard drop off the face of Mount Olympus.

1. In a world of appearances and one-upmanship, delusions of grandeur will make one feel a lot better about themselves. It might be useful to inflate oneself like a puffer fish and fend off attackers.
2. The famous story of the Emperor Has No Clothes is apt for this Sagely body type in the negative pole. **They expect you to conform to them!** Greed, power, a perceived over self-importance, and the idea that they should be accepted just as they demand of you is what is on display. Have you ever seen a fat, naked dummy on display in a department store window? Not a pretty sight.
3. **Someone is being pompous.** It can backfire, causing the people you hope to impress to shun you instead. Entering into their orbit, gently.
4. Fred Flintstone, a favorite prehistoric jovial figure, is famous for the ebullient shout, “yabba, dabba, do!” However, in this case, **it might be better to yabba, dabba don’t!**
5. **Too much of a good thing is still too much.** Tone it down some or back off a bit.
6. Pushing the limits of any space, the shadow side of Jupiter can drain energy away from others by **overwhelming them with conceit.** No need to grovel

either (as if you could) just hold space.

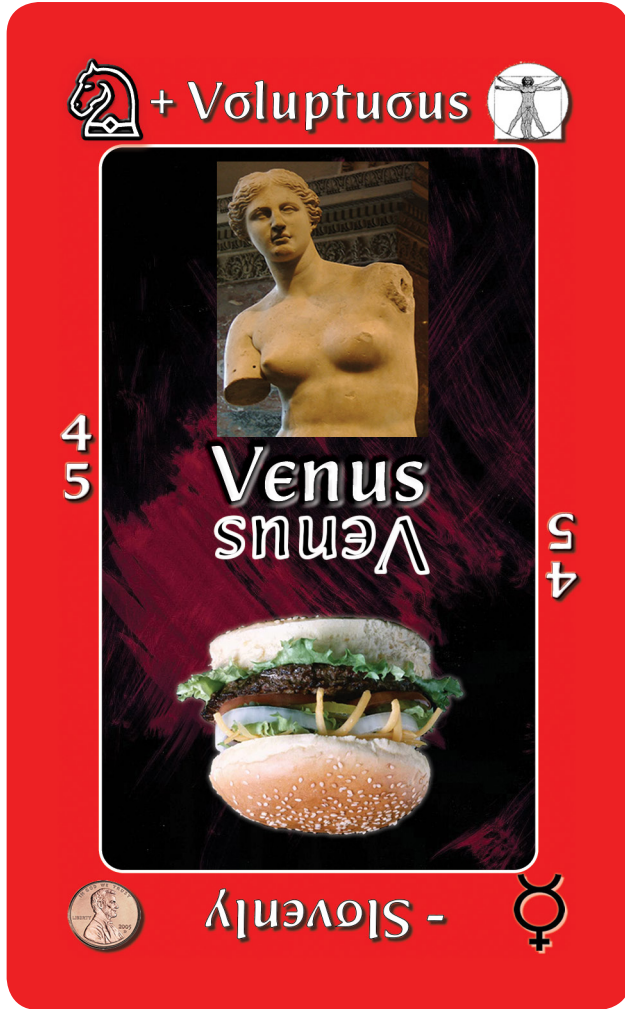
7. Oh, **it is all about you!**...*but not in a good way*. Everyone is staring like you just farted in public.

8. Now that the “large and in charge” energy has been tested for effect, a more alluring and sometimes more disgusting energy is called for. Venus was the most desirable of the goddesses, the representative of not only beauty, but of fecundity as well. Next step is to try on a more subtle and even sexual form of display.

Why don't you come up and see me sometime.

—Mae West

Situational Context: Things may not be as they appear.



- The Horse – Chess Knight: Symbol of the Warrior Set
- **Upper Right:** (Knowledge Position): Vitruvian Man - Symbol of the Body Type Group
- **Lower Left:** (Power Position): Penny - Image for the Ordinal Perspective
- **Lower Right:** (Support Position): The Club - The tool and Symbol of the Action Axis

Illuminated (+): Voluptuous, sensual, swarthy, zaftig, curvaceous, Rubenesque

Illuminated Position: Few symbols capture beauty like the ancient statue of Aphrodite, or Venus to the Romans. The raw sensuous energy of Venus is the height of the Warrior nature. When it comes to sex appeal, there is no more tantalizing a body than the olive skinned, dark haired lusciousness of a Venusian Body Type. But it is the Warrior's body built to be malleable and adaptable, swarthy and enduring, and pretty; but it can also be tough. Often, stocky or blocky, this Body Type has a sort of toughness that conveys a kind of animal prowess to it. An Essence chooses such a look when the look of danger is desired in a male, or a look of sexual potency is desired in a female.

1. Whatever you see right now looks particularly yummy, **voluptuous!** Get comfy and snuggle in.
2. Sensual beauty flows whenever you **love your body and care for it.** Have the former and do the latter.
3. Celebrate the soft, warm and comfortable in your life. **Luxuriate in those without apology.**
4. There is no greater physical beauty than that which radiates from sensuality and animal magnetism. **Revel in the attention,** but don't let it go to your head.
5. Radiate the beautiful nature inside you.
6. Once upon a time, being curvy and sensual was a mark of wealth, status and luxury. In this instance, **enjoy these aspects instead of criticizing yourself or someone else for them.**
7. Whenever one looks in the mirror, and can **see beauty without vanity,** then one becomes the light around which all things are illumined. Radiate the beautiful nature inside you.
8. Physical attractiveness as measured in voluptuousness, sensuality, and sloppiness surround this card.
9. Dress things up. **Make the appearance stunning.**

Shadow (-): Sloppy, morose, obese, disgruntle, slovenly

Shadow Position: Few Americans can resist a really good hamburger. Once upon a time, such meaty feasts would have been available only once a week or so, after a successful hunt, or at the end of a major battle. Now, some of us can indulge in

these grease balls, having them slather down our chins or onto the fronts of our shirts, three times per day. It is any wonder why this symbol of hearty indulgence is used for the negative pole? All one has to do to become Slovenly is merely feast upon this little mound of calories and the pounds will pack on in no time.

1. **Beauty is said to be fleeting.** It is true if you classify it only in terms of appearance. If so, you are being shallow, and missing much.
2. No amount of make-up can cover one's disgust evoked by morose sloppiness. **Clean up your act!**
3. Taking things for granted leads one to become slovenly. **Where are you being inattentive?** Are you leaving a big mess to clean-up?
4. Creature comforts are the sensual pleasures that allow the body to recuperate and relax. Yet **overindulgence can make one soft, weak, and sluggish, losing any discipline to harness your energy when necessary.** It might be worth a review to see if you still fit into those old jeans. Or, to play the pun, check to see which genes are activated to make you obese? Sometimes, you just have too much junk in the trunk. Get up off your ass!
5. **Someone has done a sloppy job.** Making excuses for lack of tidiness or indifference to intention is not something to be indulged.
6. Author and Hollywood cynic Dorothy Parker is quoted as having issued this rhyme about **the fleeting nature of physical beauty**, "Beauty is only skin deep, ugly is to the bone. Beauty always fades away, but ugly, holds its own." Invariably, this statement refers to the inside as well. Find that first, no matter what your age or physical appearance.

Fire all phasers!

—Star Trek

Situational Context: Situations where a quest is involved may be at hand.



- King's Crown: **King Set - Background Image and Border Color**
- Vitruvian Man: **Body Type Group**
- Pharaoh: **Exalted Orientation**
- **The Astrological symbol for Mars**

Illuminated (+): Endurance, fitness, vigorous, robust, fortitude,

moxie, fettle, rigor

Illuminated Position: Adonis was a Mars Body Type. He was the Masculine (Card 55) the male God of beauty, the counterpart to Feminine (Card 54) Aphrodite (Card 45). In paintings, or chiseled in stone, this figure of solid “6-pack abs” and posture of the stalwart spear carrying model, is often cited by those who see a the “perfect” male physique. But, for the MT System, the body type may belong to either gender. Captain Janeway, the lead character of the Star Trek Voyager franchise, shows the distinctive red hair, the slightly forward leaning stance, and the compact physique that are hallmarks of this Mars body type in the positive pole. Usually showing at a fairly early age, these were the kids on the playground who could engage in just about any sport because they were a block of muscle, had the endurance that one could only marvel at and envy. The image was chosen because it reminds me of the media’s portrayal of how the “fit” man should look. As the King Body Type, it conveys the ultimate masculine stereotype of warrior-god all in one.

1. With a readiness for action, the energy of this card says, “Whatever you do, **endurance** is yours!”
2. Vitality, **endurance**, fearlessness, and conflict are elements in this card. You can win this game!
3. Focus your intensity and **make a show of strength**. Your efforts will be rewarded.
4. It was none other than the Roman poet Virgil who said, “Every calamity is to be overcome by endurance.” You might want to listen to paeans of great heroes, or nowadays motivational speeches, to keep you going, but **don’t let this situation make you give up or give in**.
5. **Check your fitness for a project** or the fitness of others you are engaged. You look like you are up for the task. Are they? Do they fit a niche you need them for?
6. Moxie is an old term meaning: guts, boldness, and determination. Take the bull by the horns and show **you are not going to be overrun by anything!**
7. The God of War has **endurance** built from the strength of dedicated practice. **What discipline do you need to set into motion in order to be prepared for life’s contingencies?**
8. Vitality, **vigor**, fearlessness, and conflict are elements in this card. You can win this game!
9. **Make your strikes surgically precise**. Do not go for a kill or to maim, just

disable that adversary who is attacking you.

10. Go ahead and pose. You've earned it. Let the Olive branches of victory be adorned upon you. No matter what your opinion of yourself, **you have earned the right to be exalted as the conquering hero.**

Shadow (-): Impulsive, capricious, impulsive, rash, stalking, explosive, bold,

Shadow Position: Temper, temper! There is much lore about the “red head” having a fiery personality, with a sudden impulse to act. Well, as the King Body Type, and its associated qualities, Dominance (Card 11) of Impatience (Card 24), and Aggression (Card 32), we can understand that its natural proclivities is to be Impulsive, and perhaps even out-of-control. A scrapper, one who jumps into a competition or maybe even a fight, is a quality of this archetypal Body type in both males and females. Either may express themselves the other way as well, sexually. Look out for this person's libido; it is possible it is like a torpedo.

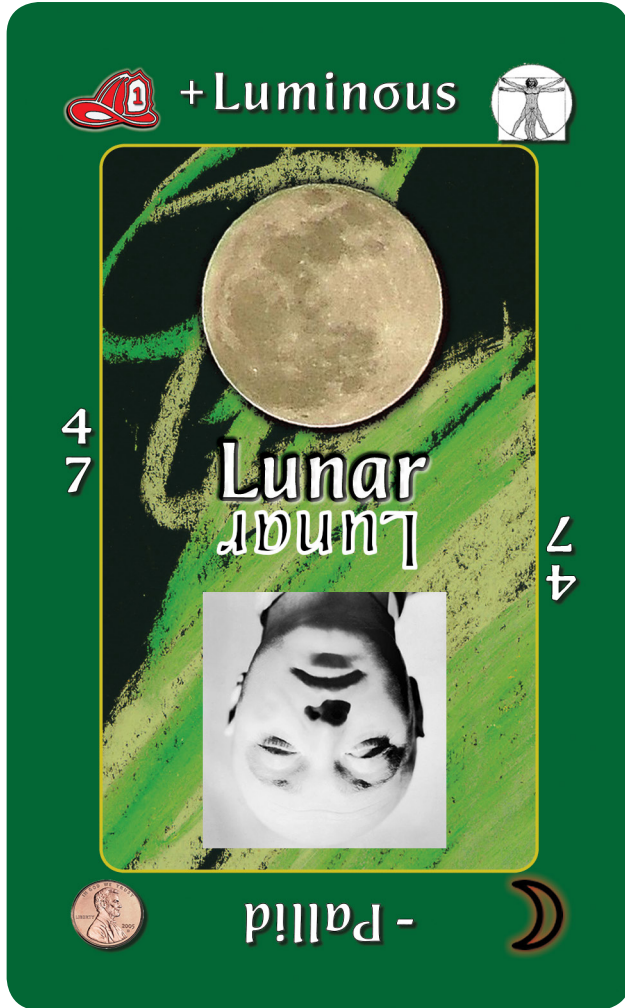
1. **Impulse control is vital!** Don't let a quirk take you on a wild ride - yours or someone who you are with.
2. Johnny Knoxville, the 'star' of the Jackass movie franchise, who himself is a Mars body type, captured the mindset of someone operating from the negative pole. “I pretty much operate on adrenaline and ignorance.” It is **a very karmic way that many people get through life.**
3. **Impetuous action is seldom wise** or effective. This situation is spiraling out-of-control. Reel back your impulse to overreact. You can fix this.
4. Thrashing about in rash actions may be seen as erratic, but if you keep swinging at it, that **unpredictability might work to your advantage.**
5. Siblings may fight when no parent is present to rein them in. Conflicts between two combatants of the same group or on the same side will destroy its cohesion. Get to the root of the fracas and stop it. Remember that **the real battle is out there.**
6. **Make your strikes surgically precise.** Do not kill, or maim; just disable that adversary who is attacking you... at least enough to dissuade them.
7. “Kick ass and ask questions later”. This might sound good for the bully, but that is the choice facing you right now. The question is: are you on the giving or receiving end? Either way, **brutality is the strategy.**
8. Chances are you are holding your breath, secretly hoping that what you improvise works. Can you take a breath before you lash out? **You will be**

bruised and bloodied in the process, but you might be the last one standing
most probably metaphorically, like financially or emotionally. Still stand up
when done.

Shine on, shine on harvest moon.

—Bayes and Norworth

Situational Context: Quiet intelligence, shifting moods and revealing one's light.



- Fireman's Helmet: **Server Set** - Background Image and Border Color
- Vitruvian Man: **Body Type Group**
- Penny: **Ordinal Orientation**
- Quarter Moon: **Astrological Symbol for the Moon**

Illuminated (+): Luminosity, subtlety, glow, coolness

Illuminated Position: Ah, la Bella Luna (oh beautiful Moon). That is what I thought when I captured this photo atop of Hawaii's Mauna Kea Volcano (13,200 feet). Its light was luminescent enough to cast a shadow yet not strong enough to generate any warmth. The Moon is Feminine (Card 54) in most cultures. She is closer to us than her brother the Sun (Card 49 - Solar), but perhaps more mystical. Moonlight ceremonies take us into the deepest reaches of ourselves, and have a quality of gratitude, appreciation, and emotion associated with them. The Lunar light is Luminous in that it does not blind us but attracts our eye. It can be faint, but we always look for it when the night seems darkest.

1. Reaching for the stars has reminded mankind to start closer to home. Like the moon, your emotions are a much more logical starting point to gather the thrust to **launch your ambitions**.
2. A so glow can make even the most hardened person wax poetically. Like a full moon, **shine with gentle reflection**.
3. Quiet, astute, and keeping a paled but steady presence is the best way to show just how bright you can be. Like the moon, **there are phases to this interaction**; part of you remains hidden and unseen, other parts come out full force making people love the gentle lightness of your ideas.

Shadow (-): Pallid, evasion, passive, subterfuge, cold

Shadow Position: Peter Lorre's bald head and pallid face convey a constitutional vitality that struggles. So, as compensation, this Body Type becomes the intellectual seeking the mind to balance its moodiness. Truman Capote, a Lunar Body Type, was a genius who struggled with many demons of the night and transferred those powerfully to the page. In his novel *In Cold Blood*, few pieces of writing have ever conveyed the kind of cold horror a person might feel seeing a full moon and reporting the ease and dispassion in which murder can be done. It makes one pale to believe in werewolves.

1. The new moon may seem invisible. But the effect on the tides of emotion is still present. What is not being seen but still **affecting your moods**?
2. Even when the moon is invisible, the sideways glance can sometimes detect the faintest hint of its presence. **Keep your peripheral vision alert** and take notice of faintest presence of shadows.
3. Hormonal tides may be causing depression. Don't pretend to be the man on the moon, get down to Earth and **see an appropriate healer**.

Hasta La Vista Baby! I'll be back.

—Arnold Schwarzenegger, *The Terminator*

Situational Context: Issues concerning your stature, structure of your stance, or public credibility.

- Open Hand: **Priest Set - Background Image and Border Color**
- Vitruvian Man: **Body Types Group**
- Pharaoh: **Exalted Orientation and noticeable**
- Heart: **Inspiration Axis**

Illuminated (+): Formidable, rugged, statuesque, strenuous, erect,

towering,

Illuminated Position: Buffalo Bill, high astride his horse, acted the part of the tough Western Cowboy. His shows took people on a ride of imagination and inspiration appealing to that American façade of the *rugged individualist*. This positive pole image reminds us that if one stands tall, and rides off into the sunset, he is a real man. A real man today means one that can withstand the onslaught, not just of daily hardships, but a willingness to confront the long term challenges of injustice. To the right Mr. Lincoln, physically the quintessential Saturnine leader figure, managed all of those qualities and shifted the course of not just this nation, but the history of the world.

1. Abe Lincoln had a backbone of steel they said, and contended with **formidable conditions**. He withstood hardship. For now, you must too.
2. Leadership calls for strength and determination. **Stand up straight and act with tough love!**
3. Sometimes you must be the father figure. If you have to, remind them, **“Who’s your daddy?”**
4. **Rugged individualism** is at the core of the American “self-made man” mythology. Now is the time to reach deep within and *become a force to be reckoned with*. Beware becoming a bully doing so. The **rugged** are suited for confrontation. Project an air of command.
5. This body type has several issues with glands like the thyroid. This may be your issue.
6. Having backbone one can contend with **formidable conditions**. Withstand hardship and abide your lot for the present time. Finances are core to this situation.
7. **People are looking to you to lead. You have it within you.** At least give the appearance of it.
8. **Project an air of command.** Any confrontation will be more likely achieved on your terms.

Shadow (-): Gaunt, gangly, stiff, harsh, emaciated

Shadow Position: In the negative pole, the Saturn Body Type is not always strong or able to stand. Gaunt and emaciated, this survivor of the Nazi Concentration Camps of WWII, shows a man who was a strong enough to endure, but whose toll upon him was without question the kind of harshness which the physiology of the Body Type is built to endure. In the negative pole, Saturn suffering from

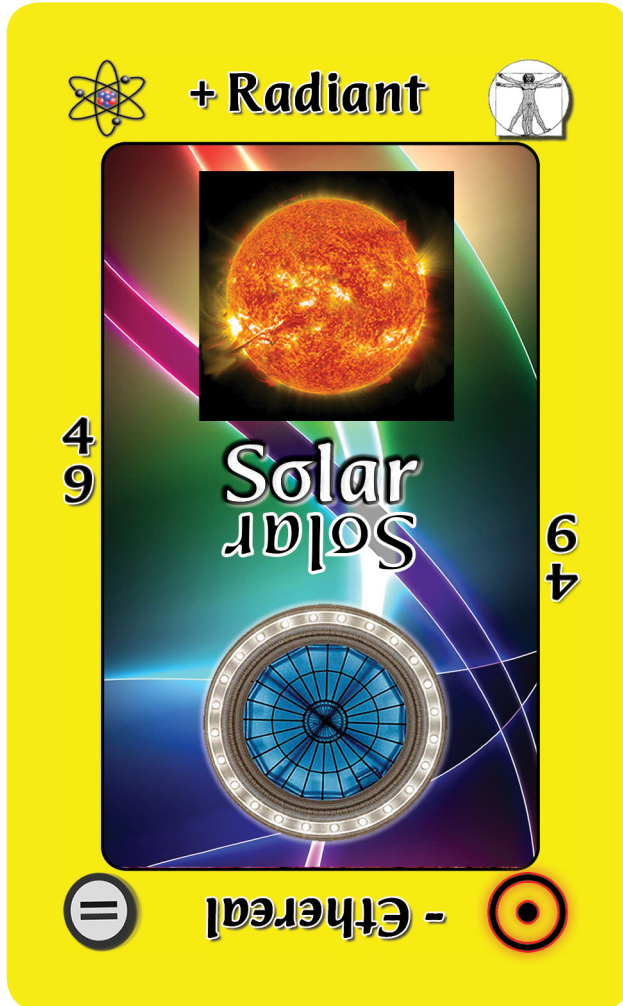
this conflict or a lack of respect reveals its battle on the bones upon which its flesh hangs. Gaunt, emaciated, bedraggled, or riddled with arthritis, or other skeletal problems, their suffering is transferred to their appearance for all to see. Sometimes the reaction then reverses their natural aspiration for respect, as others then view them as hideous, pitiable or with contempt.

1. Drained of hope and **spent of vigor**, this shadow side looks gaunt, strained, and emaciated from severity. Has stress made you hard or despondent? Forgive your own weaknesses.
2. Is someone posing like a statue of virtue? Rome had many figurines with feet of clay. **Look under the edifice** to see if the pedestal they stand upon is hollow or built upon solid principle.
3. Gollum was tough, **in a depraved sort of way**. Shadowy figures may haunt here.
4. Famed Sociologist and Author of *The True Believer*, Eric Hoffer said that, "The suspicious mind believes more than it doubts. It believes in a formidable and ineradicable evil lurking in every person." This Priest Body Type is **ready to believe in the worst of human nature before the best**. Don't give into starring down at those you think beneath you.
5. Zombies, gaunt and ghoulish, tear at the flesh of the living. Unconscious to **what drives them**; they roam on clumsily dragging their decrepit bodies in search of another victim.
6. **A living automaton is involved, driven by a blind hunger to survive**. Metaphorically, you must crush the head of this monster by **thoroughly destroying their ideas**. Or, take a look at how you have joined the walking dead.
7. Starvation only motivates so far. If you think withholding needed sustenance makes one more rugged or tough, then you'd better check for signs of malnutrition. **When was the last time your fed your inner child?**
8. **You've been neglecting giving attention and love** to someone or thing that is in your charge. Better reassess your stinginess, before they collapse. This could be a job, project, possession, or relationship.

I'm too sexy for my shirt.

—Right Said Fred

Situational Context: Striving to maintain appearances? Shine can come from the soul or from polish.



- Atom: **Scholar Set** - Background Image and Border Color
- Mask: **Role Group**
- Neutral: **Neither Ordinal or Exalted but may have both.**
- Astrological Symbol of the Sun

Illuminated (+): Radiance, attractive, gleaming, vibrant, innocent,

captivating

Illuminated Position: There is no more central a figure in the lives of human beings than the Sun. What it radiates is no more than the source of all life Itself. It is fitting to put the furnace of creation in the positive pole, since we depend on its Radiance. The Solar Body Type in this pole radiates health, beauty and adaptability. In most Western cultures, it is the symbol of vitality and wholeness.

1. The energy of a bright sunny day is irresistible. Bring that **radiance** to every situation you are involved.
2. Childlike youthfulness blesses those sun loving persons with a **radiant** attractiveness. Few will question or challenge vitality and fitness of someone with a tan.
3. The bronze beach god or goddess turns everyone's head. It is hard to argue with a stunning presence. **Hold yourself in the highest possible light** and you will outshine anyone and drive all the clouds of doubt away.
4. **Warmth attracts everyone.** Share yours sincerely.
5. **Robert Frost** once wrote, "Love is an irresistible desire to be irresistibly desired." Having this body type makes you radiant to everyone who sees you. That's why it is said, "Blondes have more fun."
6. **Shine your light and play,** you will warm and be warmed. In case this eludes you, speak what you have to say with all the force you can muster. Not explosive, but with radiant intensity and full possession of your energy. Think Madonna, both of them. Shine, don't burn.

Shadow (-): **Ethereal, juvenile, manic, ungrounded, mannequin, poser, airy, flashy, stark, flighty**

Shadow Position: When we divide the sun's rays into a selected spectrum, we get less than the nourishing elements of it. Though we might still get enough to see, it doesn't necessary make us feel warm or alive. In the negative pole, this image points to the ethereal (ungrounded and unearthly) nature of having only partial energy available to us. The skylight filters and shields as does the "being out-of-body" sensation that attends feeling of being stuck between two worlds.

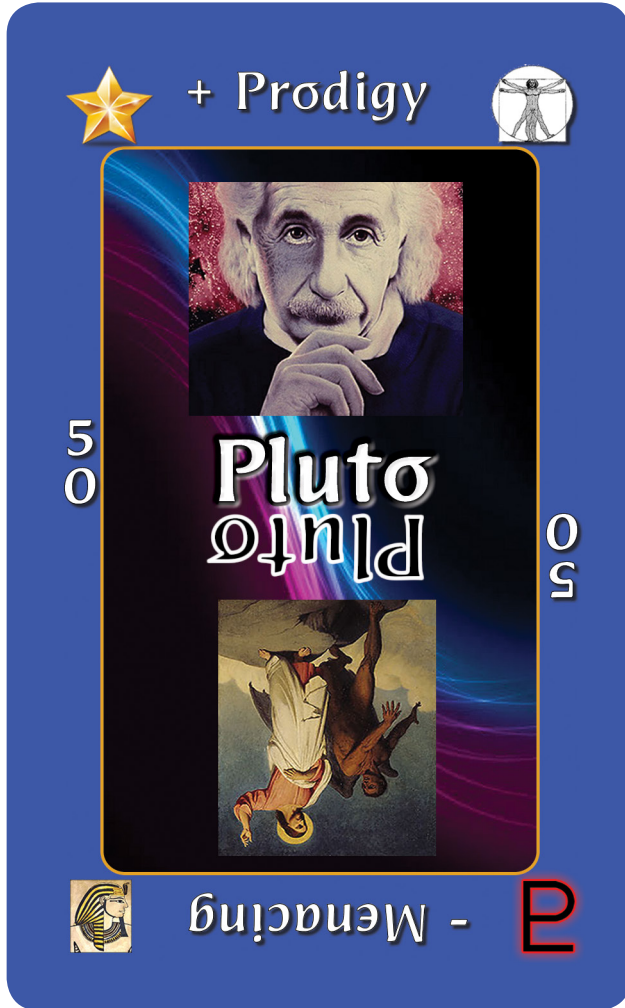
1. Blondes have more fun. Even if they are bleached. Let yourself go and have some.
2. **Ungrounded** and indistinct, the ethereal quality can cast a shadow which can be petty, superficial and distant. Know that such a state causes one's shine to *glare, and makes others turn away*; rather than bask.

3. When one aspires to the light, **it is easy to become ungrounded** in the ways of the world. Cool your fire a bit.
4. Remember you are a creature of Earth! Get your feet back on it.
5. The “Valley Girl” or bleached blonde air-head leaps out to the chagrin of everyone. **Don’t think yourself so hot that you can’t get burned!** A poser has the spotlight.
6. You might be getting to hot. On your way to becoming a shining star, be careful not to collapse into a black hole. **Minimize your energy expenditures for a while.**

I am the God of Hell fire, and I bring you . . .

—Arthur Brown

Situational Context: A major player has come on the scene. He/she will usher in radical change.



- The Star: Sage Set - **Background Image and Border Color**
- Vitruvian Man: **Body Type Group**
- Pharaoh: **Exalted Orientation**
- **The Astrological Symbol for Pluto**

Illuminated (+): Prodigy, genius, visionary, auteur

Illuminated Position: Albert Einstein has been called by many the greatest human mind ever. That could very well be. His $E=mc^2$ equation is perhaps the most iconic mathematical formula known. Now, it and he are memes not just for fundamental knowledge, but for profound human concern. (“What are you an Einstein?”) Professor Einstein was a Prodigy in that his talents were so strong at such a young age, and later so deeply developed that his early academic career was a leapfrog affair, eventually leading him away from traditional instruction, from sheer boredom. Real genius has difficulty staying within the confines of structures meant to contain: the average, aggregate, or mediocre sensibility. It seeks freedom to think, beyond all other aspects of life; (Expression Card 61) and is more than talking, it is life itself.

1. What is the talent or **genius yearning to be revealed?** What you do may not be unique, but the way you do it can certainly be.
2. **Ideas are stirring within you** that could make your head explode. Pluto’s realm is remote but filled with collected treasures. Tap the deep recesses of your own underworld for inner riches.
3. Icons are those people, places or things that are so ubiquitous as to be recognized by everyone: Intelligence - Einstein; painting - the Mona Lisa; America - Stars and Stripes, etc. **But what makes you iconic?** Have you birthed anything into the world that is not just unique, but truly special?
4. The **prodigy** is advanced to the furthest deviation. Being so far removed from the norm, this genius is often solitary and “hears a different drummer”. **You are at the vanguard of new frontiers of discovery.**
5. Have you a vision of life? If not, **best to formulate one.** Otherwise, you will only see what others have created and pay no heed to your own.
6. Sometimes a person comes along who **introduces you to a new Paradigm.** You might be with such a person right now. That person, by the way, might be you.
7. You can be amazing and prodigious even if you aren’t a prodigy. Be you to the fullest.

Shadow (-): Menacing, sinister, maniacal, megalomania

Shadow Position: Pluto, in this card’s negative pole, is Hell, and the Devil, the “Prince of Lies”, and master of Doubt. Hell is the rudimentary underworld within us that can torment our higher sensibilities and do so with glorious temptation or hard facts. Botticelli’s imagery shows us two Western Icons: Jesus and Satan. These two iconic figures portray the eternal battle between opposing paradigms: good vs evil, and principle vs temptation. But beyond the New Testament, what

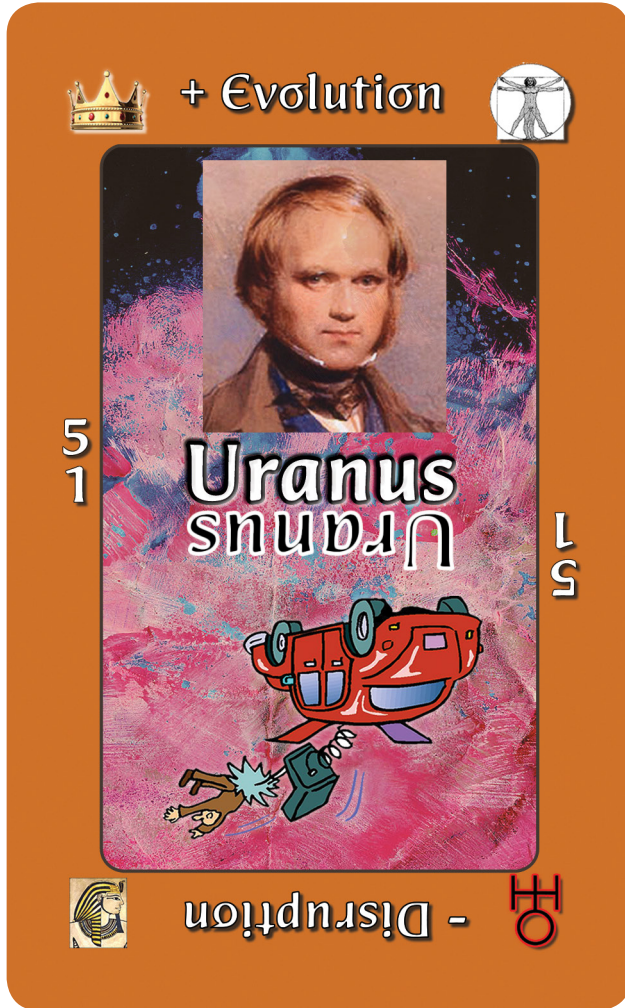
makes us human is that constant urge to step between the good genius and the evil which can be a Menace - to Self and others. Remember that Jesus was tempted three times. Is it any wonder why our pleas of “get away” or “stop it” don’t abate so easily? The Menace occurs when we begin to fall prey to the fear or temptations wrought by our inner Demons. Our Christ self, must show “tough love”, but it is Love just the same. In this pole, it is hate that makes the actor a menace.

1. A devil is in disguise acting in your midst. A person of great cunning is **undermining others**.
2. Iconoclasts are the destroyers of taken for granted beliefs, institutions, or personas of the famous. A **menace to any status quo**, they cannot hurt what is true, only that which pretends to be, but isn’t.
3. Some type of destruction has just arrived to **tear down what currently exists**. This warning is a reprieve if you prepare. Perhaps you want chaos?

Wake Up! Wake Up!

—Every Sunday

Situational Context: You may just be jolted into the unfamiliar. Embrace the unexpected.



- Crown: **King Set and Self Determination** - Background Image and Border Color
- Vitruvian Man: **Body Type Group**
- Pharaoh: **Exalted Orientation** and broad scope.
- **Astrological Symbol for Uranus – The great disruptor!**

Illuminated (+): Evolution, mutation, rebellion, surprises, liberation, emergence

Illuminated Position: When Big Ideas change the way we think, the effect is like a cascading river that cuts new tributaries into other parts of our thinking. Charles Darwin is used as the symbol here because of the world altering effect his book, *On the Origin of Species*, had on every aspect of human thought. For those who are “students” of the Michael Teachings, many will be able to identify with this assertion, for we equally hold that the OMT’s meta-view of reality is as remarkable in its exploration of the spiritual determinants of existence; not just the physical mechanical principles Darwin so elegantly laid down.

1. **Think out-of-the-box** and destroy the old box while doing so. Evolve and avoid becoming extinct. Or worse, an example of a fossil.
2. Of all the body types in this system, we see mutations generated in the human body. Sometimes they are chillingly beautiful like Grace Jones. Other times they are deemed hideous and terrifying like John Merrick, the Elephant Man. More common varieties are seen in those that have gigantism or dwarfism. We respond to these people with various levels of shock, marvel, chagrin, revulsion, or fascination. In each case, **our perception of what is acceptably human is driven to the extremes. We are forever changed by the effects.** We see new variations of our humanness embodied.
3. **A sudden change is coming** and will liberate you from the mundane. Embrace the unexpected.
4. This card beckons you to vault into originality of the highest order. So-called *fringy* becomes fashionable, but also successful. Pet Rock anyone?
5. **Evolution happens** whether you’re prepared for it or not. Yet, revolutions build momentum. How do you respond to either, with amazement or dread? It’s the only aspect you have control over.
6. Spontaneous **mutation** spawns new evolutionary variations for the TAO to explore. Brainstorm!
7. Disruption brings in new novelties. **Try a few on for size**, it might be orgasmic.
8. Just remember that whenever we learn something new, something outside our sphere of belief, we experience a period of disorientation (- Card 77). It feels as if our world has been thrown topsy-turvy. Ride it out. Give this a “green light” and allow yourself just notice how your ideas begin to reform. **Evolution cannot be directed, but it can be witnessed.**

Shadow (-): Disruption, shock, deformity, disaster

Shadow Position: Almost everyone can relate to having experienced a sudden shock. Disruption, as represented by the ejector seat, reminds us that we can be going along and suddenly, thrown out our comfort zone! Astrologically, Uranus is known for its ability to interrupt plans, shut down electrical devices, or trigger strokes; all which would put a crimp in the normal working of things. But on larger scale, it introduces circumstances or ideas so powerful as to explode any existing way of thinking, being, or a status quo. Reiterating that shadow \neq bad, the changes that breakdown of systems or beliefs they challenge may usher in a period where human conformity pronounces it a heresy or fraud. Yet, for those ideas have survived, personal, social, if not knowledge evolution has advanced the race and the way we approach reality itself. The German philosopher, Schopenhauer, spoke to the process of new or dissenting ideas entering into a domain of thought: 1) It is merely passed over as ridiculous or a minor curiosity; 2) It becomes a source for opposition against the new idea intruding upon accepted orthodoxy, and possibly violent retribution toward those who proposed it (think Galileo, Copernicus, and even Jesus); and 3) Once it has proven itself, humans simply treat those premises as if they had always been true and that there was never any real opposition in the first place. A complete denial of the tendency of human beings to want to be seen as right, even when they fought for their own ignorance, prior to something being deemed true. This tendency of human Ego defenses readily identifies with the phrase “well everybody knows that.”

1. To a fixated mind, every disruption **is frightening shock**. Try to see what is happening before you react or try to kill it.
2. **Disasters don't happen on our time schedule**, unless, you are the one who initiated it? You are either part of the problem or part of the solution.
3. A radical shift is coming. **Get ready**.
4. Is there a new creation or variation extremely outside the norm? Is it so different to be rejected?
5. Part of the message of this card is to open to the metaphor of it. **Your body of information, its form and function, could radically change**. How hard will you fight this information itself? How hard will you try to prevent your world view from changing? What are you afraid of losing?
6. “Although I insist that God has always had the power to intervene directly in nature to create new forms, I am willing to be persuaded that He chose not to do so and instead employed secondary natural causes like random mutation and natural selection”, said Naturalist, Phillip E. Johnson. Now the question is: Do your beliefs require you to accept a certain order, or form, for them to be

true? **Or, can you allow the possibility that the way things are have greater complexity than you accounted for?**

7. Sid Vicious, singer of the Punk Rock group Sex Pistols, an anarchist who declared his manifesto, **“Undermine their pompous authority, reject their moral standards,** make anarchy and disorder your trademarks. Cause as much chaos and disruption as possible but don’t let them take you **ALIVE.**” It takes incredible bravery (some say insanity) to not just stand against a regime, but to actively sabotage it. **Are you facing such a hierarchy?** You are still accountable for the consequence.

8. Chaos theory calls it the “Butterfly Effect”. It means that there is a series of events that follow every action, no matter how small. Don’t be shocked if **something you thought was completely inconsequential erupts** into a huge upheaval.

9. **Deformity** in appearance frightens people because it is unexpected and shocks those who witness it. Labeled monstrosity, it takes a fresh pair of eyes to see the beauty in the beast.

Life was not meant for one as beautiful as you.

—Don McLean, Vincent

Situational Context: That mysterious something is in play.



- Open Hand: **Priest Set** - Background Image and Border Color
- Vitruvian Man: **Body Type Group**
- Pharaoh: **Exalted Orientation**
- Astrological Symbol for Neptune

Illuminated (+): Effusive, cute, precious, impish, sparkle, whimsical,

charming

Illuminated Position: Judy Garland and Michael Jackson were both superstars and they were both Effusive with who they were. In this pole, there is an open vulnerability worn outwardly; a purity of spirit that could almost be considered angelic about them. It is that twinkle in the eye that makes them look otherworldly.

1. **A gentle touch is called for.** Use praise for best results.
2. A star is born! Receive some well-earned applause and **bask in the esteem heaped upon you.**
3. Charm and flirtation can elevate someone's self-esteem. It is a gift to show someone attention and **make them feel special.** Just be sincere about it.
4. Sometimes as the world spins, for a mere moment something captivatingly beautiful appears. Don't waste a chance to **stop and witness** it happening.
5. Words like: angel, faerie, or wizard are tossed out glamorizing some glimmering inspiration. Rest assured the other worldly qualities in play will bring about **effusive praise.**

Shadow (-): Fragile, insanity, desperation, delusional, ethereal, otherworldly, detached

Shadow Position: We often think of an egg as the first stage of life, like a germ of Inspiration. It is a fragile thing that can be broken easily. Yet, the image attests to the fact that whenever the shell is not put under undue pressure, it remains remarkably solid. Only when an egg is cracked at exactly the right point, does it spill its precious contents; before they are due to hatch on their own.

1. Like the light of a distant star, its duration is too fragile and undependable for serious **illumination.** Recharge your waning batteries.
2. Whimsical thinking, like that of Blanche Dubois in a *Street Car Named Desire*, leaves one's fate with "the kindness of strangers." It is a form of delusional insanity coming from a lost grip on reality. Pull it together.
3. It is easy to get **caught in the allure of illusion.** Mirages can inspire visions, but also nightmares.
4. Is your hold on your world so **fragile** as to make you appear **diffuse** or detached to others? Get a hold of yourself. Stabilize now!
5. There are times when one is so **fragile** that **life's disappointments may seem devastating.** Look skyward to the eternal stars for hope. Let tears cleanse

the heart and make the stars sparkle.

6. Don't have a breakdown! Yes, coping is difficult sometimes. **So find a support system or get a hug.** Going forward all by yourself is almost insane.

Temperament Augments Set: Subtlties of the Human Condition



- **Unifying Set Image:** Triality or the Alpha & Omega Symbols
- **Background Color:** Brown – Like the Soil of the Earth
- **Background Image:** Various Images for each Card

What follows are personality characteristics embedded within the Overleaves but are not overtly emphasized. Each has a strong undercurrent in the way that the primary traits manifest. Cards 53–58 are qualities which provide nuance to the presentation of the Personality

Card 53 Frequency, is your optimal life pacing. This Card alerts you to discover your own native rhythm and speed of accomplishment.

Cards 54 & 55 - The Masculine-Feminine Energy Balance helps you understand your native tendencies for sensitivity and assertiveness (or sense of deficiency in some cases.)

Then, the remaining trio: Card 56 - Personality, 57 - Self Love, and 58 – Soul-Spirit, offer you insight as to your boundaries, identity, and degree of self-acceptance and affection. Self-Love is the catalyst for harmonious function between a person's Essence which is the battery for the waking identity of this incarnation, the Personality. When there is trouble or disconnection, Ego steps-in and attempts to fill the gap, employing strategies called Chief Features. These cards augment the query with comments about how attuned oneself is with their own underlying cycles, wiring, and function.

When any of these Cards Appear

You are dealing with Issues of Balance. Balance of temperament, balance in style, and balance in value between Self and other, Personality and Essence. As a general rule: Extremes are rarely useful in life. Yet, everything has its exceptions, especially when we think of talents, performance, or integrity.

Personal Spirit

How do I capture your attention? In what way can I draw you in so that your focus is on this material? These questions are the key to accessing and communing with the Essence of who you are: *your personal spirit!*

Ultimately, where you place your attention is both your practice and choice. Yes, choice! Most of us give over any responsibility of control for where we place attention to things around us. Why? Because the Ego self, with *its good intention* to keep us vigilant for danger, real or imagined, seldom investigates the inner world. Instead, it projects it outward and creates one's personal reality from it. Yet, from within oneself the many dimensions of Personal Spirit can be contacted, explored and the energy and guidance it provides received. And with time and attention: attuned to high function and clear understanding. But guess what...it is no accident and it will require attention! And that means making a choice. That is all there is to it! And yes, it is that simple! Whether it is easy or not will depend on the main agent of attention deficit syndrome: fear! Give up fear, replace it with curiosity and you will be off and running!

So, it is my job in this book to help you experience actual inner contact with the most expanded and unlimited aspects of your personal spirit. In the discovery of your Spirit within, we will explore many tools to assist you in placing attention. Of course attention implies honing your focus with concentration and deliberate acuity to detail. Ironically, sometimes I will have you learn to allow your attention to float away from what is going on and concentrate on releasing focus onto something nebulous. You will enter what I refer to as a meta state. The meta state is the condition in which the mind can disengage. Cessation of mental activity in itself does not mean becoming stupid or morose, instead, one becomes aware that one is thinking instead of being! That's right, stop thinking and allow the flow of spirit to come through you in a *stream of consciousness*.

In such states, thought is dynamic, spontaneous, guided by deeper instinctual patterns or cosmic access universal information surrounding everyone, but in a personal way. This does mean that entering a state of Spirit is without fear or trepidation for the Ego, whose main function is to protect the "me" aspect of the psyche by being in control: vigilant, planning, and lurking for perceived attackers. Hence, for some period of time, your attention must be placed at calming the Ego and helping it to realize that listening to the voice of personal spirit is neither dangerous, nor a fluke. As my friend Michael, has said, "there is enough enmity in

the world and in one's own Soloverse©. So, make your Ego your amigo." We'll be coming back to Ego and the way it can be won over and the reins of power handed back to your personal spirit.

What do I mean by Personal Spirit?

I will not be coy or deceiving in anyway. My intent is to describe and define, as best as I know how to do, what I mean with my terms. As such, Personal Spirit has several layers of meaning all of which are valid to me. First, there is common parlance of the word 'spirit' that means spark or fire. One can be said to be "high spirited" when they show a great deal of tenacity, or unorthodox and exuberant behavior, or draw upon deep strength of character to endure or complete a challenge. The notion of Spirit in this context is inspirational, both in motivational drive and focus upon a deep seated need to defend a principle. Valor in war, defiance of authority who imposes submission and obedience, determination to triumph, and enthusiasm for someone or activity represent expressions of Personal Spirit in this vein. From this cauldron, the fuel of courage is drawn.

Second, I mean to address the idea of soul. If Spirit is that inner potency, where does it originate? Is it in our DNA? Can our foundational temperament be merely the interaction of Nature (our biology) and Nurture (our learning)? Or is there more? My supposition is that any agency prior to our birth into physical form is not only possible, for me it is obvious and necessary. There are far too many instances of the unexplained that science cannot explain through the use of physics, neurology, or psychology alone. A dismissal of the supernatural readily by scientific means and rational (which is the mind in isolation) is as rigid and incomplete as any religious dogma. Indeed, the more we progress down the road of absolute adherence to the scientific notion of "if we cannot prove it, it does not exist" is to doom us to the further dehumanization and diminishment of our environment that the industrial and scientific revolutions have delivered thus far. Indeed, this work is aimed at getting many of you reacquainted with the Essence of who you are at the level of soul. This revolution I suggest does not reject anything, for Essence can include everything in proper perspective.

Soul (Card 58), as you have noticed, I am calling Essence. And Essence is the bit of universal and eternal Source material of which we all are a part, the TAO. Unique combinations of common elements of perspective and driving motivations we have labeled the Overleaves form the patterns which declare the paradox of human beingness: we are all individuals made of the same stuff expressing in different ways in staged circumstances. Thus, the possibility for variation is infinite, while the patterns of learning shared by all and hence the fruitful bounty for a multitude of experiences and interpretation. Essence then, is that aspect of Self that chooses make-up of your personality by combining the influences of particular Overleaves mixing them with agendas for birth, life experiences, and karmas.

So Personal Spirit in this dimension refers to reconnecting with the point of original design and intent that is at Source of your personal fire. With this fire, we too are creators!

Another dimension stems from the idea of Personal Spirit is the possibility that a core energy of some form is available to you in an intimate relationship. Historically, almost every human religion proclaims and describes the existence of these other beings. Many doctrines recognize Angels as personal guardians or messengers. Systems of nature-centric spirituality, stemming from the ancient aboriginal cultures, look upon animals or aspects of the elements as totems, amakua⁵, or protectors. Some other belief systems refer to the Divine insights stemming from omens, revelations, or the gift of prophesy. The question implied here is: do all of these events attributable to the Source within you? Some, who fear not having concrete explanations will merely call such pronouncements, especially when verifiably correct, as chance, guess work, luck, or more derisively, “obvious to anyone.” These are the same folks who need to be right! And righteousness has NO place in real spirituality. In fact, pious certainty is the enemy of faith. And specifically; faith that there is more to the Universe than one’s own mind could ever comprehend! Such a surrender to the magnificence and grandeur of all creation is the fertile ground for amazing grace. Grace is the flow of Great Spirit to Personal Spirit. And, the bringer of that grace may be another kind of Personal Spirit: a Guide in Spirit form, or a Guardian Angel. In other words, a being we can channel.

In ancient times, to be in contact or lend voice to entities not of your own being would be called in occultist⁶ terms: mediumship. However, few of these persons would claim that there was any choice in receiving the outside incursion. As a result, extreme terror at that thought of being labeled as *possessed*, or at the other end of the social spectrum, declared a *charlatan* would be enough for many to hide or deny their contact. It is my view, one that I hold vigorously, that there is always a choice being made with respect to what or whom one allows into their personal psychic space⁷. Therefore, many of the exercises I utilize in my work, are aimed at looking at the psycho-emotional wavelengths of communication that both embodied and disembodied souls use to connect. Whether one believes in channeling the disembodied or not, the concepts and methods I utilize in my practice, and referenced by example in this book, will point out with abundant clarity that we all download each other’s energy.

Using Divination and Receiving “Higher Power”

5 A Hawaiian word referring to an animal spirit that represents the qualities of an individual or clan. Observing the ways of the creature is the way to capture its life force (mana) and be in alignment with Spirit.

6 Occult is a word that literally defined as “beyond the range of normal perception.” However, notice how Christian doctrines use the word as a term of blasphemy and damnation to evoking fear from the uneducated.

7 Caveat: A choice made at the level of Essence can feel so compelling, so overwhelming a force of desire or obsession, that the Ego self experiences the situation as fixation, destiny, or addiction.

The questions are: How do I determine what this energy is? Where it is coming from? How many am I attracting? How much of what I am receiving originates within my own psyche? How many sources are from somewhere else? How do they serve me? (Sometimes, painful or challenging conditions lead to useful learning) You will be shown how to acquire the answers to these queries in virtually any circumstance. At that point, again, it comes back to choice! What you choose to do with the knowledge is up to you. Explore and investigate, deny and blame, empower healthy boundaries or erect emotional walls; all these will be your options. But the awareness of your choices is what I offer to you.

Communiqués from your personal spirit guides are initially often subtle and blurry and requires a refinement of skills and sensory attunement. Within these pages will be the visualizations and other awareness exercises that will accomplish this goal.

Finally, no belief is required in any of the metaphysical, religious, supernatural, or even psychological interpretations of the story about Personal Spirit. All one has to do is realize that within all of us there are many assumptions unquestioned; beliefs held but hidden, unnamed, and unexamined, fears, pains, and distractions robbing us of attention – let alone draining us of joy – to make the decision that focusing on these procedures and opening your mind and emotions will benefit you manifold in daily life. Regardless if you think Personal Spirit is nothing more than the access to exuberant energy within. Yet for those whose viewpoint of life extends past three dimensions, the riches mined from your inner probing can and will deliver an abundance of meaning, power, purpose and best of all the serenity when one bathes in the peace of unconditional love of life itself.

Working with Ego

Ever since Sigmund Freud invented the first incarnation of the concept of Ego, followed by Carl Jung, then a host of other Psychoanalytic perspectives, definitions have varied, and in certain usages, greatly. Ego, originally, was simply *the adult self* (mature by the social standards and norms of the era); contrasting with Super Ego (Parent) and the Id (the raw life force of the Child/animal aspect). One thing you will notice from me in these pages is an effort to clear-up language that is either vague or has multiplicity of interpretations. It can be thought of as a personal “pet peeve” of mine, deriving from a belief born of many experiences where confusion over common definition was a key source for difficulty or conflict. Often, these could have been clarified, but the Ego’s need to be right, defend its identified territory could not allow for another possibility to arise other than the one it claims dominion over. To do so, would trap the Ego in perceiving itself as weak if it were to acquiesce to the idea of another. All too often, simple differences lead to arguments, arguments, to conflict, and conflict to battle, and battle to all-out war. All because a person or nation couldn’t “lose face” and admit it didn’t understand.

It is time to help the Ego but not enable it, exalt it, and most especially let it keep control of us.

To say that one is egotistical has traditionally meant that his or her interests are totally selfish, acquisitive or narcissistic. The definition used for this work acknowledges that these aforementioned aspects are part of the defensive function of Ego, but not limited to these and neither are these strategic attributes the fundamental structure of it. Understand that the purpose of the Ego is survival! It is a tool that arose out of the personality's experience of pain and pleasure. The evolutionary dictates of all organisms are: avoid or minimize pain, seek and enhance pleasure! The first pain was that of separation from God and wholeness itself.

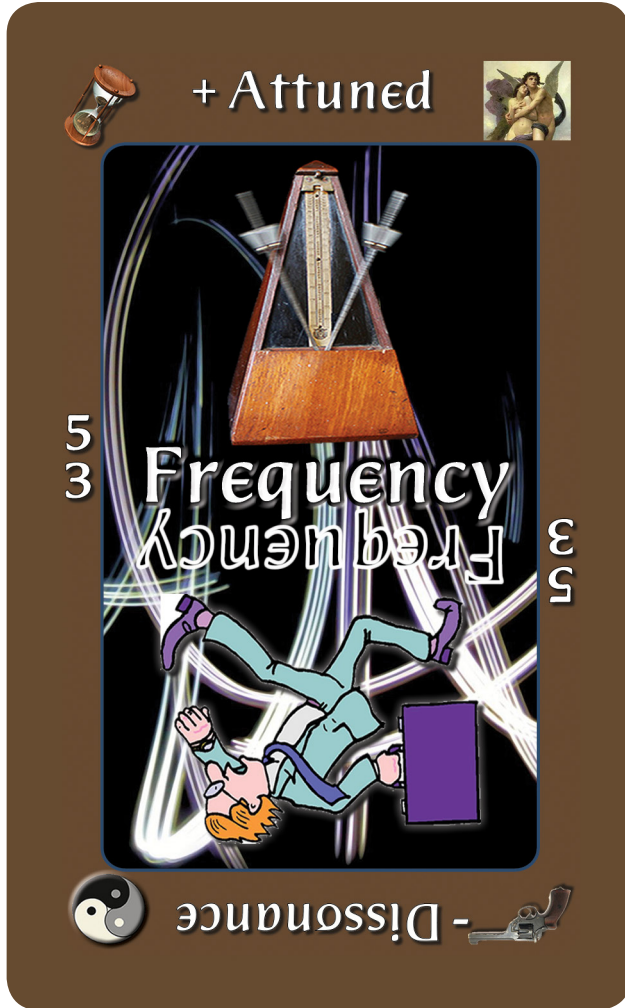
The contrast between the Ego and Essence is integral in being able to discern the deeper motives and aspirations underlying any specific behavior of Personality. Ego, which identifies with a person's name, race, age, body, nationality, wealth, position, title, perceived power and value, and all other objects and trappings of the Physical Plane, will behave with motivation seeking to preserve these augmentations to identity. It is safer because it is a stable set of data references it can feel certainty about and therefore, preserve its confidence. Essence, on the other hand, is driven by the desire for true growth and opposed to acquisition, and therefore wants to evolve you to more expanded states of understanding. Identification with material objects or emotionally fixating abstractions like social status, machismo, beauty or any other ephemeral aspect, are the trap that the Essence wants to be free of while the Ego seeks to defend. If you are ready to look behind the mask(s), then you are ready to meet your Personal Spirit at any and all dimensions mentioned to this point.

53 FREQUENCY

Are you the Tortoise or are you the Hare?

—From Aesop's Fables

Situational Context: Gauging your pace to the speed of events.



- **Background Position:** The swirling lines of white light dance in the background bending to frequencies of sound.
- **Border Color:** Life Augments Set – Aspect of the Good Red Road
- **Hourglass:** Frequency is related to Time (Card 70). The experience of how time passes and how much you feel you accomplished with it.
- **Cupid and Psyche:** Image indicating acting from one's own Frequency can

provide a harmonious balance between Essence and Personality.

- **Triality:** Symbol of the TAO, Masculine and Feminine – When Frequency is balanced, then one's able to move from positive, negative and synthesis. Otherwise you can become fixated.
- **The Pistol:** Image of the Karma Subset of the Covenant Set. The ultimate weapon of karma – to kill. It reminds us NOT to shoot ourselves in the foot by doing too many things at once.

Illuminated (+): Attuned, in-sync, precision, rhythm, frictionless, fluid, streamlined

Illuminated Position: Metronomes, like people, can be set for varying rates of speed. A metronome helps set the tempo for a piece of music so that its flow is harmonious and true to the composer's intent. When someone is Attuned to their natural pace or flow of action, you can see *their true Frequency at work*. Their motions seem fluid, frictionless, and without the strain of having to move any faster than they most efficient with. They will feel more in sync with their natural rhythm. It's all about timing, rhythm and tempo. Frequency is measured and reported as being on a scale from 1 - 100. Where 1 is bare movement and 100 would be someone who would not be able to sit still or to say a coherent sentence because of the speed of their verbiage. For Baby Boomers, many of you will fondly remember the old Federal Express (now FedEx) commercial spokesman; his name was John Moscitta and he could speak almost 600 words per minute. This would be an example of 100 Frequency.

1. You are in a groove! **Enjoy the ride.**
2. What might be gained by going faster? Or, perhaps slowing down? **Find the optimal pace.**
3. Nikola Tesla, in his brilliance and prescience spoke to the foundations of existence. *"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."* He, like we, differentiates them. Frequency is rate and pace, Vibration is lightness and density, while Energy is the power source that the prior two measure. **Seek to attune all of these and your knowledge of systems will be amazing!**
4. Work at your native rhythm. You're sure to have less friction and produce finer work.
5. *Feel that hummmm?* That is the sound of a system performing perfectly. **Everything is in perfect tune!**
6. **You are in tune with yourself:** neurons are firing optimally! Use the endor-

phins while you can.

7. **Your innate pace compels** your gate, your speech, your rate of change. Are you *in tune* with yourself? If not, crank-up, tighten, give yourself some slack or slow down. Whatever is necessary! But stay out of sync long, and your productivity will suffer.
8. Work at your native pacing. **More energy and success will come your way.**
9. **Everyone knows how to dance;** you just have to find the right song with the right beat and you'll lead like Fred Astaire and follow like Ginger Rogers.
10. The more **you can learn to broaden your range**, and operate at various rates of speed, the more adaptable you will be to change and sudden shifts in circumstances. **Be like the sprinter who meditates and does TAI Chi and you will be amazing!**

Shadow (-): Dissonance, disharmony, sluggish, erratic, out-of-step

Shadow Position: Are you frantic to make schedules that one must adhere to, but are not of your own settings or pace? That is what this image is conveying. It reminds me, and a lot of people, of the pace of modern white collar society. Cognitive dissonance, like dissonance in music, shares the quality of unnerving, straining, and as a result of some discord in play. The major difference between the two characteristics is that within music the effect of that countervailing sound can prove useful to the composition. But for the person, stressing and chafing under the yoke of trying to operate at a rate not at their frequency, the result is not music, but noise.

1. Recalibration is called for when one is out-of-sync and disharmonious. **You're simply out of tune.**
2. **Take a walk and allow your natural pace to re-emerge.** From there, perhaps challenge yourself to alter it.
3. **If you are hearing cognitive dissonance**, you are playing the wrong chords. Your instrument was designed to play certain sounds in a specific tone. Are you playing your tune?
4. Your instrument is out of tune. **Find your sweet spot then play.** Perhaps you need to join a new ensemble.
5. **A grating sense of dissonance prevails.** At the rate you are going expect a crash, soon.
6. **Feeling wiped out?** Or like "your head is spinning?" You are taking in too much information and too fast. Slow it down or tune it out. At least for a

moment.

7. Are other people moving at a snail's pace for you? Well you might be tempted to crush them. Instead, **ask yourself "what's the hurry?"** Sometimes, speeding up is necessary. Or, is it Impatience (Card 25) that is whipping you into a frenzy?

Contrast Cluster – Yin and Yang – Masculine/Feminine Energy Balance



Unifying Cluster Image – The Yin and Yang Symbols & the Triality Symbol

Cluster Color - Brown – Part of the larger Personality Augments Set

The Masculine/Feminine energy ratio, and therefore one's unique personal balance, is vital information to determine where and how much one might be utilizing or underutilizing their own life force energy. Attuned with your Frequency, harnessing these two counter forces into a harmonious chord within you will optimize the formula of personal power precisely suited to raise your Vitality. This mixture of one's own yin/yang energy balance is part of the recipe of one's Role and ET, Casting (i.e. its Ordinal or Exalted orientation), and the specific inputs of one's chosen Overleaves. Together they form an oscillation that when funded by the right balance of AC masculine or DC feminine current, one will produce the optimal vibration and therefore live most happily, and likely more authentically. There is a common misnomer, but one essential to clarify when discussing a person's composite directive forces. The phrase is "masculine/feminine" energy ratio AND NOT male/female energy! Humans make this common error because we readily identify the tangible representation of *male and female sex in physical form* due to biology's sexual dimorphism. Yet, *the MT is referring to metaphysical qualities of masculine and feminine* which exist intangibly within all things and exert their primary influence in subtle psychology, far more than in generic anatomy.

If one of these Cards appears in a Reading...

If you have drawn one of these Cards, the message is asking to you consider your use, or avoidance, of the characteristic chosen. In the positive poles, the recom-

mendation would be to bring to bear more of that influence and sharpen or soften your approach. If it appears in the negative poles, it could indicate that your use of one of these energy types is greatly imbalanced and generally with too much reliance. In that circumstance, look to see if you are hitting it too hard (- masculine) or lolling around and waiting (- feminine). In either case, you should employ the opposite positive pole and apply that approach as to lift you out of whatever entrenched situation you are ensconced. If either of the Yin-Yang Cards has landed in your storyline, behind the scenes there is an emphasis of one or the other traits being of significance. Depending how the question was phrased, or how you are assessing your characters, the Card you selected may very well represent a person of that sex. Or, it may be specifying the dominant force or directional force present. As always, consider this latter one like an adjective adding some specificity or emphasis to your layout.

If BOTH of these Cards appear in a Reading...

When both Cards appear you may be dealing with placeholders of an actual male person and/or female person. More archetypally, you may be witnessing of contrasting styles in conflict with each other. Notice if the aspect is a person in your life. A specific male or female and whether they are significant in some way. Are they a parent of one sex? Are they a romantic interest or lover of one sex? Are they a rival person of the same sex but who acts with the gender quality opposite from your own?

Masculine and Feminine Energies as the First Duality

Familiar to most people is the symbol of Yin and Yang originating in ancient Taoism in China. Similarly, in the narrative of the Michael Teachings, and elaborated upon by the Consortium, the first metaphysical duality spawned by the TAO were the forces of masculine and feminine which are also comparable to convergent and divergent concepts of physics. The base level of every atom in the physical universe has the three (3) part make-up proton, electron, and neutron which form its structural lattice. Together they represent the positive, negative and neutral aspects of existence itself. It is important to note that these influences are combined and parallel effects; and not either/or oppositions nor negations to one another. Neither quality is inherently beneficial or detracting. Nor is one strong and one weak from the standpoint of physics. Their influences are directional and attributional. Humans have cultural beliefs tending to classify either of the two in certain ways. But those beliefs are prejudice, not biology. Within the universe they are both essential. Each has its own centripetal and centrifugal tendencies.

Metaphysically these are the Yin-Yang forces introduced in eastern traditional thought. In nature they interact as the forces creating tides, orbits, rhythms, and fluctuations. At any given moment it is the inhale and exhale of your body, the

high or low pressure of the atmosphere, or society with its economic expansions and contractions, its inclusions or exclusions of ideas or members, or its progress or regress; these represent the forces of fluctuation between conditions which make the system in motion. It is impossible to have one without the other. These imposed limits of perception or belief distort, and usually constrain, the way a person or society then holds their value of one sex over the other.

Learning Your Ratio and becoming balanced with it

First, let it be said that the word “balance” in regards to your MFER does not mean trying to shift the percentages to an equal 50-50 split. Instead, it means coming to terms with, and learning to optimize your own unique mix such that your happiness is maximized and perhaps, *hopefully*, your life success enhanced. Breaking free of cultural stereotypes about either gender is a crucial hurdle to be cleared for this happen. Overt manifestations of gender might appear as modes of dress, or occupations, or attitudes, or performance of various tasks, or how tasks are done. But it is the inner aspects of “what are the appropriate emotional qualities you feel and express” that might put constraints upon acceptance of your own unique expression of Self. One’s first model of masculine and feminine energies involved the “choice” of parents. So that imprinting will have more impact upon choice of how gender might first express itself or be imposed. But considering the equation: since both Masculine and Feminine qualities are “energies” and are engaged in dynamic interplay, then we can equate them with E-motion or *energy in motion*.



From this frame of reference, categorizing emotions as predominately Masculine or Feminine can be useful for assessing the composition of any circumstance (or your response to it) in terms of emotions. Particularly the broad categories regarded as Power and Love. The ultimate harmonizing of your personal equation means acknowledging the preferences for each, in what arenas of your life you express them (or lack thereof) and to what degree you might realize an imbalance.

A major contrast between the two qualities is exemplified by the dichotomy between creativity and experience. Let’s clarify a common misnomer between the two. We may orchestrate or create an event (consciously or unconsciously), but

how we perceive it arises or is educed⁸ in the moment of experience. Experiences happen to us. They are organic, more allowing, noticing, and therefore feminine. Creativity is more an imposition of form from us. We define it. Life's primary event is experience. How one chooses to interpret it, or add on further meaning to it is the secondary event. The interplay between them is the ebb and flow of the Yin and Yang within our Soloverse. A common misconception about the New Age movement's often oblique assertion that you create your own reality, may infer that every moment is a deliberately engineered event on a precise timetable. And from that intersection, some specific lesson is to be conveyed and its result invariably leads to a preformatted conclusion. Ah, isn't it lovely for our Ego protector and impression manager to assuage itself by presuming that all things are somehow under control? Maybe not its own directly, but some emotionally stabilizing fallback position to make itself smugly right and safe in its own beliefs? It certainly eliminates the insecurity of facing an unknown, or having to confront a new possibility which falls outside its comfort zone. And which part chooses: the Essence or Personality? By intellectually eliminating the physical plane's mechanism of *random occurrence* and superimposing a belief about our "creating reality", a negative pole masculine view has been adopted to narrow things and "nail them down." Science and religion can both employ this strategy in an act to be authoritative and right. Yet, the scientific method and true spiritual exploration tend to allow for, and therefore are more feminine, what is presented to them, instead of necessitating putting into a safe and predictable box of preconceived notions.

As we more specifically speak to issues of Feminine (Card 54) and Masculine (Card 55) respectively, I will ask you to consider in your own thought process how many, or how often you natively default to one set of characteristics over the other. As a related analysis, it could be very informative to ask yourself under what circumstances you notice either quality holding the dominant influence underlying your attitudes or behavior? The answers might free you from an automatic instinctive habit, or shed light upon an aspect of your Personality you may have deemed shameful or special. Dispelling either is always an advancement of awareness in addition to opening you to possibilities beyond the Maya of your own limitations. By way of mentioning a Maya of the Dominance Model is the perception of the superiority of the male over the female. In this deck, listing the Feminine Card before the Masculine was done with deliberate intent. In nature, the first creator of life is the female, not the male. Everything perceived in modern culture is sexism biased toward the masculine.

The modern social construct called Gender, has a wide range of elements which allow for a more in-depth exploration of the nuances of sex, identity, and power relations which are more indicative of Soul Age learning. Manliness and womanli-

⁸ The root word of education. Moments of life are meant to teach us. We can access information and embed it, but how and what we experience it can only happen as we go through the process. Telling yourself what you felt, instead of noticing what you felt, is tantamount to self-deception not self awareness.

ness, toughness or effeminateness, androgynous vs. extreme (macho or bombshell), and heterosexuality and homosexuality are all dimensions of description where projections onto sex have implications for gender identity. Each of these may reveal some effect of ratio, but it is not a direct reflection of it.

Like so many concepts in the MT, Masculine and Feminine have a wide array of parallel attributes and conceptual contrasts which are equally valid and provide wonderful alternate but also concurrent uses. Here is a list oriented Masculine first Feminine second.

Derivative Qualities Related to Yin/Yang – Convergent/Divergent

Context	Masculine Energy (not Male sex)	Feminine Energy (not Female sex)
Visual Metaphor	Focus and Pinpoint	Diffuse and Surround
Information	Facts	Truth
Reasoning	Deductive	Inductive.
Approach to Problem	Diagnoses – Fix- Mitigate-Override – Tends to deals with the symptom. Cure by overpower.	Engages holistically or may ignores totally. Seeks the Cause – Advocates healing the issue
Brain Hemisphere	Left – Logical - Dominant	Right – Associative - Not
Condition of Life	Do – Perform – Activity	Be – Experience – Comprehend
Physical Process	Extropy	Entropy
Vibration	digital binary – start and stop	analog – continuous – currents/flows
Mental Orientation Response Process	Act -Shape – Mechanistic	Allow -Corral – Organic
Animal Representation	Cat – Individualism	Dog – Pack or Group
Industrial/Artistic Process	Manufactures – builds – reduces - subordinates –extracts	Collects – coalesces – combines absorbs – diversify -expands
Dominant Physiology	Testosterone – Y Chromosome	Estrogen – X Chromosome
Sex of Physical Body	Male: Penis and Testicles	Female: Vagina and Ovaries
Encounter	Approach and Forward	Avoid and Backward
Gender Orientation	Varied choices in social norms	Varied choices in social norms

Approach to Problems	Active Male and Active Female Take control and initiate	Receptive Male and Receptive Female Allow to unfold and respond
Rights	Their own	Concern for Others
Occupations	Business, Sports, Science, Money	Services, Entertainers, Therapists, Artists
Emotional Tendency	Anger, Powerless, Dignity, Valor, Justice, Blame, Hate,	Fear, Shame, Love, Joy, Sadness, Helpless, Humor
Concern	Personal advantage & conflict	Group unity and resolution
Sexual Drive	Strong-aggressive-initiator	Weaker-passive-receptive
Self-Image	Self-focus and self-esteem	Self-transcendence or self-minimize
Approach to Other	Win-Lose & Victory-Conquest	Win-Win & Negotiation – Coexistence
State of Matter	Solid	Fluid or Gas
Direction of Spin	Centripetal: To pull in push. Convergent	Centrifugal: to push apart Divergent

It's More Than How you Dress or the Plumbing You Possess

Of all the dualities associated with the physical plane none is more contentious or profound than that of sexual dimorphism: maleness and femaleness. Gender is the manifestation of a larger universal principle of TAO; the primary dichotomy of forces of Yin (Feminine, Divergent, Diffuse, Power, Love) and **Yang** (Masculine, Active, Convergent, Focus, Power) embodied. The two constructs of gender energy and sexual anatomy are different but of course intimately and intricately entwined. **The Four Gender Variations are: Active Male, Receptive Male, Active Female and Receptive Female.** Yet, at the Essence level the Yin-Yang balance is not an either/or dichotomy, as is the case when a sexual gender is taken in a body, but rather a percentage blend of each force. These qualities thus augment the Soul and eventually the inner nature of the Personality for which it inhabits. As such a measure of Masculine-Feminine energy is expressed in a ratio (e.g. 35%-65%, 82-18%, 42%-58%, etc.)

The first term is the percentage of Masculine and the second the percentage of

Feminine. This will be referred to as the Masculine-Feminine Energy Ratio or MFER. Mathematically, it would be base 100 squared, equaling 10,000 variations on this dimension of human nature alone. While I have never seen a person of 100% masculine⁹ or 100% feminine energy, those are a theoretical possibility within this system. The persons' unique percentages make them prone to dominant tendencies influencing their internal process and forms of expression. Each human is a unique proportional value of experimentation for the TAO. Further specialization is revealed weighing in other fundamental qualities of their creation: frequency, Role, casting position, cadre and entity assignment and chosen secondary persona called the Essence Twin (Card 68). And, within each of those other aspects themselves are subtle layers of masculine and feminine resonance built within them which further add subtlety.

As Defined in the Michael Teaching

It produces the first dynamic interplay of forces. That tension sets the stage for interactions, and therefore forward motion which eventually becomes diverse forms of motivation. The next divergence is the division of motifs into each of the seven rays; and the birth of Overleaf building blocks as encapsulated by the classifications under the name given as the seven (7) Roles. Each carries within it a portion of masculine and feminine signature influences. Between the two universal forces of the Mother Instinct (the creation and preservation of life); counterweighted by the Killer Instinct (the management and destruction of life), a perpetual motion for equilibrium moves the Universe, and subsequently all creations of it. Masculine energy will tend to hack, chop, or sever; using a broadsword, cleaver or chainsaw. Feminine energy, far more refined and subtle, nicks, slices, or fillets; preferring instruments like a razor, scalpel, or laser to wound or heal in ways that go virtually unseen at first, but whose effect is cumulatively more pronounced than the blunt strike of its masculine counterpart. The masculine is the hammer and a nail. The feminine is the needle and thread. The former uses force and the latter finesse.

Overleaves and Predominant Masculine or Feminine Orientations

Overleaves, by their very design from TAO, also possess an innate portion of each Masculine and Feminine. Therefore, it may be rightly assumed that the choice of Overleaves in a given lifetime augment your MFER in Personality emphasizing one side of the balance while potentially stifling or minimizing the other side. Like all acts of the TAO's creative intelligence in action, such modifications and variations add to the virtually infinite diversity available for experience and learning. And to reiterate a fundamental premise of this Teaching, the TAO's purpose,

⁹ Mentioned in a lecture by Shepherd Hoodwin in which he cited a young Scholar woman who was 100% masculine energy. In such as case, the offset of the feminine force would be experienced by her through the effects of hormones, social expectations of that her gender, and her relation to the physiology of having breasts, ovaries (and therefore menstruation) and the physical act of conceiving a child within her body and going through the process of birth and then motherhood and rearing the offspring.

achieved through unique Essences, is to gain as much and as widely diversified experience as possible; expanding knowledge of itself. Notwithstanding this vast data gathering undertaking, the benefit to the human race is the advancement of awareness as is measured by the rate of Soul Age development.



Discerning Masculine and Feminine energies

Stop thinking in the concrete terms of male and female. Instead, consider the energetic undergirding of Feminine and Masculine. Of all the dualities associated with the physical plane, none is more contentious or profound than that of sexual dimorphism: maleness and femaleness. Gender is the manifestation of a larger universal principle of TAO; the primary dichotomy of forces of Yin (Feminine, Divergent, Diffuse, Love) and Yang (Masculine, Convergent, Focus, Power) embodied. The two constructs of gender energy and sexual anatomy are different but of course intimately and intricately entwined. However, if one is in a male body and therefore predominantly balanced by testosterone, on a biological level, you are 100% male. If you are in a female body, and therefore predominantly influenced by estrogen, then you are biologically 100% female. Even on those rare occasions where a true hermaphrodite, who is born with both sets of reproductive organs, can it be a unique spiritual lesson. However, in most cases, parents have made the decision for the child soon after birth, so whatever lessons are available usually occur at a sub conscious level. A famous example is Jamie Lee Curtis. Her parents, actors Tony Curtis and Janet Lee, made the decision for her to be female and the male organs were surgically removed.

Males and females may possess any combination of these variations of the two tendencies. To take on a gender identity is to first deal with the qualities and experiences associated with your sexual apparatus. The Y chromosome, hormonal influence on temperament, physiological conditions, are the primary genetically dictated blueprint from which a person experiences gender differences, and be thought of a Nature; whereas behavior, attitudes, and aspirations are formed from Nurture. The gene pool, anatomical sex, and gender expression are chosen by the Essence

when seeking a body to inhabit prior to birth. Yet, the idea that every element is considered is simplistic and often a nuisance to a Soul wanting to ‘hook-up’ with the right set of conditions: racial, physiological, or karmic.

For those who understand the Yin-Yang symbol, where a portion of each opposite is embedded in the other (the eye of the fish) no pure type exists without some tempering. Consider an action where a benefactor receives energy from a giver. While such acts categorized under Feminine energy as *degrees of generosity or altruism*, realize this is still tempered by a core decisive Masculine energy determination to make the choice to give in the first place. Noting here another one of our fundamental premises of the Michael Teaching, that all Free Will is based upon the requirement that in any circumstance where giving to another is present, the Masculine quality of decision is at play, even though the act of giving itself is a fundamentally Feminine quality. The two forces in play, sometimes in conflict, sometimes complementary, sometimes in competition: are for the TAO all peculiar avenues which enable diversity.

Male/Female and the Tendencies of the Genders

I am a Receptive male. Though higher feminine energy I am heterosexual. Yet my innate emotional sensitivity has caused me to have humorously coined the term “a Chick with a Dick”.¹⁰ Because I am a male who emotes, has a sense of taste and conscience, I can clean house and cook as well as most stereotypical of female roles, all of which are usually attributed to the female gender; then I possess and express my inner feminine outwardly. But wait, there is more! Because the genders are identical in their quantity of rights and endowments, though each in qualities of those attributes, I have bequeathed an equally bizarre idiom to the female: she is “a Guy with a Pie.” In current slang refers to a masculine female and Pie the shortened version of ‘hair pie’ which is a crude attribution to the female vagina.

It seems that we have taken this gender differentiation distinction way out of the arena of where it belongs: reproduction; and extrapolated it into the realm of social and moral roles. Historically we have some rigid and narrow views of males and females. Traditional concepts molded into social constraints are as follows: *Men should lead the family because they are smarter, stronger, and endowed by God.* This “one-size-fits-all” assumption is not only erroneous, because individuals of either sex and gender identity can differ in every way imaginable, but it is actually detrimental to the health of the family and society, suppressing aspects on superficial standards. As long as women are force into a socially sanctioned subservience, then males, especially weak ones, can believe themselves to have *at least* some power. Fortunately some men are challenging that hyper-masculine notion of macho male power and attempting to heal ‘toxic masculinity’. Second, traditional social doctrine states, any failings of the man are always of his responsibility,

¹⁰ Chick a modern slang for female and Dick a modern slang for the male Penis.

but the fault should rest upon his family and all *should be as ashamed*. This is the archaic religious concept of, “the sins of the father, etc...” This stands as a binary and reductionist view that completely ignores the results of history but preserves a simple-to-spout rule of thumb that statistical measurements regularly discredit. Yet they remain in the realm of convenient fallacy. As a male, I have met far too many competent females that, because of their sex alone, the talents they had to offer were wasted because of a society fixated on the prowess of the penis. It is/was/and will always be a preposterous psychological standard to ever take credibly. But for religionists, it is simply taking biological instinctive patterns and enshrining them as sacred law. And, there are far too many men who would otherwise support women owning more of their power, if they were not deemed the ‘enemy’ by women with legitimate historic resentments; or worse still believe the need to play the subordination game because their unique circumstances have advantages. It is a vicious circle of power struggles. We need to convert this whole process into a mutual striving for respect, common humanity, and harvesting talent, no matter what the sexual apparatus.

Transgenderism: And other New Opportunities for Essence

One example for instance, would be a circumstance where a person of one gender identity feels trapped inside the sex of another. One recent famous individual is Chaz Bono (formerly Chastity Bono) who underwent transgender surgery to become a male from a female. This is multifaceted experience of transformation providing huge growth for the Essence inhabiting that body. This kind of lesson could only have occurred in the modern era where pioneering surgery has made this option possible. Dismissing the cultural stereotype that a Gay man must be effeminate (Feminine) or a Gay woman must be butch (Masculine), the choice of transgender or homosexuality does not require a specific MFER at the Essence level! For that matter, there are no Overleaves specifically designed or “helpful” for making that sexual orientation occur. Yet, some may embolden or hinder a person from revealing themselves. As with all the characteristics referred to in our Teachings, they merely expand the range of possibilities and nuances for TAO’s accumulation of knowledge.

It may be rightly inferred that the choice of Overleaves in a given lifetime augments your Personality’s balance of MFER by emphasizing one side of the balance while potentially stifling or minimizing the other side. Like all acts of the TAO’s creative intelligence in action, such modifications and variations add to the virtually infinite diversity available for experience and learning. And to reiterate a fundamental premise of this Teaching, the TAO’s purpose, achieved through unique Essences, is to gain as much and as widely diversified experience as possible; expanding knowledge of itself. Notwithstanding, this vast data gathering undertaking, the benefit to the human race is the advancement of awareness as is measured by the rate of Soul Age development.

I and We in Relationships

Another way that Masculine and Feminine Energies express themselves has to do with the degree to which a person can or will focus their attention on issues of “I” or “We”. Or another way of saying it, a focus on concerns and needs of one’s own individual self (ME) in contrast to the needs of other’s (THEE). Balancing inner Yin and Yang attributes can be summed up as recognizing the need for appropriate self-care while giving appropriate attention to nurture relationships. Here again calling out Saniel Bonder’s notion of “mutuality.” Attention to one’s own needs and goals of which intended payoff accrue primarily to you will be referred to as “I work.” While those behaviors, concerns, or goals for which primary benefit accrues to other persons or ideals and for which a sacrifices are made for the other is referred to as “We work.” Obviously, this later concept appears in every specific relationship to some degree and is associated with issues of Agreements, Monads, and Karmas because each must engage an “other” to function. *I work* resides within the Personality responding to growth challenges arising from Self Karma’s, Chief Features, Internal Monads, and Sub Personalities. Thematically, both *I work* actions and we work inter-actions are affected by one’s stage of development process (Soul Age Set).



The Historic Dominance of the Masculine Side

Through recorded Ourstory, people have recognized and sought to develop the masculine side in order to be able to survive and thrive in the physical sense. Many books have been written about developing the self-esteem and self-confidence. They are addressing masculine qualities whose designs and narratives shaped many “success” programs like: Scientology, Est, Lifespring, Tony Robbins, and many others. It was the founder of *Waking Down*, Saniel Bonder, who coined a potent concept to speak to this imbalanced emphasis toward competitive/mental/dominant behavior set. He called it *hyper-masculine*. In the most extreme, the progression of these traits leads to what is coming to be called culturally as *toxic masculinity*, where the imprint upon a male is that he is to be isolated in the name of being virile, self-made, potent and conquering over weaker persons: other males, women, children, or life itself. Showing vulnerability or needing others are signs of weaknesses, emanating from this mindset.

Those programs develop the hyper-masculine “I can do it” attitude, and they are effective as far as they go. They might be very useful helping those who operated

with a strong feminine side or the weaker aspects of a self-indulgent masculine side; because what they teach helps that kind of person achieve balance. These can appeal to persons of either sex and any gender. The behaviors taught may help solidify a certain accommodation to the practices of functioning in a largely Young Soul paradigm of business processes. Yet, their emphasis on the masculine may add to an already existing imbalance in a person who is struggling with self-acceptance. This is because in developing more linear result-oriented ways of being like masculine energy defaults, it tends to ignore the value of fluid ways of approaching a problem or the more organic, non-linear, and inductive process of feminine energies. Since the feminine side has been largely neglected and demeaned, the masculine side has relished in its own veneration and public congratulation.

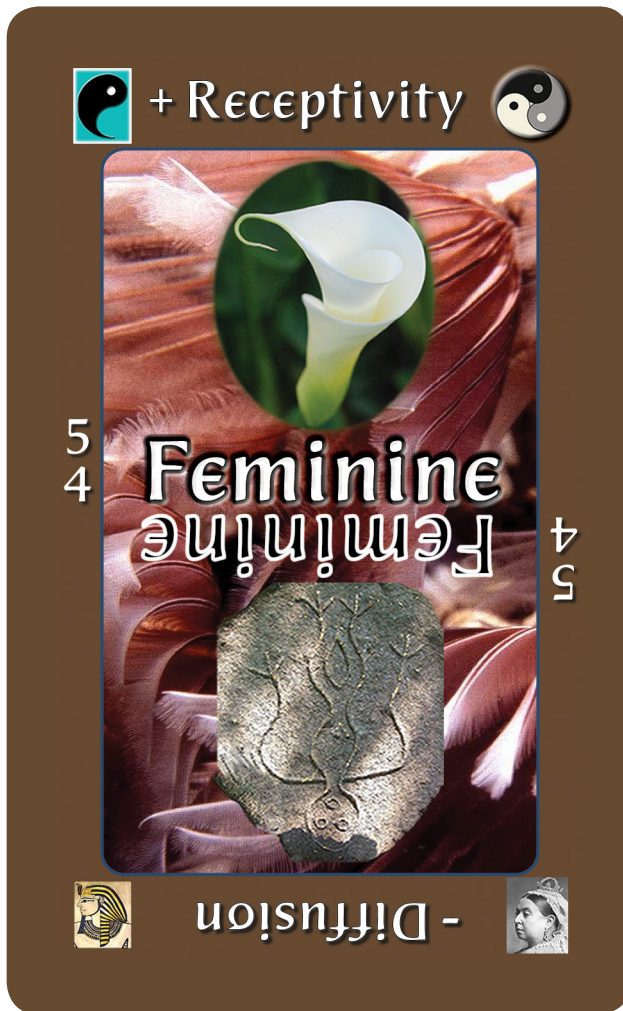
Dominance Aggression Paradigm asserts the Masculine Side in Business

Enterprise has always operated from the predominant masculine concept of “the bottom line”, and only rarely including the feminine concept of existing in order to do what is good for people by benefiting those it serves. The desire to be powerful is the most influential motivation underlying masculine energy under the Dominance Paradigm. It has led to a tolerance and even encouragement of the idea that power over others in small but insidious forms is acceptable, especially where money is concerned. And money is power, in the sense that, if you have money you can buy the time of others and have them do your bidding. This completely masculine orientation has kept business from operating in a balanced way that could be good for those served by a business endeavor; AND in addition to being good for the bottom line!

The Women’s Liberation Movement (a Mature Soul foray into the world) brought not so much a recognition of the feminine into public awareness as it provided access to rights, for the masculine tendencies in women. True evolution for the Feminine Paradigm will occur when either gender experiences life with less emphasis on quantity of output and more attention to quality of one’s experience in being alive. Many successful women have so over-developed their inner masculine, that even they have forgotten how to be soft and allowing. And any seduction is less about romance as it is strategic advantage. They have learned to “stand up for their rights” and confront the innate natural coercion embedded in the negative pole of early Soul Age male behavior. This has gone a long way in changing the old traditional viewpoint in which the man was the boss and the woman was the submissive. The problem is that, in some areas, so-called liberation had placed men in the role of the enemy, and thus had prevented many women from using their feminine side in interacting with men. This is because the mindset of compensation, understandably developed, had taught some women to feel free to choose only to withhold from men, but not to feel free to choose to give unselfishly to men. Again, modeling the worst behaviors of historically traditional male archetypes. True liberation for a woman is the freedom to choose how to operate her

Yin, the Mother Instinct

Situational Context: Nurture the underlying emotional currents.



- **Background Image:** Both warm and fluid, beautiful yet mysterious this stylized image of a kelp forest moves fluidly like feathers in the wind. It reminded me of my favorite aspects of Feminine Energy. It moves effortlessly and adorns the card with softness, elegance and flexibility.
- **Yin: Symbol of the Feminine**
- **Triality: Conveys the presence of masculine, feminine, and the hermaphrodite** - both sexes together and that which spawned them.
- **Pharaoh: Exalted/Expansive/Inclusive Nature of this Energy**

- Picture of Queen Victoria: **The Closed Crone** – When the Feminine becomes stuffy, stodgy, or atrophied by propriety rather than fluid, accepting and open.

Illuminated (+): Receptivity, flexibility, generosity, nurturing, divergence, digression

Illuminated Position: The Calla Lily is opening to reveal itself. It denotes the spiral of the TAO and yet within it is the strong stamen ready and Receptive to receive fertility from whatever creature which brings the pollen. A strong and enduring flower; it nonetheless holds itself with grace and can adapt to any wind, but never lose its attractiveness.

1. **Be receptive to new ideas.** Allow flexibility to enable, or adopt, any form needed for doing a job.
2. Let things settle out. **Look to your sensitivity and intuition.**
3. Yin energy's **receptivity** and desire to nurture is utilized for filling gaps and supporting cohesion. It can **diverge** attention for effective multitasking.
4. In many traditions, the Divine Feminine is that aspect that allows us to experience beauty, loyalty, and desire. Regardless of your sex or gender, **cultivate these qualities in yourself and your life will be richer.**
5. There is no greater loyalty than that of mother to child. Whatever **you can nurture** in this way will be yours, forever.
6. Women understand that sometimes **all it takes is a little empathy**, and perhaps some gentle manipulation of the person's own desires, to remind them that the best course of action lies in cooperation rather than a power struggle. Find your inner feminine and use her care, compassion, and yes, maybe subterfuge.
7. Let things settle out. **Look to your sensitivity and intuition.** Female persons may figure prominently in aiding you or as an active player against which you bring clarity from chaos.
8. No matter whether you are a male or a female, **the body always requires care and attention.** People who forget this end up ill, injured or dead. Make time for nurturing yourself.
9. Be like water: spread out and fill in the **gaps.**

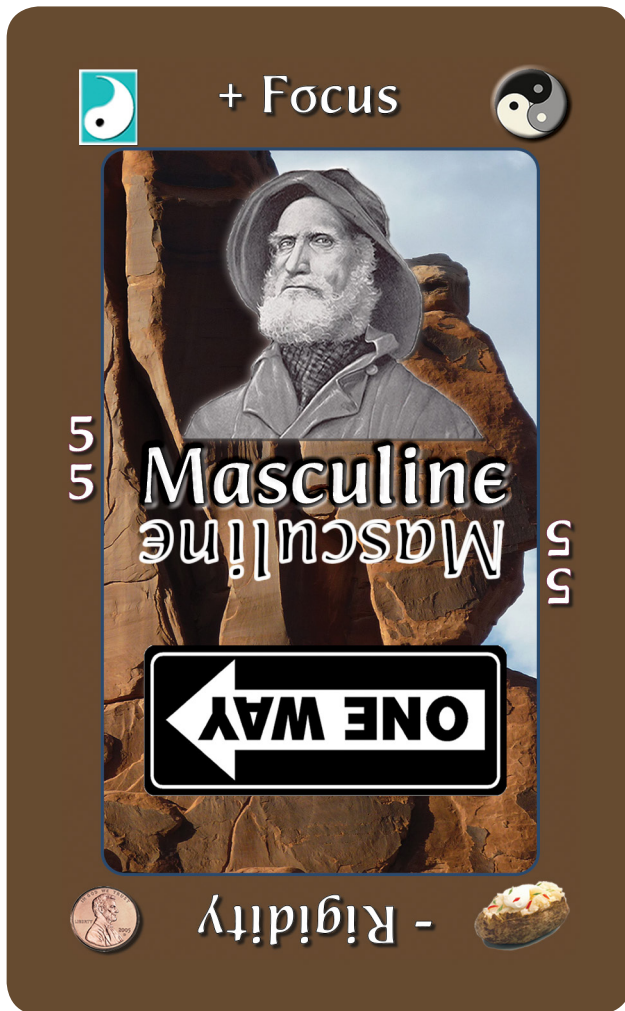
Shadow (-): Diffusion, submissive, inactive, indirect, entropy, chaotic, dilution, passive/aggressive

Shadow Position: This Hawaiian petroglyph portrays a woman giving birth. Ensnared in stone the image suggests the fertility of the feminine, but woman only as a vehicle for life. Chosen for the negative pole of Diffusion, the petroglyph woman's body is seen as a hollow outline with a nondescript face conveying no life itself. The female body is thus portrayed only as a carrier, the incubator, but having no value itself. Many cultures have devalued the feminine as the "carrier" but with little purpose itself but to shed, or disperse, its own energy for something else. Not true in my mind, but the coldness of this historic perception, like the coldness of the stone upon which the symbol is etched, remains prevalent in many cultures today.

1. **There are too many things on your plate.** Stop bitching that you "do all the work" and delegate.
2. Stop trying to be Mom here. It drains you and it creates resentment while disabling initiative.
3. Roads have diverged. Choose between paths.
4. One of the tests of the Physical Plane is for either body sex to learn to be 'in-touch' with the aspects within to comprise a fully diverse self. There are many fully heterosexual women who are more masculine than feminine. The same is true in reverse; many men are more innately feminine energy than masculine yet are fully heterosexual. It is important to stop attributing aspects of yin or yang to bodies. These are installed in the Essence. Leap beyond your cultural stereotypes and discover your Masculine/Feminine Energy Ratio and how they work within you.

Yang — The Killer Instinct

Situational Context: Does your opinion help achieve results?



- **Background Image:** The masculine energy is the more dense, solid, and even rigid of the Yin/Yang pairing. Few images represent that better than a mountain, carrying over the cliché of a man being the “rock” of stability of dependability. I took this photo at Arches National Monument because it reminded me a silhouette of a strong male profile.
- Yang: Symbol of Masculine Energy
- Triality: Symbol of balanced TAO, masculine and feminine
- Penny: Symbol of Ordinality

- The Couch Potato: A humorous comment about one expression of masculine energy in Shadow.

Illuminated (+): Focus, Yang, convergence, concentration, active, solidify, utility, seek, form, generative, expand, increase, direct, decisive, self-determination, respect, self-made, internal locus of control, self esteem, Will, individualistic, builder, achievement, self validation, self assurance, independant

Illuminated Position: The “old salt”, strong, often stoic or stern, represents the positive pole Masculine image since its piercing gaze shows focus, determination, and a type of scrutiny which characterizes the “can do” attitude. He is not a warrior or explorer per se, although those two attributes are often assumed to be uniquely masculine. No, this fisherman faces Nature to bring home sustenance. It is neither glamorous nor glorious; it is however bound to his duty of family as provider. Any impulse to acquire for the provision of self, or valued associates, is a directive, hunter-gatherer aspect of the Masculine Energy in this pole. It compels the exploration of individual resources in both sexes. Every impulse to know a “me”, to acquire and identify with “mine”, and on a higher order seek an “I” is an impulse of a Self, wanting to know itself, is Yang energy. Indeed even the male genitalia, the phallus in formal Western speak or the lingam in Hindi, is an outward protrusion which has been taken symbolically to be the outward projection of focus. That aspiration driven by curiosity or indeed when spurred by lack that compulsion, has transfixed every aspect of human’s social and philosophical aspects of our evolutionary journey. All who read this who are seeking answer to “know thyself” are following the active energy to focus on that which they have immediate experience: their own body/mind Soloverse. As an exploration the road is often explored using landmarks of outer world accomplishment. The Michael Teaching views Yang or Masculine energy is called convergent energy –concentration, combining, deduction, and synthesis. It is an intensifier of focus upon intention. It may appear in a male person or a female person. Masculine energy is the aspect that sets boundaries and exerts force over things.

1. **Put an end to it.** The utility of this union is done.
2. **Masculine energy brings its forces together and converges** them on a goal or challenge. What elements are you not engaging but should be part of the mix?
3. **Focused action** will fix problems. Eliminate distractions.
4. Cut away those people and things holding you back or holding you down.
Be decisive.

5. **Speak directly and act decisively.** There is strength in this method, but don't be macho.
6. A 'real man' demonstrates his principles by protecting the weak with courage. Either those persons or responsibilities in your life or those tender aspects of your own psyche. **You have the bravery to stand against an aggressor. Be magnificent in your valor. You can do it!**
7. **Face the situation head on.** Get in someone's face if necessary.
8. Consolidate all your resources. Put your focus on function, not form. Solidify your intent. Direct.
9. **Hold your own counsel first.** Respect yourself and **preserve your dignity.**
10. **Converge** on challenges and put your focus at their intersection. Set a course and steer.
11. **Be dispassionate and business-like towards your goal, and when necessary, assert advantage.**
12. Just remember, **you can be tough and sensitive.** Masculine protects the feminine. They work together within you. Let your feminine side nurture you. If you are a man, that means letting your mate in close.
13. **Masculine energy is in females too.** Yang in either sex is expressed by doing and focus on results.
14. **Michael's Consortium** reminds us that "Courage is most easily identified as a Masculine quality, especially the variety called bravery. What makes this version distinct is that in the presence of fear it confronts and exerts control over it. Determination to confront the source of fear becomes more significant than the influence of fear itself."

Shadow (-): Rigidity, glamour, glory, robotic, taker, outward acquisition, ranking, self referencing, alone, macho, hyper-masculine, unidimensional, adversarial, barbarity

Shadow Position: The unbending quality of the negative pole of masculinity has a singled minded "one way" sign, indicated by the forward thrusting subtext of "my way or the highway". This rigidity can look like Stubbornness (Card 28), but it is driven more from Greed. When you come across someone with high masculine energy (male or female) fixed upon their course, be alerted that you should try to make it seem that any change is their idea. And, in this pole, don't expect to get your suggestions heard, let alone used, unless they are pointing in the exactly the same way as the driver is already going. And here, any signal of one "not having it

all under control” is considered as a weakness. Thus, whatever ideas are gleaned or taken from others are invariably going to be declared as their own. This tendency was particularly evident in history in one of the most masculine cultures ever: the Roman Empire. Their pantheon of Gods, much of their arts, system of government, style of warfare, architecture and fashion, came from the Greeks. Very pragmatic (Card 28) by nature, the Romans knew a good thing when they saw it and thus decided it was their own idea. Ego, under the Dominance-Aggression-Competitive Paradigm has, by innate default, weighted to emphasize characteristics that are “hyper-masculine¹”. Home sapiens’ cultural development was driven by the same instinctive directives to expand its territory even while the human being emerged toward knowledge of itself and seeking spiritual understanding. Still, Nature’s directive has been toward *perpetuation through propagation*. Socio-Biologist, Richard Dawkins, presented this now famous (and to some infamous) idea of the *Selfish Gene*. That selfishness makes alliances only for the necessity of its own motives. The supposition of which has been that both males and females only cooperate for their genes to advance. Asserting territorial imperative, never giving ground, defeating, if not vanquishing or killing rival genes, makes complete sense in this context. Any spiritual intervention will only eventuate when mankind gathers the awareness to see that this automated procession has within it the seeds of its own destruction; namely, overpopulation leading to the consumption and depletion of the material feminine, i.e. Earth’s resources.

1. Have you shackled a person into a rigid course of action or way of being? **Something is keeping you fixated** rather than fixing a situation. Have other approaches been locked out?
2. Careful that some man, or **masculine trait like cockiness or macho**, isn’t about to trip you up.
3. **Bring people or resources together** rather than tear them into pieces. To divide now, IS NOT, to conquer. It will just bring down the house.
4. **Knock off the sexism!** In the modern era there are many women who demonstrate courage more authentically than the macho male. **If you are claiming some special dispensation because you think your gender has superior rights, then you are part of the problem, not the solution.**
5. Acting like the “company man” or “team player” (updated newspeak for conditioned subordinate)? **Just make certain that the rewards are as equally divided as the workload was.**
6. If you can’t trust anybody, if you are trying to do it all on your own, then

¹ A term coined by founder of the spiritual philosophy “Waking Down in Mutuality” to describe the extreme way that humans, particularly men, have been imprinted to eschew mutual support and cooperation in favor of taking and defending behaviors viewing others as adversaries.

resentment will either lead to hatred of those you perceive you must struggle against, or exhaustion of your spirit. **You have a choice of perception here: “I’m in this for myself?” Or, “We are in this together?”** Ultimately, both are strategies in the world that produce consequences. The former is just more selfish and lonelier.

7. Don’t let your own penis envy, inferiority or endowment get in the way of relating to another as an equal. Dominating or subordinating are both ways of being a dick. Get a spine, not a hard-on.

Soloverse Cluster: Personality – Ego – and Essence

The Self Love or Loathing that is contained in one's Soloverse of Self

Cards 56, 57, and 58



***Special Alert:** The updated positive pole of Self Love is Amour Prime-ra!

Cards Individually and Together.

When considering the connections between these three Cards, you are being directed to turn inward and consider the balance of these elements operating within you. Are you aware of how they might be in play? Take note if any two or all three are together. Any of the positive poles will imply that one is accessing the whole aspects of your *human animal* and are thus opening to your *Human Being*. Is the implication that you are placing too much emphasis on worldly concerns? Or, are you so immersed in spiritual pursuits or feeling tormented thereof, that you have neglected your life responsibilities? Have you cut yourself off from the abundant supply of love that one can sense as honest emotions, or perception of being a part of something larger than yourself? One merely need realize their own power to say, "I surrender, I open, I receive, I am love." From that consciously self-directed act, the light of awareness shines in you, and as a result, through you and out into the world. If in the negative poles you must reach for a more expanded viewpoint, or *meta-vista*, to gain the energy that flows there. Depending on the phrasing of your question, the answer may be about you or a person involved with your inquiry.

Parts of this Cluster

Structurally, what this graphic implies is that the Essence and Ego are often in

competition for the attention of the main Personality, which is coordinated by the mind. Inner voices can be whispers more subtle, centered, and calming like that of Essence. Or they may sound familiar with repetitive narratives of an actively vigilant Ego. Some of Ego's aspects contain both current and past life patterns. They are unique, but specifically targeted programmed personas, designed to activate when a specific set of conditions are triggered. These qualities we term Sub-Personalities. The range of their voices can vary from supportive, demanding, protesting, whining, seductive, plaintive, critiquing, or consoling.

Personality (Card 56) is your main *identify for a life*. It is encapsulated by the name you call yourself. It is the presiding aspect to which is accorded your decision making power. When Personality is empowered by an Essence (Card 58) with Self Love (Card 57), they emit an authentic and unpretentious quality; from which you will likely have and exude an experience as being *in your body* and "not in your head." The latter does not mean that one does not use their intellect, but an indication of equilibrium and alignment with all the Centers. The Centers are the emitters of spiritual energy for the body. When one allows love for the Self, the source vitality empowering life is accessed.

Self-preservation is the first law of being in a body because the human animal struggles with the need to survive. Essence manufactures a Personality within the Physical plane limits of time and each has planned expiration date. Everyone's life is a finite game and death is everyone's fate. That is the design of being Human. Contained in a bio-suit with initial boundaries of skin; its capacities may or may not get explored or fully utilized during the course of living a life. Yet, its range always has upper limits! And whatever a person's experience, there is an onboard mechanism for protection of that unique human energy system (HES). We call it the Ego. (More of its parts and functions are more specifically explored under the Chief Features Group, a discussion of MAYA Card 69, and the stepped learning trails of Soul Age evolution process.)

Yet part of that HES is an infinite aspect of the soul, i.e. the spirit of the Human *Being*. The Essence is the eternal nature of who you are. It exists more as a witness; behind the scenes, below the radar, and yet with a perspective more broad and even above as to give us a view of our own consciousness beyond that of mortal animal existence. Beingness, when it is perceived by a Personality, is a process that happens in stages of awareness. That is the mechanism of Soul Age evolution at work. Glimpses of a deeper Self surface or are *noticed* when motivated by extreme need, pain, or moments at the edge of our capacity. Then and there, facing our perceived limits, one comes up against a *new zone*. There we may even take stock of the many forces that are at play within us. Up to that point, those qualities or mechanisms went unnoticed, simply regarded as one's temperament and habits. But over time, we become more familiar with these qualities. Everyone does to some degree. As one pays attention to the features of this inner landscape it, we

realize it to be the domain of one's own Self.

Soloverse – A construct for inner work and unification of all your Parts

To acknowledge the psyche's enclosure in a unique body and the perception it renders, we will call this interior space the Soloverse – the container of your Essential Self – a universe of one. Most of us have a superficial knowledge of it, we call it “who I am.” We tend to take it as *granted*, that predictable set of habits, beliefs, identities: male, young, black or white, nationality, language, body appearance, job title, competencies, or insecurities, etc. With some awareness of it, we may discover it is more diverse and even adaptable than we once imagined. That exploration presents a perplexing experience of sensing and needing connection while realizing an inner compass is always at work moving in and out, toward and away from various interactions.

When one is drawn to explore within their Soloverse, one is seeking to grasp the complex subtleties of being, life or the world at large, or perhaps their own mortality. There you contemplate all that is happening to you and compare it with that which seems to come from within you. It is your inner academy of learning and discerning. The Soloverse contains every aspect of Self: Essence (your Soul Card 58), your Personality and Ego (Card 56). But the factor which allows light be shed upon this inner world burns from the fuel of Self-love (Card 57).

Self Love: What it is, and What it is not?

Self-Love bathes one in the experience of deep sustenance and centeredness. It originates with a sense of grace for being alive, open and connected to life itself, even when painful. Life then, when in the state of *Amour Primera*, is a gracious feeling toward all. Self-Love should not be confused with selfishness which often originates from fragmented, crippled, wounded or externally identified needs which stems from a perception of scarcity. Nor is it the overtly egotistical, self-indulgent, or arrogant displays that often mask the sense of inadequacy that comes from varying degrees of self-loathing or low self-esteem.

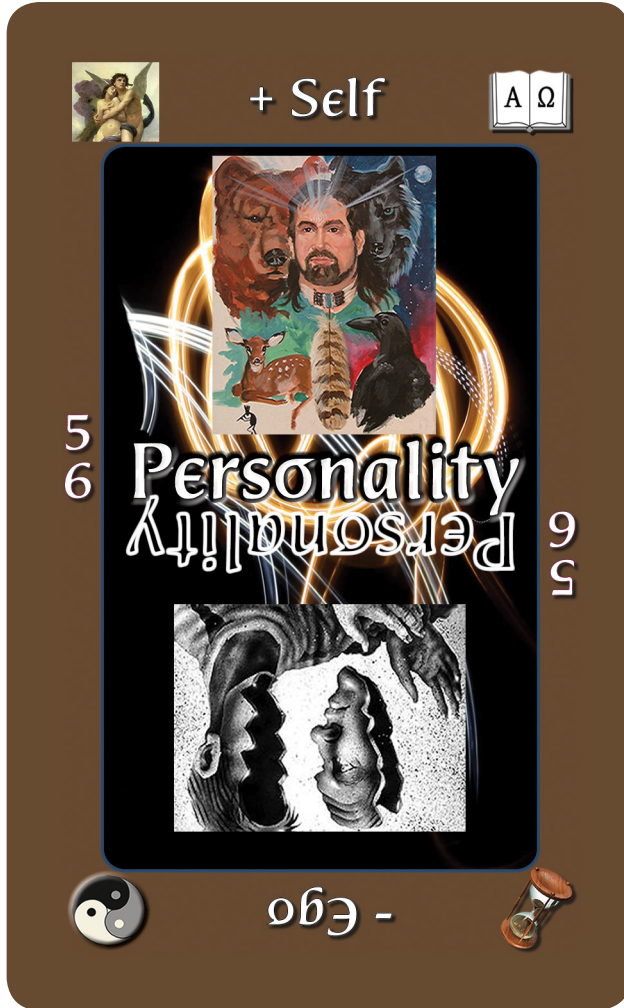
There are those who experience love as a spring which flows through them, and hence their *cup runneth over*. But many have learned to believe love has a finite supply. Love, to them, is perceived like a currency to be as conditionally exchanged, to be bargained with, awarded or withheld, as a reward or punishment. Perceiving oneself as short-changed or in deficit, a protective Ego will react to the pain caused by those feelings of lack, and constrain the flow of love in both directions. Pain produces its own fear. Fear then acts like a constrictor, narrowing the porthole through which love can flow from Essence, shutting out the light of Spirit. Imagine an aperture of a camera opening and closing to let light in or shut it out. Their inner world becomes dark and foreboding. Feeling cut-off and now isolated, the Ego is perceives itself alone to defend its limited fund of love, hoard-

ing it, even from themselves. The irony of this belief in scarcity is that it cause them to clamp down, increasing the very pain they fear, and hence it becomes a *self-unfulfilling prophesy*. As you close the portals where love of Self flows to you and through you, you also restrict the mirrors in the world that might show it to you in return. It is very sad that in an effort moralize the pitfalls of a jealous and hoarding Ego, many religious teachings have confused *self-love* with self-indulgence and even narcissism stigmatized it as sinful. The effect has been to provide the Ego with yet another fear that love, this time of God, is now meted out only when one is a *good boy or good girl*. Because of this misidentification love of self is cast as anathema to being loved by God, and hence a fundamental inner conflict is established where one should have never existed at all. By calling the feeling of fulfillment “God’s love” of you, it creates the misguided notion of outside agency and motivates seeking for connection outside yourself. Thus, you begin a search in the wrong direction. Only by looking within, and grasping the access available to the greater whole through the entryway in your Soloverse, can one gain personal access to Spirit. It begins with your own Soul Essence. It is TAO’s unique spark of beingness within you and the only conduit from which Universal love, AGAPE, can flow.

By the content of their character.

—Martin Luther King Jr., “I Have a Dream” Speech

Situational Context: Character qualities of a person or situation.



- **Background Position:** The swirls of golden light is the energy that powers the Personality from Essence. The frail, cloud like spiking streaks of white, like arrows or spears, is the Ego crossing over the Essence; poised to protect, and yet in its own way enhance, the survivability of the individual.
- **Cupid and Psyche: Essence and Personality** – Spirit and Matter – Immortal and Mortal
- **Alpha and Omega: Both creations of the TAO**, they bear the entirety of

the in that amazing bio-record called DNA.

- **Triality: Though born as male or female** - the ultimate goal is not to transcend either gender, but to incorporate and expand to see that one is both and more.
- **Hourglass: Ego always perceives time.** It lives within its confines. It is always worried about what has passed and how much it has left. It has difficulty living in the now since it is unpredictable. After death, *this Ego* is no more.

Illuminated (+): Self, authentic, maturity, congruence

Illuminated Position: A painting of a man showing characteristics of his animal self. He looks forward and the focus of his thoughts are toward the world. What stands within him he employs to live life. Every Personality is made up of a myriad of forces. When they are working together, the major concern becomes, not how did I look, but how well did I contribute. The Spirit Portrait, done by Artist **Diane Elizabeth Stanley**², portrays Elemental component of my Self as represented by animal archetypes. I used this for the Personality Card as a reminder of the other half of the Hermetic Maxim which I champion: “As below, so above,”³ because we influence Essence, not just the other way around. What we create of the future, biologically, before any influence of Essence is conscious within us, we share and exemplify characteristics more consistent with our creature cousins. Any low humans can stupe as equally as a human can reach for any height. In either case, the vastness of possibility is as vast as the TAO (Card 0). Consciousness, (a term I am about to define and admit to woefully over-generalizing, as many do) is the biological functioning of the reticular activating system⁴. It moderates the wake-sleep cycle of alertness and dormancy as a part of our autonomic nervous system and it's mechanism is not under our control. However, Self awareness is a CHOICE! Choosing this image in the positive pole reminds us of the Personality's natural cycles, programmed into us by Nature (Dominance Model) to act as the stage and costumes we weave during a single incarnation - the visage of the person I call *Me*.

1. Intimacy is a gift shared. You have no obligation to reveal everything about who you are, **yet, you have every reason to explore it for yourself.**

2. Your Personality (Overleaves Set) was chosen by your Soul (Essence)

2 An surrealist illustrator of the 1970's, she published several posters recognizable by Baby Boomers of that Era

3 **The Emerald Tablet of Hermes Trismegistus** is a short work which contains a phrase that is well known in occult circles: “As above, so below.” The actual text of that maxim, as translated by Dennis W. Hauck, is: “That which is Below corresponds to that which is Above, and that which is Above corresponds to that which is Below, to accomplish the miracle of the One Thing”.[29] The Emerald Tablet also refers to the three parts of the wisdom of the whole universe. Hermes states that his knowledge of these three parts is the reason why he received the name Trismegistus (“Thrice Great” or “Ao-Ao-Ao” [which mean “greatest”]). As the story is told, the Emerald Tablet was found by Alexander the Great at Hebron, supposedly in the tomb of Hermes.

4 http://en.wikipedia.org/wiki/Reticular_activating_system

to be exactly who you were meant to be. If you allow them to emerge, perhaps others present will respond in kind? **Be authentic and be bold!**

3. Dealing with limitation is the challenge for building a diversified, mature **Self**. Draw on your talents to engage challenges, mitigate limitations, or triumph over adversity.
4. **Unique does not equal special.** Ordinary is a blessing, what you do with it may be amazing.
5. **True Personality or Self** is the desired and intended expression of the Essence. Your Overleaves recipe is the authentic expression of who you are meant to be. When you are motivated by love and compassion and inner truth; you are Essentially you. Find those things now and express your Self!
6. “The hardest challenge is to be yourself in a world where everyone is trying to make you be somebody else.” ~ **E. E. Cummings**
7. “The privilege of a lifetime is being who you are.” ~ **Joseph Campbell**
8. **Character is revealed.** Caricatures of Ego aren’t needed when one accepts their uniqueness.
9. The players involved are **expressing themselves authentically**, not from Ego. Gruff is often genuine where niceness may not be. Be clear on this difference and you will all get along!
10. Wanna get real? **Get angry and see what comes out.** Expressing anger on behalf of a principle is quite a clearing and often empowering experience. But you’ll hear what’s going on when it comes out in fury.
11. Dr. Martin Luther King said that we should judge a person by the “content of their character”. One is revealed in what one does. **Do your actions reflect who your really are, and what your truthfully believe, accurately?**
12. If **we are all mirrors for one another**, then knowing more about Self means you can connect with another at greater depth.
13. Existentialist Albert Camus noted “We continue to shape our personality all our life. If we knew ourselves perfectly, we should die.” **Keep going, you’ll never know who you will be tomorrow.**

Shadow (-): Ego, False Personality, dissociative, persona, pretentious, contrived, pretentious, disguised, masked, deflective, dissociative, , imposter, mimic, phony

Shadow Position: The Ego is always watching Personality. It is your guard dog.

But to guard is to keep watch, and to watch is to have one part of your consciousness trained back upon itself. Thus Ego divides oneself from the experience of fluid unity. The first feelings of separateness (that ignominious state which New Age types decry or bemoan) happens when the Ego perceives itself at risk from others or for its own survival. *Ego perceives itself AS the Personality*. Freud thought of the Ego in this way, and spoke of it as the completed or fully formed aspect of an adult Psyche. The image of this negative pole shows Ego as to be torn from the head and is the face of the personality. "Saving face" is the high priority for the Ego since its limited perspective confuses any loss, as equivocal to actual death. That is why the Ego can be so theatrical or hysterical in its assessment: because anything outside itself might cause it pain! The Ego has the programmed mission from the reptilian brain: it strives to be secure against pain at least, and when possible; move to the mammalian brain and seek pleasure. From this animal level, we would call that an urge for *creature comfort*. Therefore, Ego is not evil, nor intentionally sabotaging. Its mandates are simple and legitimate, "This unit must survive". But its strategies, methods, and beliefs may be wholly inadequate, dysfunctional, and even self defeating. But when fear is at its highest, that good old dog races to the forefront to do its best to protect you, even if you are the first one it bites.



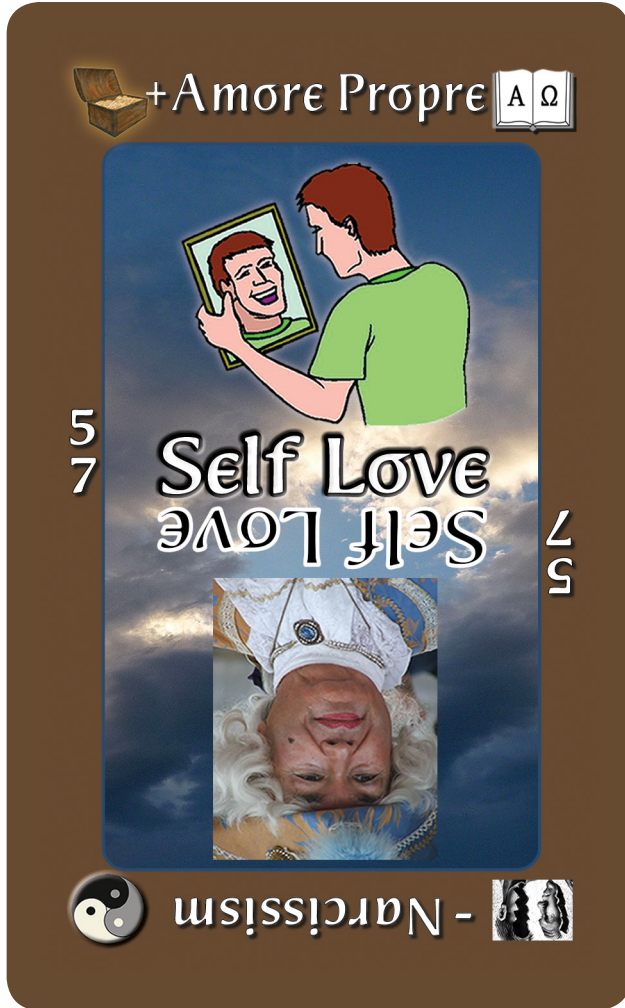
1. Ego or false personality puts us on immediate alert to fearful circumstance. Yet these threats can be old, projected, or imaginary. Vigilant, **the defenses are set to coping instead of living**. A mask is being shown. Who is being phony?
2. False personas try to keep us from feeling weak or ashamed. **Strengthen self-love and forgiveness.**

3. **Make your Ego your Amigo** and you will have a better chance of experiencing your wholeness.
4. A charmer, beguiler, or manipulator are all false fronts hiding someone running a racket, trying to get what they want through deceptive means.
5. “The unexplored life is not worth living.” **Socrates – from the *Apologia***
6. “It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell. ~ Gautama Buddha
7. “The egoism which enters into our theories does not affect their sincerity; rather, the more our egoism is satisfied, the more robust is our belief.” George Eliot, *Feeding the Ego can be useful*.
8. Former Secretary of Dean Acheson brilliantly noted how public figures are distracted and fail, “The great corrupter of public man is the ego.... Looking at the mirror distracts one’s attention from the problem.” Carly Simon said something similar in the song, *Your’re So Vain*. **Get your eyes off yourself and focus on the task at hand.**

Learning to love yourself is the greatest love of all.

—Whitney Houston

Situational Context: Issues between self-care vs. self-indulgence.



- **Background Position:** When the clouds part, and the endless blue sky of possibility shows through, one can grasp the magnificence of all that is. But it is the clouds, sometimes beautiful in their intricacy and other times ominous in their foreboding; that either distort, or magnificently accent, the vastness of the sky or dim the light behind them. In one's Soloverse, the skies can be clear or overcast, but it is the view of your life which is reflected within.

- **Border Color:** A member of the Augment Group. You may add or subtract it.

- **Treasure Chest: There is gold inside each of us.**
- Our connection to the TAO happens in love.
- We may love or hate parts of ourselves.
- **Symbol of the self-obsessed Ego watching its own performance.**

Illuminated (+): Amour Propre, nurturing, discipline, integrity, self-trust, dignity, self-respect, Amour Primera – First Love, Self Care, Balanced self regard

Illuminated Position: Amore-Propre; leave it to the French to come up with another powerful, yet nuanced word about love - Self Love. The man holding the mirror is not fixated on what he sees, but rather sparkles with a smile that who he sees is joyful, alive, and full of gratitude. The act of reflection is to look at what one sees and render a proper conclusion, a discernment, (Card 8 - Discrimination) about the image he beholds. When one is in accord with oneself, free of the need to project an image and unpossessed by how he appears, Essence bubbles forth that right mix of respect, appreciation, gratitude, love, concern, and boundaries, to encapsulate a person in a milieu of nourishing spiritual nutrients.

1. *Amour Primera* deepens when **your thoughts and actions are congruent** with the values you love and the principles you espouse. When these are in alignment, you are in the state of enlivenment.
2. This card signifies that **your dignity is at stake**. Make sure to preserve your values not your Ego.
3. **Love originates in the wellspring of your own Soul**. Loving yourself is the practical way to insure that you always have an abundant supply to share with others. Let your cup runneth over.
4. Self-care is invigorating! **Nurture yourself in a healthy way** and it will strengthen your health and integrity. Now, **experience the joie de vivre**.
5. **Care and integrity** must be observed in providing oneself the attention that is nurturing but also invigorating. If you are being drained, where are you off balance?
6. The right mix of respect, esteem and compassion for oneself is the **Amour Propre**. Preserve your life and dignity while being available to others. (See the Tightrope of Awareness)
7. Doing your best is an expression of your integrity and diligence. But it is also a **show of care you have for the other person** as well as yourself, because

you gave it your all.

8. Amity: an open energy of friendship and invitation to engage, is all you need remember. **No show or image is necessary.** Be yourself knowing that you are enough, wanted, and genuinely unique. The alchemy catalyzed by of that vibration will turn lead into gold.
9. When your cup runneth over, you have an abundance to share. There is no such thing as too much love, just too little.
10. Old Soul, Walt Whitman, realized **the importance of self-appreciation** in his poem "*Leaves of Grass*". He wrote, "I celebrate myself, and sing myself." It is OK to cheer yourself on. You deprive no one else of their standing, yet, you find a promontory from which to marvel at life.
11. "Whatever you are doing, love yourself for doing it. Whatever you are feeling, love yourself for feeling it." Thaddeus Golas, *The Lazy Man's Guide to Enlightenment*. Everyone makes errors; they are only sins if you condemn yourself for them.
12. Mae West passionately declared, "I don't like myself, I'm crazy about myself!" **Give yourself your first passion.** She also famously said, "Why don't you come up and see me sometime." You might as well be your most frequent consort.

Shadow (-): Narcissism, self-indulgence, self-absorbed, selfish, myopic, sociopath, neurotic, unaware, internalized, hiding, dissociative, solipsistic, enamored, disinterested, neurotic, unaware, self-conscious, checked-out

Shadow Position: Once again, the French. At the height of the Bourbon Dynasties of the *Louis*'s, amongst the nobility, fashion was the sigil of both social rank and self-importance (much like now). This image was chosen to signify the negative pole of Narcissism, since like the myth of Narcissus⁵, who was so captivated by his reflection in a pool of water *he fell in love with his own image*. To maintain one's Image, rather than cultivate and test substance, is what love and respect for *who you are* must be exercised.

1. *It's all about me!* In a nutshell, wherever this card lands...**the issue is with, or about, you!**
2. Ok, now you have done it. You are posing for the winner's circle way before you have reached it. **Get over yourself. Think about who you owe?**
3. **Are you indulging yourself instead of pushing yourself?** Primping your

⁵ http://en.wikipedia.org/wiki/Narcissus_%28mythology%29

ego does nothing.

4. Narcissists are myopic and exclusionary. For them, **others are a tool to use** or to place blame. Someone is targeting another to be the fall guy.
5. This card signifies that **your dignity is at stake**. Make sure to preserve your values not your position.
6. A narcissist is a person primarily motivated by an *indulgent* Ego. Other people become mere **tools to fulfill their entitlement**. The group of which you are part isn't owing up to some element of this. Are you? To get it out in the open, ask someone else's opinion on the subject!
7. Neurotics seldom conduct themselves with awareness, respect, or compassion. They can't see it or find it, because **Chief Features rule the day and Maya (-- Card 69) is everywhere**.
8. **Are you indulging yourself** instead of pushing yourself?
9. *Obsessive or distracting* inward focus is **Narcissistic**. Focus on your performance, not on how you appear when doing it.
10. Has your attention fixated on you instead of the other person or project? **Move energy outward** making something or someone else the focus of your love.
11. If you are **feeling drained**, where are you off balance?
12. An indulgent Ego seldom conducts itself with awareness, respect, or compassion for others. It is usually predicated upon the belief that nothing will ever be better than what you do or get for yourself.

You can't play the blues without soul.

—Ray Charles

Situational Context: Look for the Essence of a situation. What is the Spirit behind the intent?



- **Background Image:** Though difficult to recognize, just like the Soul itself, the image behind the card is that of the Mammoth Hot Springs in Yellowstone National Park. It is a seething, steamy fiery essence; which is nondescript and has a potent emanation of living Sulphur.
- **Cupid and Psyche:** the fated lovers between Spirit and Flesh
- **Alpha and Omega:** signifying that every Essence is part of the greater

Universe

- **Treasure Chest:** When one goes within, there is always some golden wisdom, or gems of delight.
- **Nautilus Shell:** The Spiral of Cycles and Soul Age

Illuminated (+): Essence, atman, spirit, core, cause, element

Illuminated Position: Essence is the power pack of Personality. When all the verve for life has been drained, the battery put into our avatar (representation of Essence on Earth – your Personality Card 56), we are done, spent, and we die. (see Card 76 – Cycle-Off)

Side Position: This is the statue of the Myth of Cupid and Psyche, from the Louvre in Paris. It is a potent metaphor to this card since it is the star-crossed love affair between the god (Spirit) Cupid, and the human (Personality) Psyche. The two could only meet at night during dream time, and then Psyche was never to actually look upon her love, lest it would break their agreement; and he would leave. To the Personality, Essence often feels allusive.

1. Go deeper for the **core motivation**. Beneath the surface, another goal or intention is directing.
2. Congratulations! **You have distilled the Essence of the situation**. Golden wisdom lies within it.
3. In music, it is said, “if you ain’t got soul, the music is just sound. You can play it, but you don’t feel it.” The essence of life is the spice you bring to it. Don’t think. **Dip into your feeling well and drink deeply of it**. It is always there. Have you forgotten what it feels like?
4. Review your dreams. They have messages for you.
5. Essence is Personality’s creator. It is essentially the battery pack. When you are in-touch with it, you receive the clearest instructions...usually after the fact.
6. At the core of everything, there is an **Essence** or center from which radiates the source of life force. Root what you do into this power and you will be guided.
7. Great faith is required in the foundation of your very being.
8. The eyes are the window to the Soul. **Make eye contact with someone and share yourself**.
9. To be **in your personal integrity with yourself**, you act in ways that others

might not like. If you are in this spot, do it with dignity, humility and love.

Shadow (-): Fate, deterministic, pawn, ablution, effect

Shadow Position: The man crossing his fingers is making a blind choice in his book of life. Because he is out of touch with Essence, he feels blind to what his happening. His actions displaying an old fashioned belief in luck, good or bad. Belief in blind luck or dumb luck is a comfort for some to explain circumstances that appear beyond their ability to understand, or seem overwhelming (see Card 40), let alone actually have choice about. Fate and destiny are popular themes which imply that anything that happens to us is somehow predestined, and therefore, out of our control. Not everything is in our control, however, the way we respond is far more likely to be.

1. You have unleashed the **forces of unintended consequences**. Back track and find the thread of where it began. Other possibilities may be found.
2. Whenever you forego making a decision, thus avoiding a choice between present alternatives, you still make a choice to abdicate responsibility. You are still accountable.
3. **Was it meant to be? Or did you get lucky?** Deep within, you know which is which. Don't get cocky either way.
4. **Fate** is an idea used as a refuge by those who'd rather believe that their choices are predestined or controlled by something outside of themselves. Here is a case where letting circumstance dictate your responses might be OK, but stay ready to act.
5. **Fate takes** you on a journey, no matter how pleasurable or bumpy, to a destination not of your conscious desire, but where some learning or remembrance resides. *Will you pay attention?*
6. **There is more power here than you realize.** Stop letting the situation act upon you and act upon it.
7. Many people often forget that to **"thine own self be true"** actually means tell yourself the truth first. It is not a blanket permission to indulge your own agenda.
8. If you aren't running your life, **life is running you**. If you like where it is taking you, great! If you feel like a pawn, why not pretend you have a choice? Notice what happens as a result.

Orientation Cluster: Spiritual Perspectives of Micro and Macro Scope

“Let our students survey the history of all mankind all over the face of the planet since the age when man’s pre-human ancestor first became human; but at the same time let them scrutinize the history of some local short-lived tribe or parish.” Arnold Toynbee (An example of the Micro perspective informing the Macro perspective.)

“You are only as big as what you love and only as small as what you allow to annoy you.” Robert Anton Wilson



- **Unifying Set Image:** Triality Symbol - Positive, Negative and Neutral is the basis for this symbol. All flavors of the TAO, each aspect represents the mystical prime number of three, the trinity.
- **Common Color:** Earthly/Forest Green -
- **Background Image:** Each has its own image matching its perspective. See the unique description about each card’s background.

When either of these Cards is selected, you must consider how much impact and upon how many people is going to occur? This subset specifies an aspect that speaks to the issue of breadth of perspective: personal or planetary, individual or group, private vs. public. The contrasting qualities which further permeate each concept suggest a layer where one should consider the influence of a card as directing our attention more specifically to and about oneself. Also, look to the total number of Cards in your draw to see how many coincide with the Scope card

draw. If Ordinal, as mentioned, the issue solution may be personal. If Exalted or Cardinal, you might facing a larger issue, perhaps ongoing or institutional. Also, consider issues related to your current or situational perspective about the long run effects of your short term actions.

Contrasting Ordinal and Cardinal Perspectives

Ordinal can mean...Micro	Exalted can mean...Macro
Personal	Impersonal
Private	Public
Inward	Outward
Plan	Vision
Masculine	Feminine
Informal	Formal
Exclusive	Inclusive
Together	Solitary
Labor	Management
Details	Big Picture (Plan)
Parts/Specific	Whole/General
Mundane	Abstract
Plebeians – Proletariat – Populous	Patrician – Plutocrats – 1%
Small Scale	Large Scale
Immediate gratification and reinforcement	Delayed gratification but satisfaction

While it can be said all motivations originate from within, these two subsets each specify aspects that speak to the issue of breadth of scope or scope of vision; and perhaps a more philosophical and metaphysical source of the domains of our basic drives. Harkening back to a reference I made in opening pages, no religious connotation need be applied. Instead, view **Ordinal and Exalted as a Micro and Macro frame of reference**, able to “drill down into the details” or see “the big picture.” In many Social Sciences, particularly Economics and Sociology, these distinctions render highly valuable specific attributes about how we view and operate in our world(s), as individuals and as groups. If you were to pick either of these scope cards, be alerted and instructing to employ either a microscope in your analysis, or use a telescope to reach out beyond the immediate, to fix the current situation in a broader context. Another equally provocative explanation contrasts the concentration on current moment or short run, as opposed to taking the long view, or looking to the long run. Without consideration of future implications of what we do for immediate gain, feedback, or convenience our efforts now may come up lacking or with disastrous results later.

Short Run and Long Run (See related concepts to time)

Economists will tell you that far too many of us are short run oriented. That is to say, that we have a tendency to look for immediate effects (or payoffs) rather than persevere into the long run. To be sure, such phrases as these have variable meanings relative to the type of planning or vision one might be looking at, but equally true is the need that *short run* thinking has to reduce stress and see immediate gain.

Big Picture vs the Snapshot – The Map vs. the Legend

Holistic perspective is often difficult to capture because of the nature of System Complexity. The larger the system, the more factors that are involved with it, and thereby the more variable and unpredictable it might be. However, this does not mean that it is impossible to imagine large scale effects, but merely the timing and the specific areas where problems may arise increase geometrically.

For individuals, the process of living life causes them to focus upon the needs of the short run as noted by Maslow's Hierarchy of Needs. The long run of any life may be directed toward self-actualization, but that aspiration, or for that matter process of building achievements and accumulating stable resources bases, escape many of the worlds: middle classes, working classes, or poverty stricken whose time is completely absorbed and focused upon survival needs.

Formal and Informal & Public and Private

Ordinal has the qualities of informal and personal; whereas Exalted scope inherently is expansive and relates to the system at large, and one's formal place in it. The contrast here would be the difference of going in front of your father for consequences of an action within a family; and that of appearing before a judge who can dismiss or pronounce sentence as part of a community or state crime. The consequences of the first, by the way, generally stay private and are dealt with informally within the family structure. But commit a larger, social transgression, then the act is very public and enters into the formal structures of a judiciary. The crime and punishment are open for everyone to see, and vetted as part of a larger formal program of social engineering.

Individual and Group & Rights and Responsibilities

Political arguments often hover around a topic paraphrased by Mr. Spock in Star Trek II⁶ "the good of the many outweigh the needs of the few...or the one." Personal rights and concerns bump up against public good or institutional powers is involves a state or organizational entity. *The current debate in the United States about the Citizen's United Case typifies* the confusion when individual rights (Or-

⁶ Actually found in Tale of Two Cities by Charles Dickens pg. – Phrased a bit differently in the Utilitarian view of things: "It is the greatest good to the greatest number of people which is the measure of right and wrong." By Jeremy Bentham

dinal) are presented to a collective entity like a corporation (Exalted) In itself, to consider a corporation a “person” is on its face absurd because even if such an entity were to be “terminated” or cease operation – no living being is lost. Instead, the great travesty of such a declaration happens when law allows actual living humans, who are the owners and directors of said enterprises; to exert control and influence without the benefit of public disclosure or legitimate accountability. For us to confuse individuals with enterprises, living beings with mechanical entities, consequences like these arise leaving a concerned public no ability to witness and then collectively regulate an organization’s activities or at least make them equal in regards to others. All individuals share rights and are expected to obey social rules. Whereas business entities are granted license, privileges, benefits, and entitlements from society in exchange for the permission to operate within regulation and market-driven forces. But those not inalienable to them as a living being. This is a place where the Exalted power of a large entity encroaches into the domain of the particular.

II. Comparing these two stations in life: which one do you relate to? Which one gets more respect and more privilege? Is there a balance between the actual work done, risk taken, and rewards received?

- a. The General - Exalted
- b. The Soldier - Ordinal

III. Here is an example of comparing contexts between an exalted and ordinal perspective...

- a. Exalted is the public self or persona, no matter what the scale or scope. Together, group, self-transcendent, (reference – Ghost in the Machine) dissociated image. Bob Dole speaking of “Bob Dole” or politicians of themselves as we. (Can become grandiose, self deluded, but far more significantly to accountability – they are detached and dissociated from the “IT” they created, the image, the identity, the brand.)
- b. Ordinal, by contrast, is personal and private. Its point of view is self-acquisition, realization, and self-preservation. It may devolve into defensive and selfishness.
- c. From the standpoint of the exalted or the General: is concerned about the large scale. Strategy and tactics. Command and control. Pride and pageantry. Looking stately and patriotic. Is concerned about the number of medals on his chest, being decorated, and the overall distancing from the soldiers.
- d. From the standpoint of the ordinal or the soldier: the soldiers

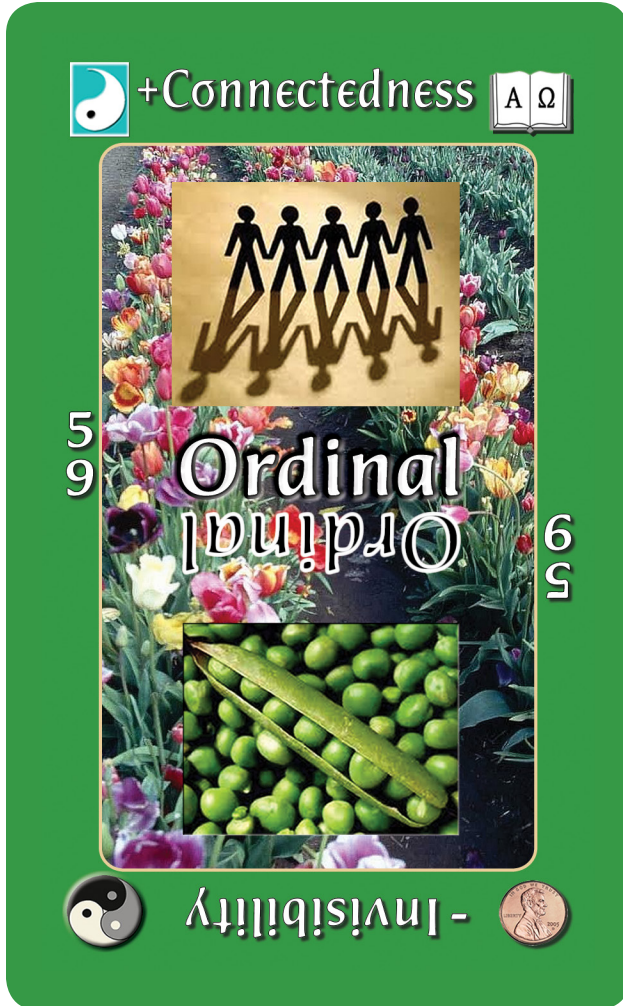
perspective is on the battlefield, then potentially in a hospital, or missing a limb, or in a wheelchair; they receive the orders, they are more concerned with individual momentary action and having to stay alive.

Awareness of one's internal default Scope settings is crucial here. A person with a number of Exalted Overleaves may find they miss details because they look at the canvas as a whole. By contrast, Ordinal Overleaves may cause a person to be *too close* or have *too narrow of focus*. And thus, to change metaphors, does not see the forest beyond the trees. In no way is one station superior to the other. Both the microscope and the telescope help us to visualize our universe. We need both! Yet, we must have the capacity to apply either in the most useful ways at the proper times.

Oh my God, they're everywhere!

— Escape, Andrew Trick and Michael Hranica

Situational Context: Look down to earth for immediate causes and issues.



- **Background Image:** A field of tulips, all of which are beautiful side-by-side, but hard to pick one out of crowd. Yet, in a bouquet of flowers, each adds something unique, perhaps even special to the arrangement. This image was chosen because of all the color and uplifting feeling that a group of even closely identified individuals can bring to an experience. Like in a choir, chorus, or a team, where one individual may not be noticed if missing, an entire species would be.

- **Border Color: Forest Green.** Individual trees look similar and lost in the

whole.

- **Yang: The Symbol of Masculine Energy**
- **TAO: Part of the Whole – First of Creation**
- **Triality:** Always able to shift perspective but favors the personal, the immediate, microcosmic perspective, and direct approach.
- **Penny: Symbol of Ordinality** – Amass enough of these and you have a fortune.

Illuminated (+): Connectedness, ordinary, continuous, microcosmic, mundane, personal, common, private

Illuminated Position: “United we stand, divided we fall.” One of the most common refrains for unity there is. Together, everyone, indeed every living thing is linked. Symbolizing the interconnectedness of all things, even one cog in the wheel of life may have redundant function, but without it, one never can predict when it fails, the cascading effect might be disastrous. Therefore, what one part adds into the sum of the organism, machine, or society itself, may have but a minute or mundane effect in the moment; but beneath the surface, the “Butterfly Effect” may rippling its consequences out to appear at a time (Card 70) in the future. Anyone ever read *The Sound of Thunder* by Ray Bradbury? If not, you’ll understand the importance of a single life.

1. Get a microscope and move in close. **Examine things speck by speck.** You’ll find the problem.
2. **One step at a time!** Consider continuous, phased, gradual, unadorned, and unpretentious change.
3. Ordinal energy refers to that which appears so frequently as to be **taken for granted**. It also means up-close, personal, at the micro-level. **Details need review** in anyone of these areas.
4. Honor the *little people*. They were your stepping stones on your journey. **Tread lightly on them.**

Shadow (-): Invisibility, dispersed, dissolved, disconnected, homogenous, undifferentiated

Shadow Position: All just like peas in a pod. The idea that commonality is ordinary or normal is not necessarily true. However, as a primarily visual animal, we look for variation as a way of singling out something different or special. Hence, just like the peas in this image, or the flowers behind them, after awhile, individ-

uality disappears and we become invisible in a figurative sense; because, on the surface at least, there is nothing to set us apart.

1. **Are you hiding in a crowd?** It might be time to stand out. Be aware that mobs have no morals.
2. Have you gotten so invisible or insignificant that no one notices you? Do something to shed some light on what you do or who you are.
3. With so many things in the mix, it is hard to tell **which straw will break the camel's back.**
4. Clear away the chaff and find the particular bits that are essential to know to get to the crux of the issue. With that, it is possible to reset the kernel.

It's the really Big Picture!

Situational Context: Take the broad perspective. Look to the long run.

- **Background Position:** Crashing waves onto volcanic shoreline of the Big Island of Hawaii. If there is a common theme about any Exalted character, it is that it likes to make a splash.
- **Border Color:**
- **That's right - Feminine** - It is often passive but expansive.
- **Member of the TAO** ongoing unfettered characteristics.
- **The Pharaoh** - Symbol of the Exalted

- **A function of the Triality** of the Universe

Illuminated (+): Expanded, pre-eminent, cardinal, macrocosmic, philosophical, group, unique, public

Illuminated Position: There is a potent demonstration of perspective on the Internet called Powers of 10. Graphically it depicts variations of visual perspective in mathematically calculated distances. If only we could expand our perspective to see how tiny in relation to the Universe we are as individuals? Perhaps what we believe is overwhelming might shrink in significance and a solution be right within our view. The only thing one has to do is step back far enough, and formulate the first statement of awareness and location positing: “Ok, I am here. Now what might I not be seeing?” Take the long view and almost everything might seem “like the small stuff.”

1. **Make someone feel particularly important.** Notice how they react toward you when you show them respect.
2. **Whatever is happening is within public view.** Everyone is available for comment.
3. **Stretch your mind beyond the immediate or obvious.** Scale back and take in the larger vista. The *famous Nazca Lines in Peru* were only realized to be animal forms on a mass scale when seen from an elevated position. **Sometimes you have to step back and take in the big picture before you understand any of the smaller parts.**
4. **Embrace attitudes and tastes that are worldly and cultured.** Look through these lenses and you’ll see the grand view and great diversity.
5. Play the *what-if* game. **Make the possibilities broad, yet real.** Then, how can they be done?
6. Magnificence is your birthright. **Live large!**
7. **Formulate a vision.** Your potential for meeting the challenge causes you to expand and use gifts that you never knew you possessed. Can you identify your ultimate goal?
8. **You will overcome any limitation every time you open your havingness.** Simply allow for the possibility of more to your life, and your chance of getting access is as good as anyone’s. The boundaries of your container expand and as such, no more lack, no more *former* limitation.
9. Be **magnanimous in your actions** toward others.
10. You are a universe of one: a Soloverse. In it **you may expand** into whatever

your thoughts take you.

11. You will overcome any limitation if you expand yourself beyond your current limits.

12. Cardinality in statistics denotes a thing is singular, unique and indicates a specific place holder. As a concept of metaphysics, a Cardinal view is one that has a prepositioned and absolute meaning. Here, ideas and principles are fixed, but **who applies them may understand them only from their own point of view.**

Shadow (-): Imposing, hierarchical, incursion, supremacy

Shadow Position: El Capitan in Yosemite Valley is part of the largest single slab of granite on Earth; called the Sierra Nevada Mountain Range. I know, because I live near Yosemite, and on the slag itself. I took this photo standing almost a mile from the base of this monolith, and still it fills the entire area of the photograph. Like spires on a Cathedral, it dominates the landscape and imposes its presence to everyone who sees it. As a symbol for the negative pole, it represents mass so intimidating and imposing, that one cannot ignore it. This image also suggests other features associated with this pole: density and weight. There is no way to get through it, only to go around it or over it. And therein lies the question: Do you form a workaround? Or, do you scale its height and actually reach beyond the limit it has set?

1. Napoleon Bonaparte, a very Cardinal figure in modern history said of great decisions, “Great ambition is the passion of a great character. Those endowed with it may perform very good or very bad acts. **It all depends on the principles** which direct them.” A broad world view may still be that of a tyrant wanting glory instead of progress. What’s your agenda like?
2. Worship advances the worst aspects of separation. Love God yes, respect those of accomplishment, emulate those with skills you admire. **Put none on a pedestal.** Have any disappointed you?
3. “Everybody knows”. People assert this statement to make themselves feel superior; as if they had absolute knowledge of the truth. **Absolutes deny unique circumstances and blur responsibility!**
4. The surest sign of a megalomaniac is someone who sees other people as cogs in their machinery. Who it being used as a tool instead of an ally?
5. “By imposing too great a responsibility, or rather, all responsibility, on yourself, you crush yourself.” Franz Kafka – Just remember that seeing all the parts doesn’t mean you can do them all yourself. Collaboration is key in this endeavor.

6. Imposing **one's own views onto others** is intrusive and usually unwelcome. Who's the butt-in-ski?
7. There has been an **unwanted incursion**. Did you ever hear the story of a camel's nose under the tent? Get that nose out of whomever's business it's been shoved into.
8. Worship advances the **worst aspects of separation**. Love God yes, respect those of accomplishment, emulate those with skills you admire, but put any on a pedestal, and you will eventually knock them off. Who has disappointed you?
9. **Are you being obtuse or missing the point** because of some abstraction you believe applicable? Throw out your preconceived notions!
10. Stop wanting to emulate anyone! They are always an exception, not the rule. Make yourself exceptional.

Rubric/Axis Group



The next four cards, 61 -64, I call the Rubric or Axis Group. They are found on the Overleaves Charts as each of four omnibus column headings. I've also term these *Mega-Motivations*.

TAO's Logos Book containing the Alpha - Omega

This unifying image is taken from the TAO card. It appears in the upper right corner of these Axis or Rubric Cards. Each *casts a predominant overarching spiritual motivational influence*. Each is appears on the main columns of the personality characteristics Matrix, i.e. the Overleaves Chart. As noted below, Cards under those columns are designated by similar "suits".



The TAO's Quest for Knowledge employs these Four Pillars of Existence of Mega-Motivations

- **(Card 61) Expression: Diamonds (Creation and Communication)** What you think, what you speak or how you consider, perform, output your ideas. This process includes what you reject or accept as part of your reality; or that which is In-or-Out.
- **(Card 62) Action: Clubs (Manifestation and Control)** Do, Move, determine placement: Top-or-Bottom, long haul or short run, go forward or backward. Here one ranks people, positions, advantages, and status. Most often done unconsciously according to who you perceive has the power.
- **(Card 63) Inspiration: Hearts (Relationship and Intimacy)** Determines

emotions, values and who you trust explore vulnerability and authenticity with. This is an act of choosing which person and what situations you should be *Open-or-Closed* in.

- **(Card 64) Assimilation: Spades (Learning and Evolution)** As part of the assessment process to adapt to a situation one must determine if something is *Actual or Abstract*, if it is *Near or Far* to you in proximity, and is it a *current or past event*? Ultimately it is up for you to pause, observe, and digest. You may do this process anywhere in a range from visibly and obviously or hidden and anonymously. Either way, you are learning to “trust your gut” which is another way to say, advance your knowledge, then expand your intuition and eventually move forward in Soul Age awareness.

There are Four Spiritual Rubrics⁷ that are fundamental motivations of the TAO itself emphasizing these *mega-qualities*. These **Axis mega-qualities** visually appear ([See the Cards Color Comparison Chart](#)) at the top of their column, displaying that the Roles and Overleaves aligned beneath are subordinate to its preeminent motivations. Each Axis hierarchy bears a stamp of influence and undergirding, providing each Overleaf type a specific emphasis or directive. By contrast, in the original Michael Teachings, the sequence differs from that above. The order there was: Expression, Inspiration, Action, and Assimilation. Later, as the teachings became the accepted current, or orthodox, MT, the order changed again and now appears as: *Inspiration, Expression, Action, and Assimilation*. I will elaborate below why I have altered their original order and how they implement within the **Applied Michael Approach™**, which is the principle variation of OMT that these cards have been developed with.

How to evaluate the influence when an Axis Card(s) appears in your Spread?

Whenever an Axis/Rubric card appears in a layout, you are being notified that a major classification of influences has landed, and carries the full weight of all Overleaves under that taxonomy. Realize that many facets are at your disposal or are in play. Notice if that overarching mega-quality might be inferring how you are to operate, who you must be alert to using those aspects, or if you should focus your attention on energetically immersing your mind in the characteristics of that Rubric. Note where or how they are directing you. It is possible that the message is to develop or utilize more of the Rubric card in play. Speak your mind or create something differently - even just your attitudes (Expression). Get moving somehow (Action). Find a way to become more loving, a purpose for your life, or start healing or forgiving wounds or past transgressions (Inspiration). Or, maybe it is time to dig down and figure out what you need to know to advance, get out of a situation, or just go deeper and discover what you are not seeing (Assimilation).

⁷ I use this term with all aspects defined at <https://www.dictionary.com/browse/rubric>. Specifically, that each part has an overarching flavor.

When one of these cards is drawn in the Shadow (reverse) position, consider it very carefully. Are you stuck in fantasy, agitation, despair or rot? Do you perceive some aspect of your life fixated in one of these patterns and escape seems impossible? Thus, it can guide you to de-emphasize those anchors by using the positive pole of that same energy to climb your way out of the doldrums. Simply flip that Card upright to note its Illuminated use.

As a general overview, both Expression and Action *motivational* needs require interaction with their environment, or interpersonal exploration to locate themselves. Their stage of operation is extrinsic and involves others and will have affected in the world. By contrast one's engagement of, or experiencing the effects of Inspiration or Assimilation motivations, seems to initiate more intrinsically, a predominantly intrapersonal platform for revelation or review. There is no strict "one-way" or "right way" about how one will experience any of these four Axes themselves. Instead, this observation is offered to provide direction to place your attention Inward or Outward, and launch your exploration or use of that specific mega-motivational influence. This assessment of the direction of the Axes is consistent no matter if the Reading designates the scope of influence is an Ordinal (personal or private) (Card 59) concern, or Exalted (impersonal, public, philosophical or worldly) (Card 60) plan.

Where one can witness, hear, or feel the effects of an Expression and Action, an Inspirational moment can only be inferred. Drawing an Inspiration or Assimilation card, especially if they were to appear with one of the Attitude or Center Cards, may indicate that some Soul searching, or contemplation, or discernment is the task being suggested.

If a Goal, Mode, or Covenant Card, appears near the Expression or Action Axis Card, it implies that your focus or task is aimed at something you want to achieve, or a style you are testing. It is leading you into some type of a personal interaction with consequences. Passing on an amusing thought, just recall the old rhyme, "sticks and stones can break your bones (Action 62), but words can never hurt me" (Expression 61), Well, the effect of the words could cause emotional upset, especially if one is hiding an unpleasant fear from themselves; but how that plays out is the root for other queries to the Cards.

Michael: The Axes and Learning

Just as Albert Einstein sought to fully achieve a Unified Field Theory in physics; the relationship among the four dominant forces of the physical universe⁸, so too does Michael wish for us to understand the fullness and the depth of the four mega-energies that derive from the non-physical universe: Expression, Action,

⁸ They are: gravity, electro-magnetism, strong nuclear force and weak nuclear force. An like all great discoveries in 2005, a surfer from Maui, HI published the equations that actually met the criteria, mathematically of course, actually showing how the four forces intersect and co-operate.

Inspiration, and Assimilation. And for this last in the list, I have been told that an equally powerful notion is Revelation. Within these four energies lie the alpha and the omega of creation. According to Michael's Consortium:

{MC} "The end of all seeking occurs when an individual recognizes all aspect of these four elements upon and within them. At that juncture, the dutiful part of this learning exercise called incarnation will, in all cases, cease to be necessary. In other words, the learning which TAO/Essence had designated you to do requiring a physically body, is accomplished. It is the end of your Dharma, to use a Hindu and Buddhist term. To apply another term we share in common meaning with them: you have seen through Maya, the veil of holographic images projected to form consensus reality. Usually, this awareness comes into relief for a person occurring near the end of one's last soul stages. The neutrality associated with completion of all karmic attachments, their gravity subsides; and the Essence and Personality can integrate one another. In such a state, a soul can still choose to incarnate into a body; even though all required learning having been accomplished passably; that person/essence would rightfully be called a Bodhi Sattva⁹. In this type of incarnation, their focus is to live-as-an-example, demonstrating the use of all the fours forces, and as such raise the general level of consciousness while seeking to reduce the amount of suffering caused from an unenlightened mind." {/MC}

So what importance should we draw from this statement? There are several. All of which describe our human path with much greater clarity and purpose than need be devoted to share. But suffice it to say that every channel, with awareness of a direct intention or not, swims in the sea of emotion from which the truths that people seek can be fished.

Reviewing the Axis Representation in Your Own Overleaves Character Profile

The four foundation motivational directives affect every human being. But Overleaves choices may leave some influences underrepresented and thus more challenging to work with. For example, the author (me) has no Action Overleaves in my Personality Matrix. I have found it often difficult to engage in long term or focused endeavors or make the sequential or progressive steps of actions necessary to complete an intricate or multiphase project. At the other extreme, an Essence may have equipped a Personality with a majority of Overleaves selected from one Axis, emphasizing its flavor. As a result, that person's ability to enunciate the qualities under that Rubric can be expert. Yet that choice could also leave them *underdeveloped* or struggling with the other three. Any and all combinations are not only possible within the TAO's intent for us, but, according to the Michael Teach-

⁹ A Bodhi Sattva represents the highest state of human self-awareness. From this place one interacts with a grace seldom seen amongst human beings. Such people are not immune to Karma, but they have learned the factor that prevails and ultimately heals all karmic wounds: forgiveness.

ing's precept, *we are designed for that variation!* Reminding you of an assertion made in the positive pole of the Higher Intellectual Center (Card 37), the TAO strives to create and experience "infinite diversity in infinite combination." Indeed it is highly *probable* that your Essence will be motivated to choose as many varied combinations of Overleaves, over the course of successive lifetimes; to maximize diversity of its experience of being "you." As a caveat, this arithmetic implies why, to the chagrin of some people, and to the amazement of others, that the Michael Teachings states that it takes an average soul 250 - 300 lifetimes (human incarnations) to "try on" all the various suits of Overleaves. Vive la difference!

Each Axis is a *pillar of existence* amongst which we all draw support or feel crushed beneath. Though each Axis/Rubric component animates a uniquely focused metaphysical orientation, they should not be considered stand-alone mechanisms. They operate as interconnected parts of a whole, within which a sequence has been engineered. That sequence has the same essential processes in the Stages of Learning which begins with **creation (or initiation)** itself, and moves through the **series of tests (negotiation)** and then **evaluations (intimacy)** which lead to the final **state of knowledge (or inculcation)**. This process which I call the 4 Stages of Relationship occurs equally amongst individuals, institutions, nations, Souls, and even with the TAO itself. Proceeding through these phases, building as it learns, expanding our capacity, and spiraling progressively upward and outward; just as one hopefully achieves from maturing in life.

Authors Note: What follows next is an extrapolation of the Michael Axis orientations. The work was based upon channeling I did with Michael from 1990 - 2010. Since the writing of this book, I have endeavored to make clear my reasons for my amalgamation of several approaches that I believe merge seamlessly with the Michael Teachings both in spirit and content, but employ different vernacular. The Consortium immediately saw the usefulness of my observations and agreed to incorporate these into the formulation which follows. You will notice both Michael ideas mixed with the ideas of Dr. Will Schutz whom I have mentioned several times. He was not a Guru; he was a man with an astute mind, a dedicated teacher, and a serious practitioner of his own growth. I admired him and am moved by the elegance of what he termed "Profound Simplicity". When combined with Michael, I was able to expand it and view a wider lens of the elegant complexity in many of its permutations. Here's your payoff: if you ever need a quick dissection of a relationship, with very basic concepts assessing issues whether they are about Inclusion, Control or Openness, and Adaptability (ICOA), your ability to understand the behavioral dynamics increases immensely! And by integrating his concepts with the Overleaves, when you want to more deeply and precisely hone in on your or their internal motivations, propelling those conditions, together they open a world of well-structured and intricately connected ideas that can describe issues in greater detail, but also help point you in the direction of solutions.

I.C.O.A. and Applied Michael Interpretation - A departure from Orthodox

Michael

In every encounter, human beings are instinctively making choices i.e. distinctions, selections and decisions. The first is whether one decides to allow (even briefly) any interaction with the other, or not. This process is called Inclusion(I). Its opposite of course, would be exclusion, in which case there would be no further interaction. As a quick caveat, someone forcing themselves into your space would be *intrusion* and then only your response is chosen. Otherwise, the decisions available to you, using your Intellectual Center, consciously or not, is whether that person, or thing, or idea, or option, is either *in or out*¹⁰; accepted for consideration or passed by and rejected. This first phase or initial set of choices is designated by Dr. Will Schutz's Human Elements of Behavior™ as **the Inclusion Phase**. Since those choices so resemble the processes under the Goals of Discrimination (Card 8), called Rejection in the early writings and Acceptance (Card 9); Michael fused these ideas and labeled it **the Initiation or Infatuation Phase** of a relationship. It has been alluded to in previous paragraphs in this and other sections. Simply, this choice is about whom or what do you want/allow in your space? The result is about the strength and suitability of your boundaries!

The Second phase of a relationship, the **Negotiation Phase**, begins the process of sizing each other up, seeing if they have common likes or dislikes, how they might relate together, and yes probing for advantages. Obviously, few have probably ever considered that once you accept a new person, start a new enterprise, learn a new subject, you begin figuring out how to gain **control(C)** *for your level of comfort during interactions*. Negotiation is not necessarily an overt horse-trading or bargaining venture. It is the process of subtle give and take, jockeying for position, who leads where and who follows; and how to make the person/thing respond to you, or you to it. If some of the words haven't tipped you off already, Dr. Schutz's use of the **Control** concept translates into establishing influence *with someone, not control over them*. Slipping into Michael notation for a minute, Servers in one interpretation of the negative pole –Manipulation, may in fact control through passive dependence. In modern psychology there is an interesting notion termed 'malicious obedience' where resistance to the intention of the more overtly potent party may be thwarted by following the 'letter of the law' rather the spirit. The many nuances of the word *influence* can include: your respectful deference to person whom you have granted power, such as in the case of Submission. Yet in business, you could be going for overt direction of the situation. This process may strike some as odd because they often don't notice any overt bargaining or competition happening in their friendships, for instance. Yet, when it comes to siblings, or parent and child, or co-workers and boss, or market competitors, this process of exerting dominance to gain status, or "the upper hand", becomes more intense and hence, obvious. In fact, when marriages begin to breakdown, it is commonly

¹⁰ See Will Shutz - The FIRO Theory and the Human Element B for behavior.

the result of mounting tensions from unsuccessful negotiating between spouses. For example, money is a place where negotiations can be heated because control or lack thereof, over resources was never established. This process is also true for differences in sexual interactions. Be clear that money matters do not have to be dictated by one or the other, they agree mutually to the distribution of responsibilities involved. One side may be assigned role of manager as a subordinate role to earner, but these still would have equal value when agreed to mutually.

To emphasize this point to an interim station, is to remind everyone that no matter how superficially or subtly these trades of influence or control or directing might be, they happen continuously in numerous micro-exchanges! And the longer and deeper you go on in relationship with someone, the more these diverse types will surface. Successful results are termed *mature relationships*, because two persons have negotiated through many types and layers of conflict. In simplest terms each phase is an energy investment into a relationship. Yet, in comparison to the **Inclusion** Phase which is *in or out*, the dimension relevant to the **Control** negotiation phase establishes who's on *top or bottom*, or *who's leading and who's following*, a *competition for power, rights and privileges*. These ideas correspond with the Goals of Submission –bottom (Card 10) and Dominance - top (Card 11) so completely, and involve making changes, give and take, and building a relationship, they are all Moving Center modifications which place it under the Action Axis.

Relationships that risk being real, open up truthfully to about fears, judgments, angers, and share the most vulnerable secrets or wounds, advance because they have accrued a variety of experiences that prove the other person is safe to share with. This third stage or dimension begins as, in Schutz's terms, **Openness (O)**. And, in my hybrid of Michael terms with it; I call this the **Intimacy Phase**. As two people reveal themselves emotionally, even the painful and annoying parts, the pretenses of the Infatuation Phase, have largely melted, surrendered, or been blasted away in the Negotiation Phase, prior to arriving here. People show intimacy very differently. In fact, love-dovey displays are less frequent here, but genuine expressions of real love and tenderness are more frequent. Intimacy with another is opening the Emotional Center. The authenticity, which means revealing one's Pride (Card 27 - Arrogance) and owning one's feeling of shame or self-doubt (Card 26 - Self Deprecation), is most likely to produce an environment where a person would experience "spiritual growth." Following that comparison for the Goals of Reevaluation - Reduction (Card 12) and Growth (Card 13) are both under the Inspirational Axis and both coordinated with the Emotional Center.

Lastly, **Adaptability (A)** and its counterpart Proximity, originated with the Michael alone; since Dr. Schutz had no common reference with this idea. Adaptability is associated with the neutrality, flexibility, and change orientation of the *Assimilative Axis*. I deem it an extremely important factor to round out the other three dimensions. The reason for this is that the *idea of change in many systems is*

not accounted for as an event acting upon or a force in itself, like the TAO's influence through with Random variation at Nexus (Card 77) point. When an experience has been completely processed it is inculcated; then shifts in possibility, or direction, are germinated and a new seed of an idea planted. This is the uncontained but continuous presence of the Assimilation energy which is the catalyst for all change. Like all the Overleaves in this Axis: Scholar, Flow-Relaxation-Suspension, Pragmatist, Stubbornness, and Observation, - they all share the mechanics of "sliding". Thus, this is the Axis of adaptation, by 'reaching across', figuratively speaking, to the function, style, or strategies of any one of the other six (6) options in that particular Overleaf Group (See the Chart of Overleaf Groupings). What that means essentially is that when in a time of change, the part of you that needs to utilize a different approach, will select one of the properties among the other six unique columns each offering an Ordinal or Exalted perspective or set of strategies for you to utilize.

Why is this important in a relationship? Because the process of spiritual evolution, relationship advancement (which can be refinement or release), eventual emotional maturity and improved psychological awareness, is to have knowledge of how the mechanisms operate and the correct terminology to implement them deliberately and precisely. So, when you *look at the AXIS/Rubric Chart below*, it provides you graphically with the process phases listed left-to-right, AND, it offers you related idea (the columns) to help you assess accurately the type of situation you are located in, and the ways to meet the challenges associated with those conditions.

New Categorizations and Underpinnings to the Overleaves Chart Axis & ICOA

MT Axis Rubric	Expression	Action	Inspirational	Assimilation
Roles	Artisan/Sage	Warrior/King	Server/Priest	Scholar TAO & Nexus
Behavior Choice	Inclusion (I)	Control (C)	Openness (O)	Adaptability (A)
Dimension	Out /In	Bottom/ Top	Closed/Open	Proximity - Near or Far Visible or Anonymous
Centering & Commonality	Intellectual Ideas	Moving Actions - Tasks	Emotional Feeling Senti- ments	Instinctive Pheromones Stance
Goals	Rejection/ Acceptance	Submission/ Dominance	Reduction/ Growth	Flow Suspension

4 Relationship Phases	Infatuation Expression Initiation Projection Idealization	Negotiation Action - Ranking Competition Building Realism	Intimacy Inspiration -- Manipulation - Cooperation Stoicism	Assimilation Coexistence Parallelism Relaxation Pragmatic
Aspect in Play	Mind – Pro- jection Concepts	Behavior – Habits Competi- tion-Body	Emotions- Feeling Cooperation	Understand- ing – Getting Got- ten Metaness
Modes	Caution Power	Perseverance Aggression	Reservation Passion	Observation Blindness
Area of Society	Law/statute	Enforcement /prosecution	Verdict/Penal- ty Sentence	Incarceration Rot or Rehab
Group Dy- namic	Society Politics	Business/ Military	Religion/Cult Belief Cabal	Culture/Race Family
Subjugation	Homage-Give	Tribute-Pay	Fealty - Owe	Identity - En- title
About Pos- sessions	Havingness: What can you conceptualize as a reality you could actu- ally operate within?	Possessive- ness: Utility -What is the driving force that causes you to take action on your desires?	Deserved- ness:Do you believe that you are wor- thy of what you have or want to acquire? Does it fulfill some need?	Willingness: Will you make the necessary changes or take the re- quired actions to attain what you want?
Michael Life Quadrant Position	Love	Power	Support/ Compassion	Knowledge
Art	Expressionism	Realism	Impressionism	Abstract/Cub- ism
Thought – Computing Process	Input	Process	Output	Storage/Mem- ory
Main Desire	Significance To be noticed Fame	Competence Certainty Rulership	Lovability Feel the Spirit Bonded	Sovereignty Freedom Choice

Interaction	Me at you	Me over you or on you	Me with you	I, We, Us, All
Concern	Appearance	Status	Connected- ness	Principles Doctrine
Most Cher- ished Ability - Goal	Imagination Discovery	Movement Strength	Relating to & with - Safety	Wisdom Learning
Communica- tion Style	Inquisitor Inquires	Dynamo – Intimidates	Relator Empathizes	Aloof - Ob- server Gathers Data
Com Strategy	Glibly Verbal Speaks and Listens - PC Superficially Snooping Be like me	Declaring Telling-di- recting posi- tion-strategy command – Do as I say	Listening to Agree. Vents emotion Goes for trust and rapport I'm with you.	Listen – Gains information – Acquires data Waits to be engaged. Are you ready?
Communica- tion Perspec- tive	Me about you Judgment – assessment - comparison	Me over you – get upper hand, stare down, argue, test dominate conversation – has agenda – overt or covert	Me with You – vulnerabil- ity – secrets – uncertainty but interactive or feigning it	Me and you – Us and be- yond - truth, merging flexibility, preference, attachments
Physiology	Lungs, Skin, Eyes, Mouth	Bones, Blad- der, Muscle, Brain	Heart, Blood Circulatory	Bowels, Diges- tion Stomach
Relation Type	Acquaintance	Comrade	Friend	Lover

For instance, if you and your spouse, friend, lover, child, etc; complain “we don’t have enough time together”; then this is an Inclusion issue; because either or both are not getting, or making, opportunity to be noticed by the other. Being noticed is an offshoot of being seen, which is the sharing of Expression with one another. No matter how mundane you may deem it, be aware that you might be trapped in the “well, everybody knows that” deflection-avoidance strategy as a way not paying attention to this issue. You and/or the other person have perhaps lost your infatuation with each other, or are now in the “take the other for granted” phase and thus fail to hold them as appropriately significant as the relationship deserves.

So how to address Expression-Inclusion issues? First, assess your preference for spending time with each other. Some desire constant attention (inclusion), say

a 9, for example; while the other may prefer only minimal face-time, say a 3, by contrast. (Dr. Schutz *FIRO™ Tools The Human Element™* from which the *ICO concepts of Behavior* were originated; and my training in *Loving Communication™* both use a simple scale of 1 - 10 as a quick, but revealing, way to report the degree of one's preference.) As you can tell using this numbers scale, that gaps between these person's preferences for inclusion, have a wide variance. Such differences can create tension between two people, leading one or the other to conclude, (filled with insecurities and projections) that their differences make them incompatible at least, but something **WRONG** at worst. Face it folks, we are trained as humans to "make meanings" about everything. It is easy to jump to conclusions and feel rejection (Card 8).

But, what I liked about his methods, and thus have included them in the **Applied Michael Approach™** is this mechanism for deconstructing issues into manageable parts, lessening the potential for misinterpretation, and opening the door for discussion. While either person might have historic "issues" or insecurities they bring to the table, the key thing to recognize when they operate in the background; telling you "*all of your fears* or assumptions are TRUE?" If that is what is going on, and you've learned to blindly accept everything your mind tells you are true or certain, this work will open your eyes to other possible explanations. To deal with the *preference differential*, address the subject as behavioral difference. It is simple to do. Begin by talking about how to find a balance between their preference and yours. Sometimes, bringing things to the surface by naming them can easily resolve a disparity. But even better, when talking (Expression Axis - using your intellect) it is possible to actually invent new options or opportunities that give you both an emotional Zing. (See the Zing - Clunk Meter- SomaMeter) If you have been able to follow the bread crumbs I've left for you, then you hopefully can extrapolate this process of discussing issues around Control and Openness in the same fashion.

Give them a numeric strength indicating one's preference, or perhaps deep need; but use it as a starting place for talking about the differences. Discussion is not accusation, but too often the latter is the opening salvo in "*conversation*." Aligning the Axis of Michael Teachings, *FIRO's Human Element* of Dr. Schutz, and the principles of and suggested tools for listening and asking questions, (perhaps learning the *No-Fault Communication™* methods) are integrated into the *ICOA-Axis Chart* above. Ultimately, we humans need more emotional literacy to name our differences, greater help to language our ideas, hurts, and desires, and a timely reckoning of whom we share our trust and intimacies with, and who not to. Throughout this book, I've alluded to "energy management". There is no more important a way for *humane beings* to gain energy than to deepen love and increase trust and respect. But it is also imperative, that people begin to realize where they are expending energy inappropriately with incompatible persons, being drained by

or draining someone else in a dysfunctional relationship, and stem the tide of energy waste, by trying to achieve means of healthy and meaningful energy acquisition it is best to be direct, simple, and accountable in doing so. All of these energy management goals can be achieved when approaching interaction with the ICOA concepts in mind. The courage and accountability to risk being vulnerable and open, however, rests squarely with you. Once you choose to go down that path, you have these tools, instructions, and sign posts to help you navigate them.

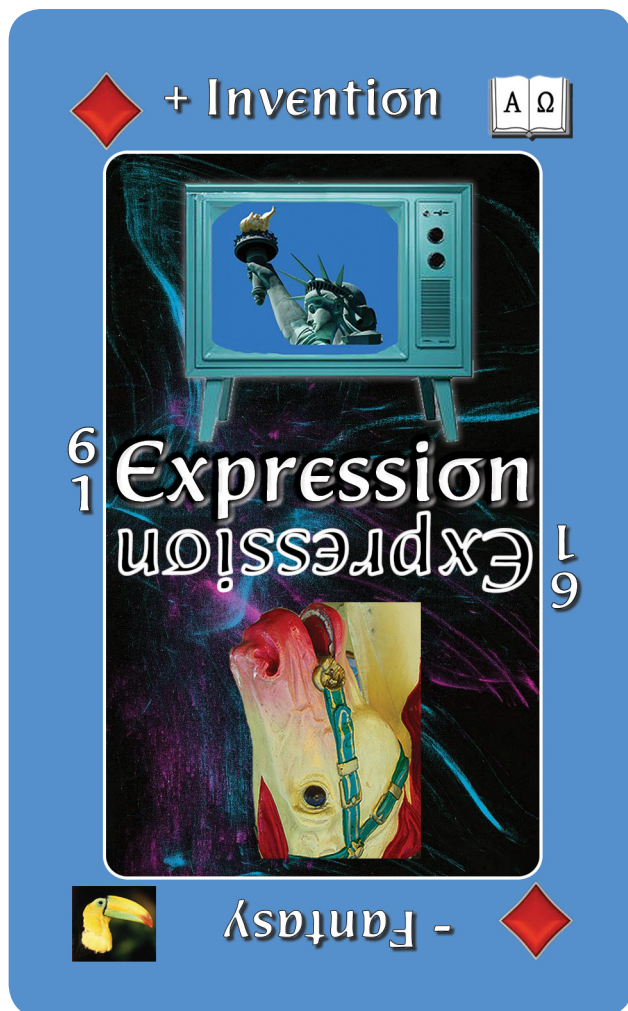
Why Know the 4 Types and 4 Phases of Relating?

- Assessment accuracy for proper deployment of participation, trust, and intimacy
- Overcoming Separation by appropriate interaction in progressive phases
- Clarify and differentiate when an issue belongs to one of the individuals making it **“I Work” vs “We Work”**. Ideas about individual or intrapersonal issues or talents are **“I Work”** and further insight can be gained by viewing (Card 56 - Personality, Card 66 - Self Karma, Card 69 - Maya). **“We Work”**, as it implies in interpersonal relationships; to round out some possible understanding the types and domains where they arise, see Karma, (Card 65), Life Task (Card 67) and Essence Twin (Card 68). **We Work**, though usually referring to a two person relationship, where the types of interactions and subject matter are joint affairs. Counseling, coaching, or sometimes mediation (refereeing), for two willing participants, helps in resolving impasses; but can also provide the mentoring for construction of new forms or formats between them. Yet, on a larger scale, **“we work,”** as a term or conceptual container may consist of larger group interactions like: a family, peer group, and within companies, or their departments or work teams. In the Michael Teachings, Essence structured formations like: quadrants, pentangles, sextant, septants, octets, or nonets; meaning groups of at least 4 actors but increasing up to nine members in the set.
- Achieve Essence Contact in a more streamlined and appropriate manner
- How to gradually establish safety and build reliability with another person.
- Intimacy results from Getting Gotten but that does not mean a person is always safe. They may feel as if they were **“outed”** by something they shared with you.

I've just got to be me.

—Denise Williams

Situational Context: Say what you mean. Reveal who you are.



- **Unifying Set Image:** The Diamond - Sometimes in the rough, sometimes well cut and highly polished.
- **Background Image:** Like an impressionist painting, the swirling colors take, have
- **Border Color:** Sky Blue - The color of the open Sky.
- **Diamond: Expression Axis** (top and bottom)

- **Alpha: Omega** as one **Motif of the TAO**
- **Toucan: A symbol of Nature's amazing creation to fill a niche.** They use their enormous beaks to crack large, hard, fruits and nuts other animals can't penetrate. Its colorful composition makes it look as if an Artisan had a sense of humor, and its wider array of loud calls means a Sage must have trained it in sound effects.

Illuminated (+): Invention, originality, style, articulation, rendition, design

Illuminated Position: Art and Communication are at the core of Expression, they are both inventions of human imagination. The most powerful invention of the last century, in regards to communication at least, was the television. The images it brought closed the gap between many of the world's peoples, created commercial memes, conveyed norms and mores of cultures, and trained us to be glued to it, instead of to each other. As a tool of learning, it was unsurpassed in bringing ideas to life or into form with animation such that it was a window into the Universe. The Statue of Liberty is an icon of America given to us by France. In the US, television has grown beyond entertainment, beyond news, sports, or information; it has become virtual reality. The way to bridge them is to employ great cultural icons like Lady Liberty to mesmerize us, keeping us further glued to the set. Still, it gave rise to the computer which has made video interactive. And because of miniaturization, the same features exist on our phones, and now even extend into our glasses. What will they invent next? Question is, will it cause us to live more in reality or fantasy? Will it be PBS or Fox News? Expression has, at its base, the motivation to explore and define identity; the way a person reveals themselves. This process is the first phase in stepping into a new realm of consciousness. Exploration in invention, in words, or in any form of communication which conveys identity. This is who I am...at least for the moment. Much of the influence of the Expression Axis then falls under the broad heading of what to include and what to exclude into your reality or palette to create with. It involves discerning what things are and how to allow them to function in your makeup.

1. **You are continually re-inventing yourself.** If the results you are getting don't satisfy you, rework it.
2. Sometimes, **invention is just putting things to different uses** or fitting the same pieces together in a different way. That too, can be very original.
3. **Articulating your style means prototyping** your ideas into words, images, sounds, and then form. Are you capturing what you imagined? A redo?
4. **You are continually re-inventing yourself.** If the results you are getting don't satisfy you, rework and reinvent!

5. Give it to a child and see what they put together...**they have no form in mind!**
6. Famed 20th century author Pearl S. Buck said, "Self-expression must pass into communication for its fulfillment." Publish your intentions like the town crier of old, "Hear me, hear me." **Declare who you are, what you want, and what you feel.** Now, check in and see how life seems to you now.
7. **Invention** brings ideas into words, images, sounds, and then form. Are you capturing what you imagine and trying to describe it? Do so!
8. An original creation is seldom outrageous. Yet, **precise articulation** of something new and *different might feel just incredible!*
9. **The first act of Being is that of Expression.** It begins the cycle of choice and the questions that go with them.
10. **Maybe a good HAHA will produce a good AHA! Be open to realization (or feedback)** following any act.
11. **Approach something with a beginner's mind.** Not knowing what to say just means that you may have the amazing experience of hearing what you actually think. Just start talking, painting, writing, or singing, the rest will happen on its own.

Shadow (-): Fantasy, mirage, illusion, fabrication, conceal, suppress, facsimile, apparition, simulacrum, travesty

Shadow Position: How many of you, at first look, think that the horse in this picture was real, but just colored? Some already have. Why I find it fascinating is that this carousel horse photo taken at the base of the Eiffel Tower in Paris, was already thought to have been real but Protochopped^{BM}. Our modern world has allowed us ways to portray fantasy as reality, but just as problematic, we have constructed reality TV - which is almost entirely fantasy, or at least fabrication. Imagination is what creativity hinges upon for innovation, art, and progress itself. Yet, when it loops back on itself, where creating fantasy to explore more fantasy, then all of what might be best not explored is portrayed in graphic 3D, but with none of the consequences.

1. **Corruption of imagination** requires only inaction. Are you using yours? Why are you holding back or holding out?
2. **Are you mimicking the words or style of another** in order to gain their approval? You may be killing your authentic creative talent!
3. *"No comment."* Great if you have nothing to say. Horrible if you are stifling

yourself because you are afraid, or **mimicking the words or style of another** in order to gain their approval. ? You may be killing your authentic creative talent! **Show yourself** with or without words.

4. Living in your head? **A good fantasy isn't all that great if you never get to experience it as reality.**

5. The “mean time” is the place of current fantasy disconnected from the tangible world yet real in your mind. A lovely place, but it is a state of ego-built exile that remains safe but unfulfilled. Why are you holding back or holding out?

6. Some inventions die in the mind because the idea behind **it didn't ever get expressed!** Broadcast your ideas like seeds on the winds of possibility, you never know which one will take root and grow.

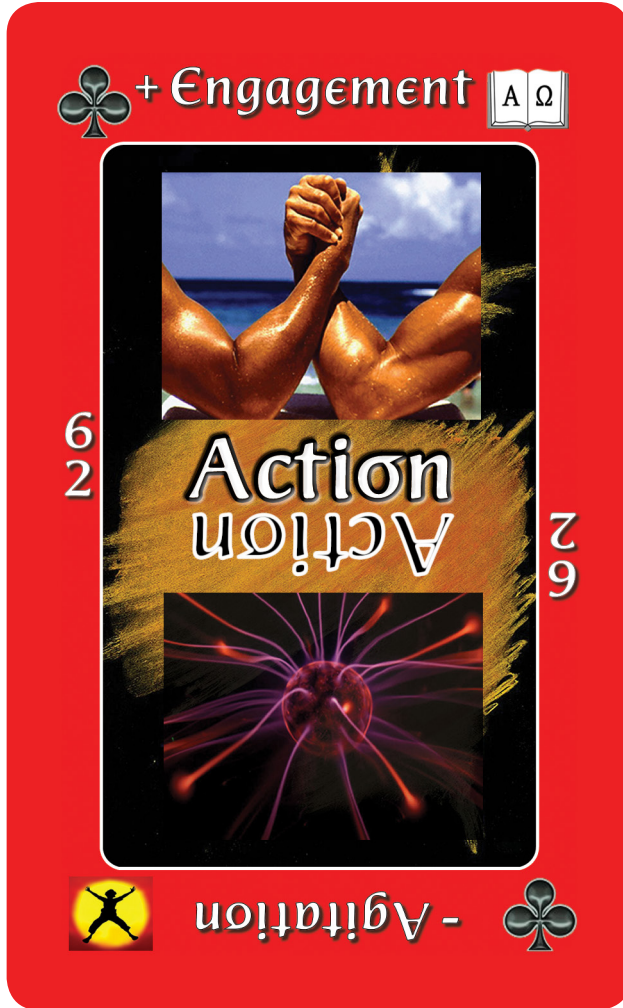
7. As an Old Soul, it is virtually impossible NOT to express at least part of who you are, even if it is surreptitiously. Style is a birthright. But only you can show it.

8. Justice Oliver Wendell Holmes waxed poetically and mourned “**Alas for those that never sing, but die with all their music in them.**” – If all else fails, at least hum a few bars.

The scene doesn't begin until someone yells "action"!

— A Filmmakers direction.

Situational Context: Review actions affecting your material world.



- **Unifying Set Image: The Club Clover - Action Axis.** Signifies weapon for protection or attack.
- **Common Border Color: Red - The Color of Raw Earth energy like lava.**
- **Background Image:** A tornado of pure energy swirling in the Void of black.
- **Border Color: Red**

- Clubs: **Action Axis** (Appears twice)
- Alpha – Omega: representing one of the Motifs of the TAO.
- **The Hyper Kid!** Some people have been blessed (yet some teachers and parents can think it a curse) of having an abundance of physical vitality. Constantly in motion, this character is jumping in full extension. Once again, you have an interpretation to make: Is this person alive and vibrant, or hyperactive and out of control? Your projection will add a dimension to your reading of this card.

Illuminated (+): Engagement, involvement, contend, participation, wage, compete

Illuminated Position: The image is of two masculine arms with hands clasped in a contest of strength. They are engaged with each other, as much as they might be against the other or for themselves. Each appears to be fully committed to stay the course until there a final outcome has been reached. Notice, I have not used, nor was moved to say, "victor". In life, to stay engaged one may experience winning and losing of various engagements, but, for the Infinite Player there is only the choice to stay engaged and continue or become engaged in another game. If you see life this way, you will understand that your perception and your sense of life (Card 70 - Time) will feel like a continuous present, instead of a series of episodes your either reveled or languished or suffered through. But living is a verb that implies ACTION, and another choice is to hold life as something you act upon (Card 30 - Power and Card 32 - Aggression) or whether life acts upon you. (Card 24 - Martyrdom and Card 77 - Nexus).

1. **Engagement** promises something that thought or emotion cannot: direct interactive experience!
2. Jean Luc Picard declares, "**Engage**" and the warp drive sends the Enterprise to a new part of space. Get the hint?
3. Any player with tell you it is better to get into the game rather than sit on the sidelines. However, now **take a chance play, fight, charge in, or take the shot.** You can do it.
4. Involvement calls one to: respond, compete, strengthen, experiment, refine and learn. All these are calls to action. ***Stay engaged! This is not a time for rest.***
5. Goethe said, "Knowing is not enough; we must apply. Willing is not enough; we must do." You've cut enough bait. **Time to learn how to fish.** Catch a trophy.
6. From this card, there is a beckoning, a call for you to move, to risk. At

this juncture of your life, will you **at least consider taking action on your own behalf?**

7. **Time for a stimulus** to get things moving. Add some cash, hit the gas, or charge forward. There will be a change in strategic position.

8. Satirist Erma Bombeck mused earnestly about her spiritual beliefs saying, “When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, **“I used everything you gave me.”**”

Shadow (-): Agitation, pushed, pulled, flounder, chaos, reaction, motion

Shadow Position: Kinetic energy is frantic. It can be action without motion or progress. (Card 53 - Frequency and Card 29 - Mercurial). Try rubbing your stocking feet along a carpet sometime and then touch someone. ZAP! That shock will send someone or you right into agitation. (Card 27 - Impatience). When speaking about *energy*, we as humans consider it “wasted” until harnessed. That, of course, is a value judgment. For instance, we may appreciate the beauty of the Sun, or be in awe of the process of photosynthesis, yet only pay lip service to harnessing solar power to deal with our production energy needs. Why? Because, some forms of action are distraction. Finite Players, wanting the game to be in their favor or control and to “win”, prevent the actions of others rather than respond to them. If you see agitation come up in the negative pole of Action, look around and see who seems to be the one whose **action** is actually **drawing you off task and consuming your energy**. In terms of Sub Personalities, we call this pattern saboteur.

1. Actor and pork sausage king Jimmy Dean nailed it about right action, “I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.” No matter what the situation, **don’t wait for conditions to change**, you change the conditions.

2. Agitation is action without purpose or interaction. Cease motion for its own sake.

3. Goethe said, “Knowing is not enough; we must apply. Willing is not enough; we must do.” **You’ve cut enough bait, start fishing!** Minnows are OK, but go for the trophies once you get the knack of it.

4. Life is acting upon you like a rag in a wash cycle! **Energy is expended but little is attained or procured.** Are you feeling wrung out yet? Change the situation or you might continue to be tossed around.

5. **Your actions are being met with resistance** at every turn. Stop your action for now and rest.

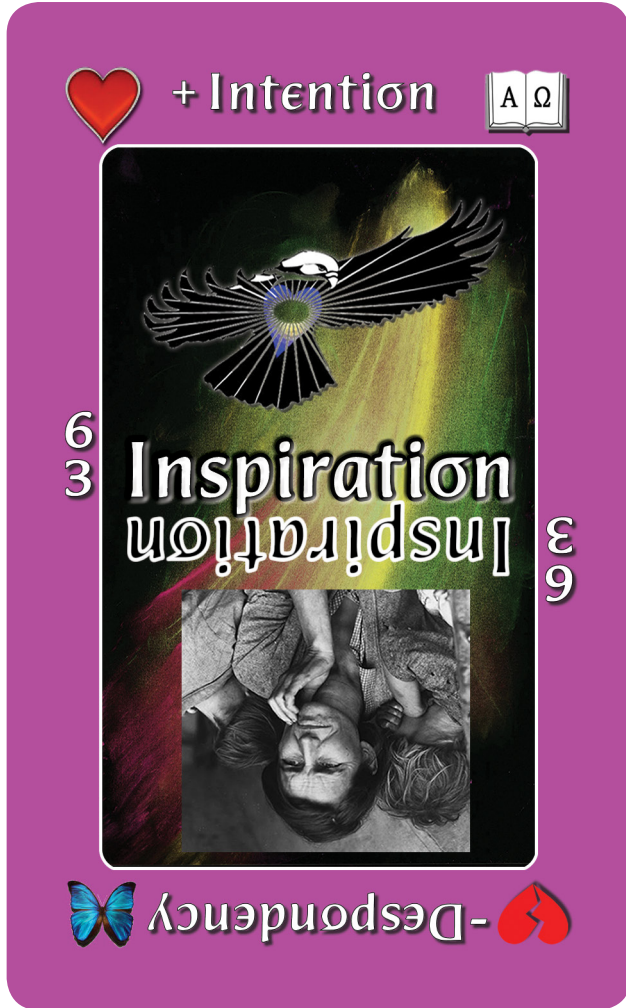
6. **Are you taking real action or just acting out?**

7. Motion is simply movement without forward progress. Action advances and produces learning. **It is possible to be still and be acting in a way that causes an effect.**

Amazing Grace, how sweet the sound.

—John Newton, Anglican Minister

Situational Context: Pay attention to your intention.



- **Unifying Set Image:** The Heart - Inspiration Set Symbol
- **Border Color:** Violet - higher vibration than its cousin Purple
- **Background Image:** Brush strokes against a canvas of black. It is our conception of love that brings color to overlay that darkness which is the Void of the universe.
- **Heart: Symbol of Inspiration in the Positive Pole**

- **Alpha and Omega: Representing the TAO Card**
- **Butterfly: Symbolizes Transformation**
- **Broken Heart:** Symbol of Painful or Despairing emotion Negative Pole

Illuminated (+): Intention, enthusiasm, aspiration, muse, illumination

Illuminated Position: A very personal image for me; one created by Ardis Bow. In the beginning of my career, when I first began channeling, my first spiritual animal name was one which matched this symbol: Wounded Hawk. When I first came across the original picture which this image was a part of, I had tears of joy roll down my face. That sigil was on the chest plate of a Warrior-King with a hand on the hilt of a sword and a golden shield slung across its shoulder. In whatever way Inspiration forms or directs the Intention of **Essence (Card 58 - Soul- Spirit)** it was as if I had been graced by mine. Years later, when Ardis, a dear friend, collaborator on this book, it was at a time when I needed a reminder and reinfusion. The hawk no longer had a wounded heart but an open one. I fly with that intention every day...and sometimes it is hard getting off the ground with it.

1. **“Follow your bliss.”** Joseph Campbell
2. **Be open to realization** (or feedback) following any act. Your reaction will reveal how you really feel about it.
3. **“Man proposes, God disposes.”** General Ulysses S. Grant from his Memoirs
4. Pioneering anthropologist Margaret Mead made many observations about humans. **“Laughter is man’s most distinctive emotional expression. Man shares the capacity for love and hate, anger and fear, loyalty and grief, with other living creatures. But humor, which has an intellectual as well as an emotional element, belongs to man.”** **When mind and heart work together, one can fulfill glorious inspiration.**
5. **Intentionality** is like having the light of Spirit refracted into the prism of your heart. The messages are non-verbal, but still the feeling communicates.
6. **Remember the joy and exhilaration** you’ve had about your dreams? They are the carrier waves which signal its eventual arrival. Ride the wave!
7. If you are **trying to inspire someone else**, tell them a story of hardship that led to discovery; or one of a person rebounding from a failed attempt. BTW, if the stories are about yourself first, with no embellishment, and with authentic emotion; you will have succeeded in doing so.

8. “The future belongs to those who believe in the beauty of their dreams.”
Eleanor Roosevelt.

9. History shows us that **it is often hardship and defeat which provide the greatest inspirations** to resolve or triumph. It took the Jews 2000 years. The Black Slaves in America about 400 years. The Native Americans about 200 years. **Even if something takes the rest of your life to reclaim, know that you have the right to try.**

10. Moments of revelation are far too precious and far too few to be ignored. These are **trying to alert you to something important**. If you are reading this and feel that TUG, then breathe deeply and notice what is in the deepest recesses of your mind. There is the answer to a question you might not have known you asked.

Shadow (-): Despondency, depression, shame, dejection, ennui, despair, apathy

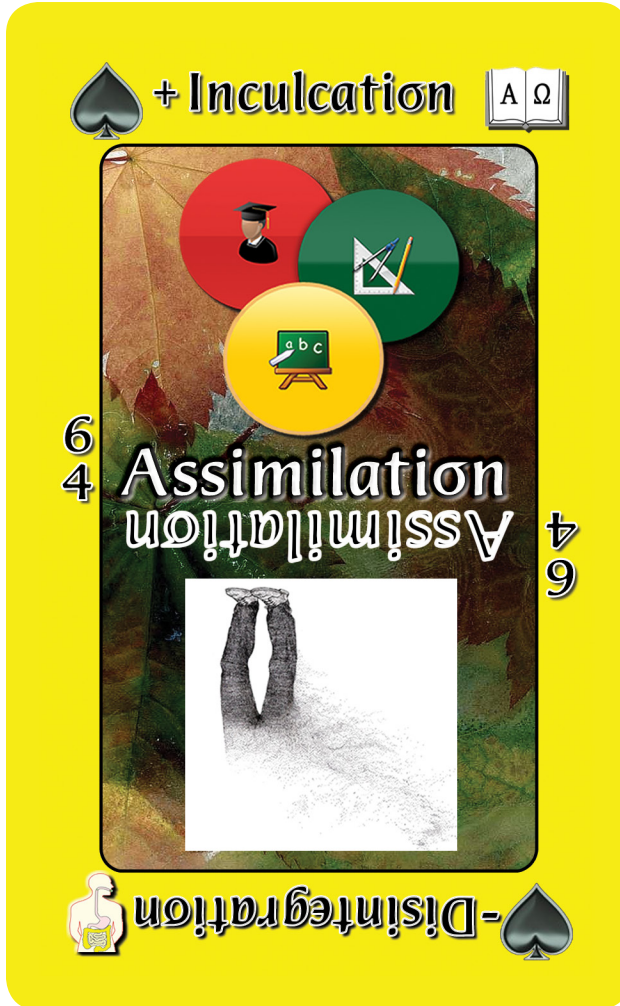
Shadow Position: How many ways can you say relief? This famous image by Depression Era photographer Dorothea Lange, reminds us of a part of America’s national time of crisis we called “the Great Depression.” I use this 1936 portrait titled “Migrant Mother” for many reasons; all of which inspire in me to great reverence, sorrow, and a sense of how important it is to remember the depths or our despair to contrast and appreciate the heights of our joys. In great honor to her as a mother, Florence Owens Thompson, whose concern for her children was so complete (notice one on either side) she had to turn her head away as not to let them see her despair, and to preserve what little strength she had remaining. But she could not look at their hunger, either. Despair is when we are in the blackness of Inspiration; that place I call the burrows of the three orphaned siblings of: hopelessness, helplessness, and powerlessness. Yet, in Void (see negative pole of Card – TAO) where they live, each of those same qualities are the dank and underground tunnels which can give us access to the Higher Centers and even find Inspiration from Essence when all light seems gone. The sallow and sunken features of Mrs. Thompson one might imagine would be the signature scar of a mythical creature surely from this negative pole realm. Taken from the Harry Potter series, I refer of course to none other than those soul-sucking-parasites, the Dementors. Feeding upon negative emotions and draining one’s very life force and will to live; despair is what the Dementors *inspire*. Yet, even for such a monster there was a weapon and antidote: positive feelings - love, hope, friendship, joy, and humor. And when you conjured your Patron(us) to chase it away, you ate some chocolate. It was the sweetness of life returned in its most edible form. And by the way, the alkaloids in chocolate are natural mood enhancers. Now if that isn’t inspiring to us chocoholics, I don’t know what is.

1. When our light hits the black hole of depressed energy, **despondency** occurs. Move through grief and have faith that you will emerge on the other side.
2. **Beware of a charismatic personality** who preaches hate disguised as superiority. They are trying to capture souls dangling in despair by throwing them a rope of barbed wire to climb up. A person might not be Hitler, Nero, or Cleopatra, but the same style is being marshaled.
3. Inspired by despair, one can become apathetic and then fanatical. **Are you desperate to make something happen?** Careful, it might in fact be crazy!
4. If not for your own sake, for the sake of those you love, let yourself break-down and release. **Yes, you need help**, but you are the first one to allow it to or for yourself. Help another with this too.
5. **Despondency** occurs when light hits a black hole of depressed energy. Grave-ity dries up propulsion making one feel helpless instead of encouraged. Be careful not to fall into the trap of being stuck at any (specific) event horizon. Move through grief and have faith you will emerge on the other side.
6. Depression robs a person of the life force, *joi de vie*, which brings that sense of aliveness to existence. If drudgery continues to long, **it is time to get spiritual direction** in whatever you are doing or for whatever you are feeling.
7. Inward tension is a **dance between hope and fear**. When hope leads, you invite more of what you want. But if fear is calling the tune, you will often attract that which you are hoping to avoid.
8. At times, a futilitarian is likely to agree that all hope is lost and nothing is left but to give up. Screw that! **Send cynics packing**.
9. **If ennui has set in, have a good cry**. Ask for grace.
10. Nobel Peace Prize winner Elie Wiesel imagines an afterlife much as I do, “When you die and go to heaven, our maker is not going to ask, Why didn’t you discover the cure for such and such? The only question we will be asked in that precious moment is, Why didn’t you become you?” **No one can answer the call of Spirit for us**.
11. Negative pole of Inspiration possesses a malignancy that can instill hate. Famed Spanish-American philosopher, George Santayana, who famously said “Those who cannot remember the past are condemned to repeat it”. But he also noted that it also foments the insanity of Fanaticism, which he surmised “consists of redoubling your efforts when you have forgotten your aim.” Well? **Are you progressing toward something? Or, are you just fighting not to admit defeat?**

It's all just grist for the mill!

—Historic aphorism

Situational Context: Calls for a comprehensive integration of learning.



- **Unifying Set Image:** The Spade - Assimilation Axis - We can always dig down a bit deeper.
- **Border Color:** Yellow - It is the color of sunlight, the source of all life processes on Earth. And, in metaphysical terms, it is the color of the 3rd Chakra - what we call the Power Chakra or the Core.
- **Background Image:** Decaying leaves. Life is a cycle or continuous transformation and recycling of one energy source into another. With each succes-

sive generation, the elements of the original material and anything incorporated into it (like modified DNA or by-products added). The choice of leaves also presents the idea of Overleaves as part of a physical system. Then, just as every life cycle has seasons (Card 70 - Time), so too does our understanding and use of our Personality go through their stages from composition to decomposition. Incultation is the assimilation process of re-composition; changing the arrangement of what has been, with that which has been gathered; sometime adding and sometimes subtracting. What follows in the next generation is based upon the substance of its forbearers.

- **Corner Icons**
- Spade: **Assimilation Axis Set** -
- Alpha & Omega: TAO - One of the Four Realms of Michael
- **The Digestive System:** Without assimilating the nourishment from food; well...the Earth would assimilate us.

Even though there is a repetition of the Spade, as there is on the other 3 Axis Cards, here an peculiar omission occurred. As referenced in the last sentence of the Shadow commentary for this card, the Triality symbol was the intended image in this position corner. Rather than change the image here, and perhaps confuse the user with that discrepancy, I've chosen to mention it and offer you a moment to ponder a thought that came to me: Perhaps triality is so completely invisible to us in the woven fabric of all we know, that its absence is an example of assimilation in action? Thoughts? I'd love to hear what you might think. Email me at questions@MichaelCards.com. Who knows maybe your input will be assimilated into the next addition of this book? :-)

Illuminated (+): Incultation, digestion, transition, absorption, distillation, transformation, transmutation

Illuminated Position: Human knowledge is built upon what we have learned before. It is an accumulation and (currently, for the most part) a process of absorption and integration: all Assimilative mechanisms. The image representing these processes portrays three components for the incultation of knowledge: 1) the learner - represented by the person "graduating to the next level" in the traditional cap and gown icon used in modern education; 2) the compass and protractor - the tools of measurement and design created and recreated with each new stage of awareness; and 3) the chalk board (now an anachronism since the advent of "white

boards” and electronic presentation screens), but still symbolic of the medium used between teacher and student to convey what has been learned. Yet, it is also a work space or artist’s canvas where activities of knowledge development are first put into 2 dimensional form. From the first cave art to the computer hologram and now 3D printers; tools of “mark-up” or prototyping have been crucial for us to transfer what has been in the infinite space of our imaginations (the Multiverse collectively or one’s Soloverse individually) and transform ideas into the material physicality. Sometimes, going further, our ability to Assimilate, then Inculcate what we have learned from it, leads to a recombination of ideas which germinate into a new concept; what metaphysicians choose to call a “thought-form”. Those ideas can reconfigure our understanding of the Universe itself. Think: Euclid, Archimedes, Copernicus, Newton, Darwin, Freud, Currie, Einstein, and Hawking. With their reimagining of the substance upon which we stand and from which we think, we feel differently about the Universe we live in. The proof of the power of such ideas is that their work has been seamlessly assimilated into world culture. So complete the adoption, and thorough the adaptation of skills and “truths” that each has become part of the “Collective Unconscious”, to use a now familiar meme from Carl Jung. And let us not forget that iconic individuals inspire and lead to knowledge attributable to groups of people. In regards to electricity, for example, we must recognize the components added by: Franklin, Faraday, Bell, Tesla, Edison, and Marconi. This is how knowledge is propagated from teacher (role model) to student (adopter). For individuals, the use of all devices build with electricity from our toasters to computers, or the operation of vehicles, our expectations about their presence and use is so deeply inculcated with our Instinctive Centers (Card 42 - Instinctive) that we take “for granted” these things as part of our daily lives. On a larger scale in industrialized countries systems such as water availability, food distribution, or modes of transportation are depended upon to work without any one of us giving them “a second thought”. Indeed, most of us never give them a primary conscious thought to begin with. Translating this idea in terms developed by Learning Theory, our exposure to and complete immersion in these technologies and beliefs which belie them, have so habituated our use of them, and their ubiquitous presence so completely informs our expectations of their automatic function, that are we now wholly adapted to these embedded, increased abilities, and as such they are a part of our “unconscious competence.” In more colloquial terms, many would simplify this awareness and label it, (only barely correctly - I might add) as “common sense.” So the image I’ve chosen, as I’ve just briefly explored, underscores an entire series of amazing endeavors and milestone developments in human-creativity, born of our expansion of consciousness. But each has slipped silently into the background of our awareness, and programmed into our expectations, all because of the Assimilative process of Inculcation.

1. **Chill-out and assimilate** what has just happened. Wait a bit and let things settle out.

2. When you see this card know that **things are falling apart**, necessarily so. Let them unravel and allow for the flow of natural processes to take hold. This is a period of incubation, not a failure.
3. The Universe is profoundly simple. Shed excess. It's time to clear your closet or go on a cleanse. **Keep only what you can use**, immediately!

Shadow (-): Disintegration, destabilization, indistinct, reduction, dilution, entropy

Shadow Position: Entropy is disintegration. An atomic breakdown and a break apart, it follows the Universe's mechanical rules of physics, but implies no extraction of learning or change of function when form is lost. As a metaphorical commentary, the image of "fading away", representing the negative pole of this Card, suggests that all of us may simply dissolve into the underlying fabric of another man-made domain of Assimilation: *History*. The organic process known as death, on a larger scale extinction, (Card 76 - Cycle Off), is the closest concept most people can relate to as entropy. However, there are those who maintain, and certainly the Michael Teaching's theory of Soul Ages infers; that we are constantly in the flux between entropy (the disillusion of particles and disorganization of systems (chaos)) and a concept seldom discussed or given credence extropy (the formation of particles and the progressive expansion of a system (complexity)). Between these two states of expansion and contraction lie the moments of stillness, of transition between states, which is the another conceptual element incorporated in the image of Triality.

1. When all is finished and a form is no longer needed, **disintegration crumbles its energy** back into particles. Has your wisdom been dissipated by hardships? Be still and let it reconstitute anew.
2. Find the golden lessons in the **rubble of past experiences**. You might as well. What have you got to lose? Only the rubble!
3. **Beware of the Borg in any society**. They are the ones saying, "Resistance is futile. You will be assimilated." Get away from people who conform to a reductive or rigid system of thought. They will drain the life force from you. Run!

Covenants Set – Agreements, Commitment, Attachments, Obligations, and Connections



- **Unifying Set Image:** The “8 Ball” – Symbol of chance events that can turn “the game” in any direction.
- **Common Color:** Gray – Life is seldom black or white, either/or dichotomies. But like a grayscale, there is a range of relative possibilities present every moment.
- **Background Image:** Unique to each card.

In this section, the energies of Covenant Cards deal with the mechanics of mutual agreements. Elaborating the variations will include: commitments, sacred contracts, promises, vows, curses, attachments and giving your word. What happens when you make them or break them? They produce consequences with Self (Card +56), other, and even creation itself; whether these were formed by mutual consent, or entered into duty to receive consequences, acts of restitution, and in the most heated of emotional circumstances, retribution or revenge, i.e. settling of old scores. The following discussion applies to all the aspects of the Covenant Cards and the ways they might interact with other Cards in the Deck.

Cards 65-69 are termed Covenant because they all have commonality in that they involve choice; and more specifically, follow through or abdication of agreements. Those made during a lifetime, like an un-kept promise or situation from a past life which is in unresolved imbalance. These Cards all present to you various ways you can examine your own power to create and the ramifications from those choices. **Karma (Card 65)** involves another person or object. Adopting the Sanskrit definition, it is *the action and the results of action*. **Self-Karma (Card 66)** uses the same energetic mechanism – emotion (Card 40) but the focus is the separation or inner conflicts between Self (Card 56) and Essence (Soul- Card 58) and does

not require an outer actor, yet may have an external trigger. Karma becomes a *forced indebtedness*, unresolved or imbalanced, which happens with another person. Circumstance, or habitual patterns, that involve one's own "issues" of character development are by definition a Self-Karma. Either can shape the direction chosen for how an Essence engages the other three aspects of this set: Life Task, Essence Twin, and Maya. **Life Task (Card 67)** which may involve other person(s) or Task Companions, still originates with a commitment to explore, perform or achieve an experience. It is a more deeply rooted sense of commitment that one can concurrently hold with the world and for and with oneself. The **Essence Twin (Card 68)** is part of this set since it involves a specific, and rather unique "other." Essence Twin is a special case because of the spiritual nature of this attachment. Whether one believes in romantic notions of "twin flame" or "soul mate" is not necessary; it frames issues of the "core wound"¹¹ of separation and loneliness in the reflection of another being, or the longing for "the one." **Maya (Card 69)** holds a broader perceptual implication of passive compliance or tacit agreement with an existing world view or group think. It is one's own agreement of Self with the Universe to hold a form, or creation, by one's own credulity, and call it real. In other words, your agreement with a certain belief about reality will create or attract evidence to reinforce that belief. Maya evolves and changes with every Soul Age. Also, each Role has new/different thematic Maya patterns at every stages of their World View advancement as well. (See next section Cycles and Soul Age).

When A Covenant Card(s) Appear in Your Reading

Each of these implies that a choice (short or long term) is presenting itself for you to review, or is in play between actors. It is the plot line that could be the theme beneath your question or interaction. If two of more of these cards enters your reading notice which ones and their position in the layout. Depending on the combination of cards, it may be that a personal event is affecting some work you are doing. Or if Maya is involved, you may be wearing blinders that are causing you to miss much.

How does Karma work?

Karma begins with a significant experience registered by your emotional center. Then consciously or unconsciously you ascribe a belief or interpretation (i.e. an intellectually centered interpolation(Card 36)) to that event which in turn causes you to later modify your behavior, a moving centered (Card 38) reaction. Lifetime after lifetime your sub-conscious records events from your Instinctive Center (Card 42). Karma can only fully be completed with another person when the intensity of that act has been returned or visited to the other person. Usually this is carried upon some strong emotional carrier wave. Example: Someone who spite-

¹¹ Another concept from Sanial Bonder's Waking Down. Represents the feeling isolation created because of the separation into individuals.

fully killed you in a past life may make an agreement that you will hit them with your car this life time and settle the Karma. Understanding and compassion which include forgiveness and comprehension of the purpose of the karmic lesson, is the hallmark of Old Soul resolution strategies. Paradoxically, living one's life in fear of creating karma is, in itself, self-karmic.

In the Michael Teaching, we use the concept of Karma as a word to elaborate what Michael calls the Law of Balance, also known as the Law of Equilibrium. Where some event results in an energy imbalance between two or more people or objects, from there will always be the force of gravity (fate) that will hold the two people in orbit with each other until the moment that one or the other engages the electromagnetic force of free will to return the parts or players back into equilibrium. But conscious evolution spirals outward to a similar point but to an expanded level of understanding. By definition, this process is what propels Soul Age evolution. The MT holds that karmic balance can be restored in a number of creative ways. Michael clearly states that the execution of Karma is still under the auspices of Free Will in how to address it, but not to simply "cancel" it. *Balance of experience, restitution of choice, emotional equilibrium or amends of loss must be made for any karmic ribbon to be burned.* In other words, you cannot blame all that you do that is anti-social, hateful, or irresponsible on "it must have been Karma."

But controlling events is not the point of understanding karma, but grasping the interconnected ways of covenants, is. In realizing the complex ways that the Law of Balance is contrasted to the *Law of Unintended Consequences*, is to use your mind to anticipate possible outcomes and forecast ways that you might cope and prepare in advance. In a very real sense, this is the practical application of the expansion of awareness in a Personality. At the level of Essence, the engagement of foresight can lead one to make more precise decisions, and in other cases, acts of surrender, seeing the inevitability of some implications. The resolution of Karma, in ways that offer the most useful and deliberate willingness for healing, are those where both energy exchange methods are applied and their implications assessed, to reach the most informed internal decision.

Karma involves two key elements: choice and emotional intensity.¹² Karma is the glue and the obligations that keep us bound to and therefore interacting with and on the physical plane. Resolution and evolution are the functions of Karma. There are only two ways to resolve any kind of Karma: thoroughly understand the lesson for soul growth; and complete the unexpressed emotion attached to that person or event. Forgiveness of oneself is often the last phase of a karma. We tend to judge ourselves for experiment in the first place; any self-karma may be resolved as well. Asking deep and abiding forgiveness of another may hasten karma's completion with them. However, in a technical sense, karmas carry with them an obligatory quality. Hence, while forgiveness is a powerful affirmation of love for healing, it is

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not required.

Often, the word Karma is brought up to represent notions of payback, payoff, and indebtedness. The Christian notion of “an eye for an eye” is a Baby Soul version (Maya) of this concept. Newton’s Third Law of Thermodynamics (roughly stated) is “for every action there is a reaction of equal force,” is a Young Soul version of the same. For practical purposes Michael does adopt a term for helpful or additive payoff. They call it *philanthropic karma*; whereas notions of retribution or punitive karma are referred to as “ribbons.” In channeling, we often see these karmic ribbons appear from one chakra (energy center of one person attaching a “cord” to the energy center of another. Cords are energy binding, which can either enable or drain another; yet once attached, they activate the exchange on the etheric level.

Dharma vs. Karma

What does it mean to follow the Dharma? How does it relate to one’s Karma? I’ve heard it translated from the Sanskrit like this. Dharma means ‘nature’, as in, *it is the nature of fire to burn*. When used in the sense of “following one’s dharma”, it refers to one’s innate nature. Thus it equates to honoring the impetus of your Overleaves and Soul Age influences. If someone suggests that unpleasant things are happening to you because of “bad karma”, they’re blaming your past “bad actions”. The Sanskrit word for the reaction - that is, what’s happening to you now - is “samsara”. Accordingly, the human condition has an inevitable and even necessary layer of suffering within it. Pain is one of the four major teachers of the Physical Plane: Love and Fear, Pleasure and Pain. Those are part of the process of dharma as well as karma.

How does one ‘Create’ Karma?

1. The removal or denial of another being’s ability to have choice.
2. Holding another person in the position as the responsible party for an action. This association may have resentment or gratitude attached to it.
3. An association and devotion to a belief about an event or person. (Monads – see below)

Agreements

According to Michael, all events on the Physical Plane begin with agreements. Your life plan and constructed Personality reflect choices of your Overleaves, Life Task, but also the opportunity to meet with others. These are formed with another being to perform a specific task, function, or impart a certain lesson or skill to the person. The most common soul agreements are parents and children. Unlike Karma, agreements may be changed, kept, canceled or broken. You will be exposed to any number of agreed-to encounters and may ‘opt-out’ of activating them. One

cannot unilaterally break, or cancel, a Karma. However, if an agreement has been made to 'work on' a karma with someone, and you abdicate (run away from it) it is possible to compound your karmic indebtedness. Agreements made with a specific promise and restitution attached, carry with them a precision that is simpler to delineate. Accordingly, they are easier to enforce, making it the underlying foundation of the nature of accountability. Yet, commitments are better understood in terms of engineering and the durability and strength of a structure underlying it, like a marriage, partnership, a garden, or anything that has a long term and variable nature to it. Thus, in speaking of Karma in terms of agreements, it is helpful to note whether a specific action caused a dedicated predictable effect; or whether an entire series of effects (like splitting of parallel realities) come into play.

The First Agreement: Choosing Parents

The only path to the Earth is through a woman who has been impregnated by a sperm. No other way is available into a body except birth. It is often asserted in New Age circles that "everything is chosen" and that process is completely planned. The dogma overestimates the selection process done by a Soul in preparation for the trip and the common tendency amongst many is to "wing-it", when it comes to details. On one occasion in 1989, I asked Michael about my choice of parents in a channeling with JP Van Hulle; and I received an unexpected revelation. They explained the *absolute dictum of pre-life choice was overgeneralized*. Using my own choice of parents as an example they said, "Oh sure, you chose your parents alright. You saw an available womb, in a time and place you thought looked good. It took about 5 seconds and you dove right in." Thus, even souls can make hasty and poorly considered choices. Landing in a body with certain characteristics might have met my general gender requirements but fall short of many other specifics, with some just left to "what comes with the package." A passive choice; not an active or complete selection process! The TAO *loves* complexity, which includes chance and randomness as delicious variations which provides unpredictability and thus far greater challenge and exhilaration for ITS exploration and fun.¹³ Thus, agreements made are not completely planned out, detailed, or consequences predicted. It is more simply a case of "I showed up."

Energy Exchanges: Accounting vs. Engineering

In both a contractual and metaphysical sense, there are two fundamental ways to view energy exchanges: one is discrete (incremental), as to keep count of a balance, as in an accounting approach to karmic transactions. The other, which views energy as something that is in constant flow and flux is an engineering approach where energy is distributed to places as needed in the structure. It represents a non-linear and ordinal (continuous) view where it is a distributive understanding

¹³ The TAO's definition of fun is all about learning, curiosity, exploration, diversity and advancement. It often does not include the pleasure aspect that we might consider fundamental.

of energy that spans an entire system and therefore more complex to calculate rather than the simple one-for-one exchange. When it comes to larger systems like the earth or a Soul Age - Maya process oscillates between “two steps forward one step back.”

Accounting is a masculine energy (Card 55) and arithmetic approach for measurement of amounts exchanged. The tool is a simple scale where one-to-one parity or balance is sought. It is linear and straight forward, tit-for-tat, exchange that is simple to grasp (e.g. the scale of justice.) It is mostly an artificial construct created by the minds of human beings to keep track whether they owe or are owed (i.e. bottom or top.). The subject of Economics attempts to reduce all intangible energy to monetary units to quantify per item, its worth of input or output. Yet, in real life, energy exchanges within a system: like a forest, or a body, or the atmosphere (i.e. the weather), can have calculated estimates of energy effects on large scales, but any statistician will tell you that trying to itemize those units incrementally has no coherent meaning. In other words, in Nature, qualitative effects are broad and intricate while they have a bearing on qualitative experience, it is only in approximation. Thus a commitment is much more like a continuous and qualitative interaction of “give and take” throughout a relationship like an engineering model of karma/energy exchange.

Engineering, as a general scope of the term, is interested in distributive measurement of system resources and stresses. Modeling of systems is always altering the general inputs and outputs (yes they can be measured) but the effects are in many cases, quite varied. The results of these multivariate potentialities, where energy and stresses vary, involve micro-alterations to achieve states of dynamic equilibrium. This type of complex and dynamic interplay of operations are diffuse and ongoing. Such a view of karmic restoration is of a feminine energy (Card 54) approach. In other words, the emphasis is not on the specific agreement or exchange, but an entire set of events averaged out over time. With this statement, it is of great importance to consider the 80%-20% rule of system energy exchange. Variations may happen, but ask: *what is the direction of a trend and what is the overall effect upon a relationship or long term circumstance?* Even at the base levels of physical existence, energy exchanges facilitate life, growth, and evolution. Breathing is an exchange of gases: inhalation and exhalation. Eating and excreting is an exchange – input and output; a conversion of nourishment into a waste product, yet which becomes nourishment for some other organisms. In other words, how well the system performs over time is less dependent upon a single event than is the general state or conditions the system has to function in. Or, one good meal is not likely to make you fat or kill you, but gorging on junk food as a regular daily routine will most likely cause the former, and hasten the arrival of the latter. It is a difference between measuring calories (accounting) and changing one’s relationship to food and lifestyle (engineering). In this example the two methods would

overlap is in the preparation of a particular meal, using your preference for taste and your knowledge of the quality of food you are ingesting. One might start out with a written plan or recipe, but modify it as you progress.

Karmic completion may be done creatively

Karma can only fully be completed with another person when the intensity of that act has been returned or visited to the other person. Understanding and compassion which include forgiveness and comprehension of the purpose of the karmic lesson is the mark of Old Soul resolution strategies.

Impersonal or Indirect Karma:

A group form of Karma formation that may result from you being part of a certain class of people. For instance, all humans are karmically attached to healing the Earth. On the other hand, all humans will be bound to re-create the Earth and payoff Gaia, if we destroy it. Examples: Family, Racial, Genetic, Community, National, etc.

Sex Karma

Any intense experience that affects your levels of self-esteem in regards to your attractiveness or feelings of sexual adequacy. These can be as simple as a smile from someone all the way to a violent or sordid sexual encounter. For example, some rapes and one-night-stands are sex karma. Or, body shaming involving a loss of self-esteem, or status in a community, also counts as sex karma.

Why do we use Karma as a motivator?

The main reason is to motivate us to take risks involving the unknown as to overcome the hold of Maya. Since Ego is a necessary component of the Physical Plane, Essence must learn ways to motivate it. We begin human existence with no data set on how to survive (i.e. an infant soul in the instinctive center) and we tend to be reactive rather than proactive. Early human existence tends to be dangerous to the personality experiencing much as a threat to survival, and therefore risk aversion is naturally present. Yet essence desires to have *all* life experiences. So essence uses the push and pull of Karma to propel growth and insure change. Life, by design, is a series of opportunities, problems, challenges and conflicts; the resolution of which brings a gain in experience. Karma is possible on all planes of existence, compelled by different binding forces. On the Physical Plane however, Essence will subject successive personalities to various stimuli regardless of the possibility of death, knowing that it can 'reset' itself and birth another avatar/personality onto the game board even when one is killed off.

Karma on the Physical Plane involves Time (Card 70).

- A Karma creating episode can take an instance or a lifetime. Hence, pay-back of that Karma will probably be of equal duration.
- Karmas may take an instance, a single lifetime, or many lifetimes to repay or settle.
- A call for Karmic retribution may come at any time in the life cycle.
- For Older Souls, some precursor event during this life time may act as the plot twist or situational set-up for a karmic ribbon to be activated and set running its course.
- Karmic experiences are recorded at the Akashic Record. When an incident occurs the situation is listed on that person's "balance sheet" for later review.
- Evolution of Essence from the Physical Plane to Astral Plane cannot occur until karmas which require a body or materiality are completed! Emotional imbalances or intellectual conflicts, those which do not require the physical domain, may be handled on other Planes, and do not necessarily delay Cycling-Off (Card 76). However, everyone knows deep within their Soloverse that "things left unsaid", apologies not made, or feelings of things "left undone" have haunted many as reported by them on their death beds.

With whom can we have Karma?

1. Individual Fragments also living on the Physical Plane:
 - 60% of all our Karma is formed with Cadre Mates
 - 5-10% with our Task Companion
 - 10-20% with our Essence Twin
 - 10% with persons that have little or no Soul Connection
2. Astral and Causal Entities or Fragments

For example: Jonestown was an entire Entity that had agreed to do that karma

3. Devas: Usually animal forms (loving pet, acts of cruelty, attack or phobia, totems)
4. With Yourself: Personality impeding your essence from growing.
5. With Institutions: Usually centered around a concept of that object rather than the object itself. Example: The people in Bhopal, India who were blinded or killed during the Union Carbide explosion of 1983 now have a "karmic

ribbon” with large institutions, or technology, or the United States. These types of situations tend to reinforce a sense difficulty living on the plane. The accumulation of Karmic forces for these sorts of concepts or objects can later lead to their demise.

Good Faith and Bad Faith – The underpinnings of trust, truth-telling, and the integrity between people.

One might say of the modern era that ‘trust’ has become a bifurcated concept. In the contractual machine world of modern electronic financial transactions, trust is the term chosen to allay any doubt about the security of your credit card information being used in only one way, only one time, for the purchase you just initiated.¹⁴ Yet, trust is a statistic of performance people measure intuitively with one another. For example, does someone keep their agreement to show up on time? Or, are they continually late? How strongly or confidently can I “count on” someone to carry out what I ask them too or what they promise me? In the real world of either commerce (i.e. energy exchanges), or more close to home family dependencies, these measures of trust lead us to treat each other in various ways; and as such lay the precursors to creating karma between persons. Establishing ‘good-faith’ or ‘bad faith’ is nothing more than acting consistently with our promises, or not.

Once upon a time, a simpler phrasing was used, “I give my word.” There again, we notice the preeminent power of words spoken or written as a cornerstone of metaphysical law into the machinations of the Physical Plane. Impeccability is a concept, a horizon of behavior useful for us to journey toward, that can still result in a self-karma. First, and most commonly, are the vast number of persons who fail to account for their own integrity and make excuses, generally without rectifying either their behavior or making amends. And second, and far less frequent, for those perfectionists who fail to realize that life always (and is deliberately engineered by TAO) throws conflicts in our way, where a decision between options (only one, not both) must be made. That struggle can be simply addressed by doing the same as recommended above: either rectifies behavior or make and amends. But a third quality must be mentioned is forgiveness. Either requesting it from the injured party, but also finding a way to make peace with one’s own Self. This later group is often the persons of already high integrity (i.e. consistent agreement between promises kept) made and behavior or outcome delivered. Self-karmas can also form when one fails to keep a promise with oneself. Sometimes individuals because of CF, or altruism, or fearing rejection or reprisal from others, may have denied themselves a deep and important desire. The longing or feeling of disappointment may follow a person around for many lives until they give themselves the opportunity to give to themselves first. One example of a current public person who has had many lives giving altruistically is Oprah Winfrey. This life she has given of herself to a great many. But many of her ventures have made certain she

14 <https://www.psychologytoday.com/us/blog/making-meaning/201811/sorry-im-gonna-have-let-you-go-act-bad-faith>

“paid herself first.”

Choice and Abdication of Choice

{MC} Existential bad faith occurs whenever responsibility is denied for one's own decision-making. It disavows your freedom because taking responsibility for your choices is a burden. That process will initiate an imbalance that will call for accountability. {MC}

Questions to determine the type of Karma you are dealing with

1. Did a person impact my self-esteem resulting in my feeling of being under or over sexually desirable? (Sex Karma). This might include making someone into a “sex object.”
2. When this situation or event was over, did I feel a sense of relief? (Karma completion) Did that interaction leave me with an indelible understanding?
3. When this situation or event was over, did I feel a sense of frustration, longing, hostility, or appreciation? Or perhaps a desire to do something to or for the other person? (Karma creation)
4. Is this situation reminiscent of a pattern that I have seen in myself before? This is also known as the “*This always happens to me syndrome.*” (Self-Karma)
5. Were the conditions of the tragedy or good fortune something that happened to me alone or did it affect a larger group of people, i.e. member of the same family, or club, or neighborhood, or work group? (Indirect or Impersonal Karma)

Monads: Archetypal Forms of Mandatory Karma-Dharma Exchanges

Karma's are required interactions to complete. They are not, however, all simply the result of encounters that are haphazard. Certain aspects of interaction are so fundamentally vital to living on the Physical Plane that TAO has invented requisite interactions. These are the *Archetypal Interactions!* In the Michael Teachings, these are 32 necessary themes which every human soul engages in before Cycling-Off (Card 76). Michael has called them Monads.¹⁵ While only introducing these here in a general way, their design reveals some of the more significant learning themes in relationships. Not every relationship that bears one of these plot lines is a Monad. However, that information is usually gained during a session with a professional channel. You can learn the quantity and qualities of your

¹⁵ As a nod to students of more arcane metaphysical studies, I acknowledge that the use of the term Monad (meaning one) is confusing. Monads in this context require two specific persons and therefore should more accurately be called a Dyad. The main reason the term was selected refers that a person MUST experience each side of the dyad uniquely themselves, and then perform the opposite part for the other person in the dyad. In this regard, a person alone, singularly experiencing, monospectively, the events.

specific script being played out between you and another. They take the format of you and one specific other player deciding to engage in these interactive dyads.

This list is in alphabetical order. However, a more interesting ranking would be to list them according to which Soul Age they are likely to be initiated. Some happen early and others are more appropriate when awareness is higher and therefore likely to be engaged in a later Soul Age.

1. **Adept-Apprentice Monad:** Involves one individual passing on a skill to another.
2. **Artist-Patron Monad:** (Ex: King Ludwig and Composer Wagner).
 - a. **Benefactor/Recipient**
3. **Attacker-Victim Monad:** (Ex: Fatal Attraction; Rodney King/Powell & Kuhn).
4. **Defender-Defended Monad:** (Ex: The Bodyguard, the legal system).
5. **Deserter-Abandoned Monad:** One person leaves, abandons another.
6. **Dominant-Submissive Monad:** Boss and Employee
7. **Eccentric - Integrator Monad:** (Ex: Eccentric/Lucas Integrator/Spielberg)
8. **Healer-Healed Monad:** (Ex: Jack Kevorkian, Albert Schweitzer)
9. **Hidden-Disclosed Monad:** (Ex: Watergate/Deep Throat, Daniel Ellsberg and the Pentagon Papers, Edward Snowden, Julian Assange, and Chelsea Manning)
10. **Hopelessly Loving-Hopelessly Loved Monad:** (The theme of unrequited love.)
 - a. Can look like **Stalker and Stalked** (Ex: John Hinkley - Jodie Foster)
11. **Imprinter-Imprinted Monad:** Not as intense as Parent-Child Monad, but is similar. This relationship is created when an individual wants different modeling about how to handle their life apart from the parental imprinting. Generally in ages 0-14, but can happen anytime (Mentor, Aunt or Uncle, Grandparent, Neighbor, Friend, Teacher, Social Hero)
12. **Independent-Dependent Monad:** This monad teaches control and surrender.

13. **Innocent-Sophisticate Monad:** (Ex. My Fair Lady)
14. **Jailer-Prisoner Monad:** (Ex: Nelson Mandela; Cool Hand Luke; prisoners of war)
15. **Leader-Follower Monad:** The Leader does something and then another will follow.
16. **Love Monad:** Generally done by Mature and Old Souls.(Ex: Ben and Jerry)
17. **Master-Slave Monad:** (Ex: Pimp/Prostitute relationship)
18. **Mate Monad/Marriage Monad:** Life-long mate agreement. (Ex: Bill and Hillary Clinton)
19. **Parent-Child Monad:** (Categories: Father-Son, Father-Daughter, Mother-Son, Mother-Daughter) (Mother/Queen Elizabeth-Son/Prince Charles)
20. **Passionate-Repressive Monad:** (Ex: Gomez and Morticia Addams)
21. **Passive-Aggressive: Monad:** (Bullying about weakness and strength an assertiveness vs resigning or being dormant in the face of oppression.)
22. **Photographic Monad:** Like a Tandem, but it parallels both people in similar directions
23. **Pivotal-Facilitator Monad:** (Ex: The person that breaks up a marriage.)
24. **Player-Pawn Monad:** (Ex: Dynasty, Dallas, Tanya Harding and Body Guard)
25. **Profligate-Temperate Monad:** One is wildly extravagant while the other is a tightwad.
26. **Promiscuous-Impotent Monad:** This monad is based on sex desire and quantity.
27. **Rescuer-Rescued Monad:** The Rescued individual is being helped by the Rescuer.
28. **Sibling Monad:** (Brother-Sister, Sister-Brother, Brother-Brother, Sister-Sister)
 - a. These may also happen thematically between non-biologically related persons.
29. **Slanderer-Slandered Monad:** (May involve character assassination or

public exposure)

a. **Accuser-Accused**): (Ex: Michael Jackson, Political campaign smears)

30. **Slovenly-Meticulous Monad**: (Ex: The Odd Couple - Oscar Madison & Felix Unger)

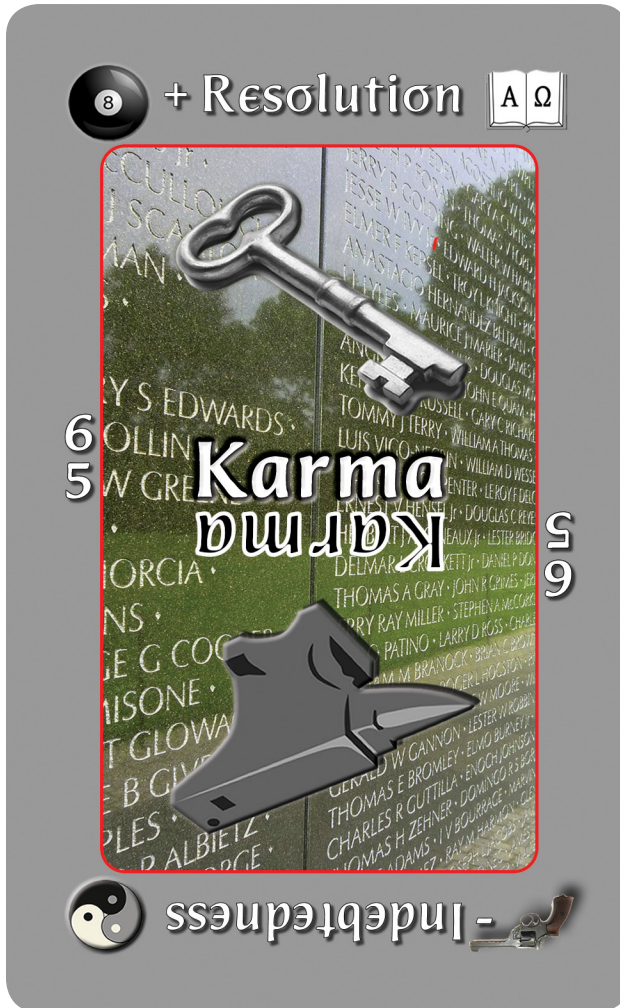
31. **Tandem Monad**: Both individuals do almost exactly the same things at the same time.

32. **Teacher-Student Monad**: (Ex: Helen Keller/ Ann Sullivan)

While the Michael Motivation Cards themselves do not focus on, or specifically address when or with whom you have engaged in a Monad with, it may be informative to notice if one of these archetypal schemes seems to be present. In which case, you can investigate the remedy for navigation and perhaps resolution in any number of Michael sources, or for that matter, in a number of valid relationship-oriented Self-Help books which offer many applicable remedies.

What goes around comes around!

—Popular idiom referring to fairness

Situational Context: Pay attention to cause and effect, action and reaction.

- **Background Image:** There are few places or events more conducive to creating Karma on a mass scale than war. I took this picture of the Vietnam SMemorial in Washington DC. There are thousands of names; each with a story, each with history, each who settled, created, owed or extinguished karma. Destiny does not favor the bold, but it does continuously present itself. It is our choice what we do with it.
- **Border Color: Covenant Group** – Life is seldom black or white.

- **The Eight Ball: Chance and Fate.**
- **Alpha and Omega:** TAO(-Card 0) Anything that can be imagined can be a source of Karmic fuel
- **Triality:** The only way to transcend the effects of Karma is to be present in the neutral state of synthesis, where a new equilibrium is reached.
- **The Gun: Symbol of Karma** itself. Every action committed by/with it perpetuates karma. Whether wounding, protecting, or hunting, the events when it is used always stoke the fires of emotion: fear, anger, revenge, and sometimes a rush of power.

Illuminated (+): Resolution, restitution, absolution, balance, reparation, equilibrium, redress, atonement, amendment,

Illuminated Position: A key unlatches a lock which then allows a door or window to open. But sometimes, keys don't necessarily appear as we believe they should look and neither the lock itself. Unlocking the mysteries behind each karmic exchange is the way that consciousness expands and knowledge is gained. Karmas are patterns built upon the universe's spiral design of continual expansive motion; metaphorically like riding the wheel of fortune but always having the wheel ramp up to a higher/broader level. That is why luck is so closely related to the notion of karma. Whether good or bad, the effect of luck and karma produce unintended consequences which are still ours to account for. It is part of the process of resolving a Karmic imbalance. Yes, we can and do both create (Card 55 – Masculine) and have karma attach to us (Card 54 – Feminine). Each side is a valid experience for exploration and expansion of the TAO (Card 0). To know when and how to let go or when and how to acknowledge a charged situation makes it possible to heal wounds or settle debts. The key to spiritual growth is recognizing the continual cycle of Karma, not as reward and punishment, nor even debts and collections, but a continual seesaw of momentum taking us through ups-and-downs as our learning propels us through *the wisdom of the (Soul) ages*. Every time a doorway is passed through, one enters into a new room of experience. There may be a toll to be paid on the way out (karma you owe), or a toll you may be required to collect (karma owed you). But in either case, moving through successive spaces takes you further along. While bound in the cycle of incarnations, from 1st life Infant Soul (Card 71) to last life Old Soul (Card 75), no one ever has a 0 balance. Equilibrium on the physical plane is only reached when one cycles-off (Card 76). Many people equate the idea of Karma with Newton's 3rd law of Motion famously stated as "for every action there is an equal and opposite reaction." Yet what is not acknowledged, often just as frequently as the aphorism is invoked, is this statement refers

to the *degree of force, not the form of the action itself*. Thus the sheer magnitude of effect will be the same or quantity of force will be equal, but not specifically the same act or event. Therefore Karma is more equitable to **quantum Entanglement in physics rather than motion. Why is this significant? Karma as a concept speaks to the interconnectedness of two bodies (beings) having an interrelated energy effect upon one another regardless of their relative position in time-space.** Hence, our definition requires a more precise requirement of tit-for-tat equivalence in form, not just effect. Yet, for as long as beliefs and interpretations exist, misunderstanding will as well. **All you really need to know about karma is that you pay it back and create it anew every moment you exist.** But if you want to have a phobia about doing so, i.e. forming a self-karma about karma, is to fear the creation of karma and falsely believe you can control the process. You can avoid the distortions of self-karma by simply pursuing and telling the truth to yourself and others. It is that simple! Those knowledgeable will have seen a subtext I will now explicitly state. Viewing Karma through the context of motion is to view it as macro or cosmological “big picture” event and in some cases legitimate. Yet, it lays the basis for a misconstrued assumption that a force is capable of being altered is thus brought to rest i.e. completed. Karma is an ongoing stream where you simply reach shoals or eddies before getting swept up by a new current. Yet, by contrast, entanglement is a metaphor about relationship interaction. Those events, emotions, patterns, themes, memories or exchanges which have specific permutations. Conceptually it is better modeled by entanglement principles of particles (individuals), instead of the waves of cyclic patterns. Karma is about people interacting not merely systems in motion. **How are you and someone else(s) uniquely entangled?** Consider that common beliefs, family ties, personal histories of cost or benefit are all the filaments (ribbons or cords) activated between any two or more individuals. Once you pluck a few of these strings you’ll see what resonates and what cords bind you together.

1. “Think about karma as a bank. The Karma Bank is an impartial, honorable, incorruptible, infallible solid establishment. Every single person in the whole universe has an account in this colossal depository. Each time you perform a positive action, you add good karma to your account. Every negative action that you perform produces bad karma. The ultimate goal is to have your account in perfect balance. When this is achieved, you will have mastered your karma.” ~ MARY T. BROWNE, *The Power of Karma*
2. “Karma is our teacher. It teaches us to refine our behavior—hopefully sooner rather than later. One way to tell a young soul from an old soul is to observe how quickly he learns karma’s lessons in life.” ~ Editors of Hinduism Today, *What Is Hinduism?*
3. Karma conceptually relates to balance of energies and justice in society. **Find the equilibrium between the two.** Imbalance is not profit or loss, it is

inequality and injustice.

4. **Karmic resolution occurs not with victory but with understanding.** Can you detect some thematic qualities present? Is restitution being sought in this affair? If so, does someone owe you, or vice-versa? Sometimes collecting can knock us out of our comfort zone. Take a breath. You are on a spiritual quest.
5. Karma is not just retroactive. You can use it creatively and **pay it forward.**
6. Philanthropic Karma **gives with no agenda** or intent to be compensated. Good fortune is near.
7. The wheel of fortune revolves and life evolves because of Karma. Desired resolution of fixated, unresolved emotional states lock two persons in a chess game where completion **and victory are not the same.** Checkmate is close at hand. The encounter will end.
8. What Karma theme is seeking resolution in this affair?
9. What happens next? Interestingly enough, this is where your ability to manifest (Card 69 Maya) and your intention (Card 63 Inspiration) intersect. **Karma will result or resolve either way.** The amount of love, generosity, compassion, and commitment to justice (fairness) you bring to the situation, will weigh the determination whether it earns you grace or disgrace. Your choice. How are you going to play it?
10. Creativity can be a source of karmic payback. Look at this situation and see if you can imagine a different outcome that satisfies both players, and a different solution that both players may benefit from.
11. **Invest energy and it will be there to eventually draw upon.** Pay it forward.
12. Heard the expression “my karma ran over my dogma”? **Experience teaches, dogma preaches!** Best to make peace with the former and bury the latter.

Shadow (-): Indebtedness, obligation, retribution, vengeance, reprimand, corded, indentured, comeuppance, saddled

Shadow Position: The anvil is a heavy burden that we can carry until we can set it down. To do that, you've got to pay your dues and settle your debts. In 1960's the popular Road Runner cartoon had as the nemesis Wiley Coyote; a hapless schemer always trying to subdue his light-footed opponent. The two of them were locked in a struggle of karma where neither the furry antagonist nor his feathered protagonist could ever “let it go.” The gravity of their relationship antipathy seemed perfectly represented by poor Wiley's use of an anvil as a weapon or tool

to destroy clever Road Runner. Ironically, for a generation of kids who grew up in cities, this was the only sight of an anvil they'd ever had. So, they really didn't know what it was really about. Yet, whether as a weight, a weapon, or a tool, it has a pretty dubious reputation and is known to be heavy. Of course, it teams with the hammer to beat our meddle into something worthwhile: sometimes sharp like a sword, a knife or a razor; but in most of us things a bit less glamorous like a hinge, a shield, or a shovel. In any case, karma has its uses; it shapes us and it tempers us. Is it any wonder why most people associate karma with heaviness, pain, and getting beat-up? Yet, in itself, it is a mechanism where exchanges of energy are logged and accounting for their restitution put in the annals of the Akashic Record. Then personally, recorded in the memory of your own emotional biases: your wounds, your loves and your aspirations.

1. **Wounded people tend to lash out. Don't take it personally.** It is about them. Your reaction however, and the story you tell yourself about it, is about you! Forget running from the implications. Deal with the juice head on, yours and theirs.
2. **You are neither bad nor wrong for having karma.** Shame, guilt, and pity do not, however, substitute for genuine apology and offer of restitution. Those emotions are self-involved. To reach honest and appropriate reparation, focus on what they need.
3. **Are you beholden to someone** but are avoiding dealing with it? Until you make amends, it will nag at you. What you resist persists!
4. If you can figure a way to channel the energy differently than how it came at you, then you may **transcend the cycle of retribution.**
5. **Negative karma is the 'eye-for-an-eye mentality'** which seeks to pass a painful experience back to a perceived transgressor. It was Gandhi who said, "An eye for an eye will only make the whole world blind." Stop now or you'll end up with sunglasses and a guide dog. Of course, maybe then you'll have someone to complain to?
6. Feeling weighed down by **indebtedness**? In shadow, Karma is an obligation that can stagger one or cause denial and avoidance of duty. Is there a situation that causes you to feel dread and fear? Be careful and brief, but face it.
7. Now you've done it! **Someone has been hit by a big load of juice!** The cord has been formed creating a karmic ribbon between the two of you. Forewarned is forearmed!
8. There are **emotional charge(s) locking themes and events in place.** Will you address them?

9. Some say that “revenge is a dish best served cold.” It means that seeking vengeance one should feel completely indifferent to the other’s, and even their own, feelings. Yet, **karma is driven by an unresolved emotional attachment.** Cold is a misnomer, because those emotions are flowing hot until the deed is done. **Don’t confuse numb detachment with dispassionate Meta awareness.**

10. Even the Bible acknowledges the karmic process. “Whatsoever a man (woman) soweth, that shall he (she) also reap.” **If you are sowing the seeds of discontent** know that more than a few people are likely to be looking to either confront you, sabotage you, or outright gut you. You may not even have intended to do so! But pay attention to two groups: those who were the persons you were in opposition to or acting upon? And those who are your compatriots in the endeavor, i.e. those who you were acting with? With both friend and foe, karmic ribbons can be formed.

I have seen the enemy; and he is us.

—Pogo by Walt Kelly

Situational Context: Fixated assumptions sustain repeating patterns.



- **Background Image:** Shattered glass shards make up the background of this card. Much of what represents a self-karma is something which often *cuts at a person*. Yet, these same pieces, when assembled by an integrated personality, can form a mosaic of a person's talents and natural affinities.
- **The Eight Ball:** The Symbol of Chance, Variation and Randomness
- **Alpha – Omega:** Conditions built into Physical Plane by TAO

- **Triality:** Symbol of the path of traveling from positive, negative to neutral
- **Hand Gun:** As an object, it is the only tool every devised whose primary purpose is killing. It is both an instrument of karma and self-karma (i.e. shoot yourself in the foot).

Illuminated (+): Attachment, habit, rule, bond, talent, predilection, aptitude

Illuminated Position: Attachments are seldom easy to let go of, if for no other reason that they represent parts of ourselves we identify with (Card 34 - Passion negative pole). Self-karmas may be the magnetizing force which activates Maya (Card 69) for a person. Some Attachments, like some Maya, are quite pleasant for the Personality, and in some cases might even be considered luck. Self-Karma exists inside each of us. They emanate from a person's instinctive memory (Card 42) and project a pattern out into the world. We may often use other people to help us reveal our self-karma, but it is unlike a karma which is directly related to a specific person or thing. Self-Karma results when an Ego succumbs to the rule of Maya and denies the Essence the opportunity to grow in a certain arena. Yet, those familiar elements or reliable talents or habits that have served the Essence in past lives may be part of a self-karmic 'gift' for a Personality to realize and use as a tool to overcome some personal limitation or achieve some longed for dream. The concept of Internal Monads, which represent the stages of Personality development within a lifetime can be thought of as series of self-karmic progressions which, when confronted and the Maya of each is seen and resolved, advances a person into the next level of self-awareness.

1. **Repetitive patterns** may deliver a desired payoff or even evolve into a talent! Keep practicing. **Aptitude** in an endeavor is the payoff for repetition; but don't let it become a rut.
2. An attachment to friends and family is called a **support system**. Strengthen and rely upon it!
3. Someone's **personal pattern is dominating the conversation**. Does this person contribute effectively?
4. Aptitude is a skill or talent at which you naturally excel, and is part of you. If you have a natural gift, regardless of its economic worth in the marketplace, it is **your talent to pursue!**
5. Friendships, loved one, ideas, faith, sacred rituals and beliefs are all **useful attachments**. They are the glue and the gravity which bond us to each other and station us on a ground of being.

6. **Every Self-Karma** is a distinct pattern that may hinder or empower you. Corporate America loves a workaholic, spouses hate them.

Shadow (-): Addiction, craze, mania, preoccupation, fetish, craving, urge, tic, block, burden, bad luck

Shadow Position: On the negative side of Self Karma, it represents a long standing and reoccurring issue, habit, feeling, self-sabotaging or self-limiting belief that continually shows up in your life as patterns or strategies to avoid fears or perceived limitations. One of the most difficult paths on the Physical Plane is that of Addiction. I define it as a habitual pattern or use of a substance to achieve a state of some sought after relief. Furthering that definition, addiction is not something that is a mere preference, but as AA calls it “that rapacious creditor”, having captured your controls. The photo of a beaver noshing a tree, since it is genetically driven to get wood for its shelters, is voracious in its gnawing. So much so that when the inevitable fall occurs it can't get out of the way in time. This aspect is often related to the negative pole of Self Destruction (Card -22). And while the image is darkly humorous it demonstrates that when it comes to obsessive behavior - sometimes one's own actions come crashing down upon our heads. Ouch!

1. When **compulsion** *makes* you do something, then you are no longer free. Face that urge and overcome it. It already preoccupies your mind.
2. When we are blind to our patterns, they have us; we are addicted to them. **Use awareness and will to transform a habit into an option; otherwise you are stuck in a rut.** Don't dig yourself in any deeper. Every time it comes on, face the feelings.
3. Someone's **personal pattern is dominating** the conversation. Do they contribute effectively?
4. Self Help Guru, Wayne Dyer, keenly characterized the difference, and the potential interaction between karma and self-karma. **“How people treat you is their karma; how you react is yours.”** If not clear, trials between you and someone else is karma, but any pattern of response is yours.
5. If the same patterns or outcomes seem to repeat, but with different people; this is a **self-karma**.
6. Preoccupied? What about? **Are you obsessing or just distracted?**
7. Every Self-Karma is a **distinct repetitive pattern that may hinder** or facilitate you. Corporate America loves a workaholic, spouses hate them.
8. Whatever attracts you, **it has you in its grip.** No matter how wonderful the object of desire, it still takes away part of your self-control.

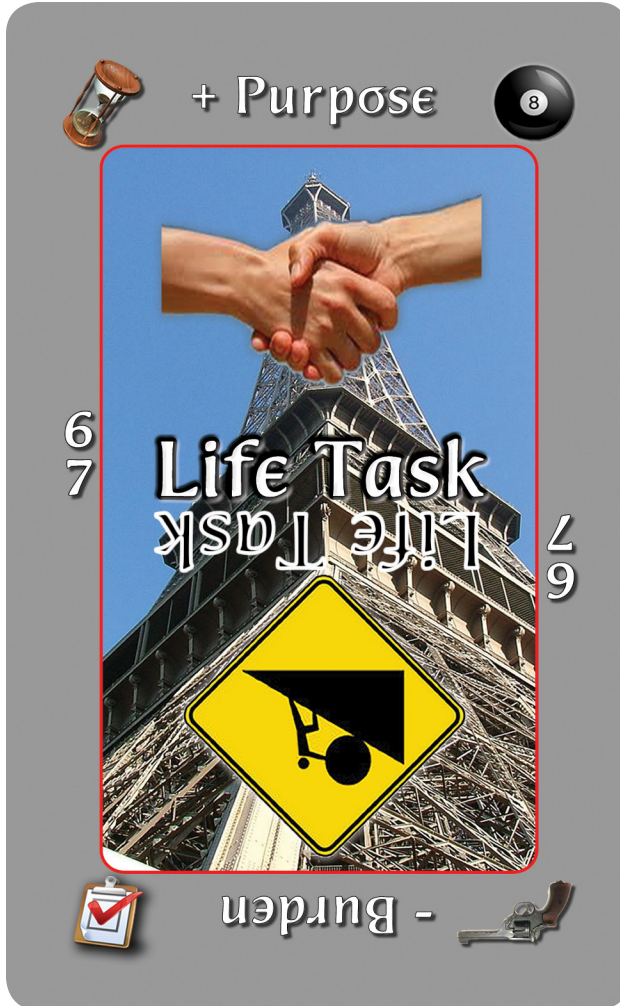
9. When we are blind to our patterns, they have us. We are **addicted** to them. Use awareness to transform a habit into an option, otherwise you are stuck in a rut. Don't

10. A rut is what an unquenchable compulsion is called since it *makes* you do something beyond your willpower. Then you are no longer free. Face that urge and overcome it.

I will take the ring, though I do not know the way.

—Frodo, Fellowship of the Ring

Situational Context: Check for congruency and alignment with who you are.



- Background Image:** Of course, the Eiffel Tower is one of the most recognized icons of modern industrial design and of Paris, France. It was the crowning life achievement of Gustave Eiffel. I chose this image to remind us that any purpose we have, no matter how large or how small, cannot have its impact fully assessed or absorbed, until it is complete! What would culture, let alone music sound like today, if two Task Companions in the adjoining picture had not gotten together? I'd have to yell Help! It's been a hard day's night, so I'll follow the sun. etc, etc.

- **Border Color: Shades of Gray**—Nothing is black and white.
- **Hourglass:** Representing the constrained time period that one has to complete (what?)
- **The Eight Ball:** Signifies the power of chance, foretelling, and possibility.
- **Clip Board:** Signifying the dutiful but mechanical nature of completing activities on a check-off list.
- **The Gun:** A direct reminder of the karmic nature of life task.

Illuminated (+): Purpose, goal, raison d'être, nobles oblige, mission, intention, target, faith, passion

Illuminated Position: While a Task is yours to complete or not, during a life you will meet persons from whom you gain either direction or reflection, or both. Those interactions can range from chance meetings to profound or long lasting relationships. In the Michael Teaching, Life Task is spoken almost synonymously with mention of the 'task companion.' The handshake symbolizes both a grip on one another and forming a bond based on Agreement (See Covenant Card Set).

1. Accepting our task may feel arduous, but it can be completed more effectively, jointly, with a companion. Sharing work or acting in concert, the message here is **you don't have to do it alone**. Frodo could not have reached Mordor without Sam.
2. **Keep on!** Your directions, decisions, and patterns are consistent with your principled objectives.
3. **What you see is what Self intended**, no matter what you believe you planned. There is a simple underlying purpose even if it seems hidden.
4. It is almost impossible to underscore the importance of dedication to purpose in this card. No amount of success feels as good as the sense of duty and accomplishment that occurs when you are on an important task. Find a companion to share the work and cooperate with them. You don't have to do it alone.
5. What you see is what you intended. **There is a simple underlying purpose even if it seems hidden.**
6. Essence directedness is at the basis of this card. **Purposeful** outcomes are either for learning or achievements in the world. How does your purpose reveal itself here? Is a secondary one deeper still?
7. **Create goal and accomplish it.** Without a purpose, even a minor one,

motivation is fleeting.

Shadow (-): Burden, drudgery, nihilist, encumbrance, hardship, bane, scourge

Shadow Position: Consider the life task cursed upon poor King Sisyphus? A deceitful opportunist who, depending upon the version of the story, finally so angered either Zeus, Thanatos (Death), or Hades, that one of them gave him a task that would never end. The image is a simple representation of an endless theme of being doomed doing the same thing repetitively (Card 31 - Perseverance negative pole) i.e. roll a boulder up a hill. Then at the moment nearest the completion, the rock careens back to the bottom and he must begin again. Even knowing the futility of his endeavor, his lying and trickery doomed him to this fate. A burden, by my definition, is one where we know there is no other option but to keep going, *until* whatever conditions are in place have changed. But, while the external circumstance might not change, we have the power to change the internal ones.

1. How can you travel anywhere if **you have not chosen a direction**? Get your bearings and a copilot. Don't waste your life by waiting.
2. **Does work seem like drudgery**? Is it because you do it only for money? Re-establish your mission.
3. When guilt motivates duty, the shadow shifts the experience of a task to that of a **burden**. The grind wears on as one is worn down. All empowerment gives way to effort and suffering. How are you causing suffering?
4. Without a purpose, even a minor one, **motivation is fleeting**. Create a goal and accomplish it.
5. Nihilism is the **attitude that nothing matters**. *Are you sure what you are doing has value?*
6. People attempt to fill the empty hole from **work without purpose, that bores**, with toys, entertainments, and indulgences. Because their jobs lack a purpose consistent with the needs of their Souls. Are you getting your needs met at work or are you secretly starving? Or worse yet, stuffing yourself?
7. "People become attached to their burdens sometimes more than the burdens are attached to them." George Bernard Shaw, "*Family Affection*" – Your life work might not be all you hoped it to be. Sorry.

You are a part of me!

—Anne Murray

Situational Context: There is a spirit with whom you resonate profoundly.



- **Border Color: Shades of Gray – Nothing is completely black or white – Reality is vast array of nuances**
- **Background Image:** The image is that of a sine wave.¹⁶ It is that of a parallel resonance circuit (PRC)¹⁷ which is the basis for alternating current what is more commonly called AC power. To conduct AC current there must be a joining of a male connector - the plug (Card 60 - Masculine) and the “female” con-

¹⁶ http://en.wikipedia.org/wiki/Sine_wave

¹⁷ <http://www.electronics-tutorials.ws/accircuits/parallel-resonance.html>

nectar - the receptacle (Card 59 - Feminine). Although the complete graph is partially obstructed by the negative pole image; the metaphor is not about *man* and *woman*, but of two aspects of energy forming a fusion, where their overlap falls into sync, creating a unique pattern. Such is the physics of the Essence Twin bond. In the Michael Teachings, this concept has more concept roots than romantic attachments. It speaks to an association made at the formation of souls in a myriad web designed to test infinite combinations of individual iterations of the TAO. This underlying structure can be explored in greater detail in many sources online and in other books outlining these teachings.

- **Corner Icons**
- **Clasped Hands:** A version of Rodin's *Touch of Lovers*.
- **Alpha & Omega:** The TAO book of Life Infinite combinations after casting.
- **Psyche and Cupid:** A mythological fusion between Spirit (Cupid) and Body (Psyche) and how they long to be together. The metaphor of the pairing of star-crossed lovers.
- **A Hand Mirror:** Like Narcissus, one can hold it up and be completely self-obsessed (Card 57 - Self Love - neg pole.), or acknowledge the reflection of what you see in another person resides first within oneself.

Illuminated (+): Soul Mate, identical, counterpart, match, partner

Illuminated Position: Swans are one of the species of birds that mate for life. Metaphorically, the Soul Mate or Essence Twin, connects at creation and can travel through an entire cycle of incarnations together. The swan's necks form a heart, and at the core, the love for the Soul Mate is the most complete. Yet, unlike the birds, the Essence Twin may yearn for one another without connection. Yet, internally, it can cause a resonant memory that can still make one feel whole. Interestingly enough, the Indo-European root word for swan is "to sing", which is exactly the kind of harmony everyone is searching for when they imagine a Soul mate. Your swan song is not an end, it is a signal that wholeness is near.

1. Harvest energy and information from every reflection; let it bring you to wholeness.
2. If you can see it in someone else, **it resides in you somewhere**. Hopefully you see the most admirable things first.
3. Essence-directedness is at the basis of this card.
4. Reflection happens in a prism as well. There are many variations here to

look at. Each point of view reveals a slightly different perspective. If one can appreciate, rather than rate, judge, or find the distortions untenable, then one can see the art of awareness emerging from you. Don waste a chance to gaze upon another living aspect of all there is. Absorb and learn.

5. Oneness is the experience of being reunited. The Essence Twin is the other half of your own identity. **Are you in need of reconnecting?**

Shadow (-): Mirror, double, duplicate, simulacrum

Shadow Position: Sigmund Freud taught us in the Victorian West to consider our dreams. His protégé and Essence Twin, Carl Jung, encouraged us to be aware of archetypal symbols. The image portrays another variation of the Essence Twin Model, that of the Mirror. What is it like to look at someone else, and while not actually seeing your own face or body, nonetheless, recognize a reflection of one's own way of being, habits, predilections, or similar life story? For me, the mirrored color and black and white contrast to Freud's picture poses another question: Does life have color for you? Or various shades of gray? Or perhaps things are merely black and white?

1. **Can't stand someone?** Having trouble being in their presence? What repels you about them? There is something you see in them that you dislike in yourself. To get over it, get neutral!
2. The ET is your ultimate mirror; **the embodiment of your opposite side!** How do you react to hearing this? Are they the light and you the dark? It might be jealousy.
3. Until you can find a way to **let go of an obsession to someone**, you will be tormented by the thought of not having them.
4. Stalkers are afoot, obsessed with someone whose adoration or hatred is at its peak. Who is watching? Either run and hide or take the issue directly to them. **End it one way or another.**
5. **Reflection Denied** — Imagine turning away from a mirror because you don't like what you see? In Shadow position, the Essence Twin seems a curse, not an ally.
6. Have love for yourself and return compassion for anything else.

Don't Believe Everything You Think

—Thomas E. Kida - a book about the workings of the mind

Situational Context: Make sure whatever is being suggested can actually happen or take shape.



- **Background Image:** The vast dust of space which eventually congeals into matter.
- **Border Color:** Covenant Group vs. gray as in other cards?
- **The Treasure Chest:** Gold- of either the worldly or inner kind.
- **Alpha through Omega:** Symbol of Positive Pole of TAO

- **Triality:** Masculine, Feminine, Asexual
- **The Eight Ball:** Chance, predictive, foretelling, game ending.

Illuminated (+): Manifestation, imagination, vision, transsubstantiation

Illuminated Position: This picture created by Ardis Bow, depicts for me the same thing Adam and Eve confronted: the apple. But when we bite, what we hold in our minds, and in our hearts, makes the fruit of the Tree of Knowledge - that of good or evil. We can create differently. MAYA is a tool of the Physical Plane. It is neither good nor bad, it simply IS! Like the smallest particles affected by quantum fields, Earth took shape as one of the few planets in the Universe which could act as a playground for manifestation of thought; and the most amazing of all, is life itself. Later, (Sir Isaac) Newton's Apple became a potent icon of knowledge dropping out of that tree onto our heads and giving us a wake-up call of new ideas. In the Michael Teachings, the term is treated with some apprehension. Borrowed originally from Hindu Sanskrit, it is defined as "illusion" or "magic" more like what we imply from the negative poles. Yet, the flip side of this coin in the positive pole, is something akin to makeover. The Artisan Self (Card 2), innately senses this 'silly putty' of existence and works with it. However you may see your life shaping up, remember that aspects of reality are malleable. The one you have access to first is your concept of Self. You are not an illusion. You are however a manifestation of forces you have at least some part in shaping.

1. Even science, for all its love of certainty and material proof of process, is stumped by this positive pole's showcase of Maya in action. It is called the "Placebo Effect". In many studies crossing every discipline of medicine, when the placebo (false medication) was administered people still healed or recovered in a statistically significant way not attributable to chance alone. **Something is going on! Allow for possibilities that you cannot predict to come into play here.**
2. **Take everything at face value.** Let reality emerge.
3. *It is what it is.* **Imagine your world** is a creation of your own attitudes and beliefs? This idea is meant empower you, not scare you. What then?
4. Holding a thought-form creates attraction that will acquire the mass to bring something into manifestation. **Start shaping these consciously.**
5. **Be clear on what you imagine**, and then wed it to joy. Fuse them together and you'll get what want.
6. *Let's pretend* works in stage acting and politics. **Don't be too quick to**

dismiss it as a tool.

7. Maya is a tool of the Physical Plane. **It is neither right nor wrong.** Life is like a stew of ideas, spiced with perceptions and simmers in meanings, rendering it all down into a dish called reality. So what ingredients have selectively chosen to make up the dish you are dining on? Besides the stock of facts and the broth of your emotions, what beliefs spice it up or make it bland? Hey, it's yours to eat. Don't you want to know the recipe?

8. "Whatever the mind can conceive and believe, it can achieve," said author Napoleon Hill, predating the Self-help human potential movement by almost a half century. As illusions go, it sure is an empowering one! **Might as well give it a try and see what you manifest.**

Shadow (-): Illusion, mirage, delusion, scrim curtain apparition, projection

Shadow Position: Pull a rabbit out of my hat? Out of thin air? No, miracles are not magic, but it is amazing that for all the demonization of "magic" by various world religions, their description of the miraculous as accounted for by "God's mysterious ways" seem almost identical in manner. There, illusion which suggests self-deception or erroneous thought forms, and have as an undertone *my God is better than your God*; seems to me, in style and even depiction, to make the Almighty seem very similar to Gandalf the Gray or sometimes even Sauron. We can never create something from nothing! But it is our choice to believe whether nothing is something (- Card 0). That is the message in this image. Defined in Wikipedia, Maya as a metaphysical concept connotes "that which exists, but is constantly changing and thus is spiritually unreal" (more specifically – not absolute!). Yet, it is also the "power or the principle that conceals the true character of spiritual reality". When our eyes have dropped all the veils of illusion we erect in our belief systems, it is finally, and nakedly, revealed that what is, is what exists *in form*. Not the stories we make-up about it. Yet, a secondary reality is about our personal truth. We can have emotions in relation to reality that are unique, energetically substantive, and even beautiful. But that does not change the THING itself, how we feel about something reveals truth about ourselves. The origins of many of our self-karma's (Card 66) are at least partially based in how we limit a thing because of our feeling and belief about it.

1. Maya is the etheric matter transforming **personal and cultural illusions**. The mind converts it into belief and substitutes it for reality. How's it looking? **Old ways will not get different results.**
2. The Great and Powerful OZ hid behind a curtain while presenting fiery mirages and thunderously loud declarations for attention. **He was afraid to be**

himself but had the resources to create spectacle rather than deliver on substance. Come out, you don't have to know it all.

3. In Pink Floyd's *The Wall*, mention of "the worms ate into his brain" was a telling of how doubts and fears undermine our confidence. That very act encourages Ego to build OUR Wall of self-defense brick-by-brick! At the end of the album the judge declares with a rousing damnation "tear down the wall!" **Your challenge here is how you go about killing off the worms and whether or not you destroy the wall in-total, or systematically dismantle it knowing that you could recycle some of the useful parts.** Remember however, its existence is now public and no longer hidden.

4. Stagecraft has *scrim curtains* to present a background with a certain appearance. They reflect to an audience the illusion of a various type of setting or circumstance. Yet, with a change of light, or an alteration of perspective, one can see through the visual make-believe. **Keep clearing your eyes and mind of the idea that you see everything. Remember that the curtain is trying to hide something, not reveal it. Strip away, do not add in.**

5. "Look over there" might as well be the motto of the magician performing a sleight-of-hand which distracts you from what is happening right in front of your eyes. An illusionist manipulates your attention on reality rather than reality itself. Notice, if you can accept the irony in this statement, where you have allowed yourself to place your attention. What is it that they did not want you to see? What benefit to you did playing along with the misdirection give you?

6. **Our Egos always want two things: to be entertained and to gain advantage.** Neither should be held as moral decrepitude. But do realize they have roots in earlier stages of maturity development: entertained is Children's nature (Card 72) and seeking advantage is an Adolescent's nature (Card 73). You can have either if you wish; this pole of Maya is simply **pulling the wool off your eyes** so you don't pretend about choosing it.

7. **In the modern era, the misdirection is in the 'fine print.'** Not magic, just magical thinking that somehow you'll escape the consequences of your ignorance. (Spelling intended.) It is hard to deal with modern contracts. It is sad that the paradigm of 'lie-ability' is given more credence in courts, than integrity. No matter what you want to tell yourself, your integrity is within your realm to decide. Are you sure you want to go through with this contract? If you do, you are responsible for it.

Soul Ages and Cycles Set: Phases, Process, and Stages of Maturation

*“O son, how many bodies have we to pass through, how many bands of demons,
Through how many series of repetitions and cycles of the stars,
Before we hasten to the One alone?”*

Hermes Trismegistus in The Way of Hermes pg. 33



- **Common Background Color:** The Reddish-Brown of the mythological “Good Red Road” of life as represented in both Native American and Aboriginal Cultures of Australia.
- **Background Image:** Each Card has background motifs reflecting an element in that period of Soul development. Further explanation is offered under that Card’s section.
- **Unifying Set Icon: The Nautilus Shell:** The symbol of cyclical repetition that begins at a core center and follows a pattern of expansion. The shape was an inspiration of the “Golden Mean” first described in the West by the Greek, Archimedes. Its second iteration and formalization occurred when Italian mathematician, Leonardo Fibonacci, calculated that spiral series and developed it into the now famous mathematical formula: The Fibonacci Series. The spiral appears in arcane spiritual systems and is considered a sacred representation of the way that life builds upon itself, and yet crosses back over similar points in a rotation, but from an expanded position. It also is present in the physical patterns of Nature like: the seed pattern of a sunflower, arrangement of cells in

a beehive, the unfurling arc of a fern frond, the branching of trees, and even the arrangement of leaves on a stem. Whether sacred or just prominent, this symbol is ubiquitous and has the general connotation of *continuous unfolding*.

Cards 70 – 76 explore these cycles of development from beginning to end and consider how we interact with the medium they occur in: time. Cycles are present everywhere we look and in every system we know of. The body has its Circadian Rhythm. Planets have their orbits. We have our rotation around the sun, called a year; further divided into our rotation on Earth's axis that define our seasons. In our creations and institutions we have production cycles, and planting and harvesting periods, election cycles providing a handle on the machinery of our collective governance. All operate within Time! All cycles have a beginning and ending. But what makes one cycle different in content, but remaining constant in function, is the features which reveals how a system evolves. Ultimately, whether in a lifetime or a cycle of incarnations, one is learning to discern abstraction from concreteness while widening and deepening one's clarity of Truth.

Time (Card 70) opens this Set because it is the first and most exacting constraint of the Physical Plane. The ultimate end-of-time scenario and, closeout of life for the Personality, is death! Time offers the container for events to happen. It invariably reminds us how **it is the only commodity we cannot replace!** While the Essence is said to be infinite, the time of our lives is finite. Thus, **(Card 76 - Cycle Off)** rounds out this series as the representative of the finite, i.e. limitation. As a comparison to traditional Tarot, this card is the symbolic Death Card.

When One of these Cards appears in a Layout

If you have chosen one of the Soul Age set cards, it is alerting you to a stage in a series. If your query is oriented toward Michael Teachings concepts directly, the connotation implied is of *worldview-paradigm*. The Card is utilizing an interpretation about the person's mindset or Essence-level orientation, as defined by the literal **(OMT)** Soul Age descriptions. In this light, you can assume that the attitudes or *predispositions to behave* you are dealing with, from that person or situation, are philosophically nested in assumptions of that Soul Age...*regardless of the actual soul age of the person*.¹⁸ If the question is about a set of behaviors, a person, or a situation, then the concepts are probably best understood under the metaphor relating to a level of Personality's actual maturity. Philosophical or process oriented questions like, "How close to completion am I?", should be understood as steps. For instance, if you are at a Child Stage 2, you may be learning the steps or accumulating resources for your task. If it were at Stage 4, Maturity, you have refined what you are doing and begin working out the distillation of a finished

¹⁸ One's belief structures can be simplistic or complex or complicated. Regardless of actual Soul Age, a person – due to imprinting or the presence of a "stuck" Sub-personality, which holds onto a perception that reflects the attitudes of a younger Soul Age.

work.¹⁹ This Card choice may indicate you are witnessing a person acting from a specific stage of personality development. If more than one these Cards appears, it suggests that there is either conflict between the attitudes. Or, that there is movement from one part of the spectrum of maturity. Depending on where the Card(s) fall in contrast to each other whether a person is advancing or regressing to a more restrictive viewpoint about the situation.

If a question is posed about an individual's maturity as a person, or whether they have adopted a viewpoint of an earlier stage of development, then you should consult the information on Internal Monads below. Your inquiry will be seeking how, or based on what assumptions, a person might be acting upon, basing a decision in, or perhaps 'stuck or fixed' by. If a CF card appears with one of these that might be the cause of the emotional obstruction and thus an explanation. Since these Cards offer a mechanism for opening a conversation with another, armed with the Card information as a starting place, ask them more about their perspective. It is possible that the very act of stating their beliefs might provide them a moment of listening to themselves. And in the process, they might *get gotten on their driving motives*. More specifically, the fears that it holds and the fallacies it generates or the strategies it adopts to combat that insecurity.

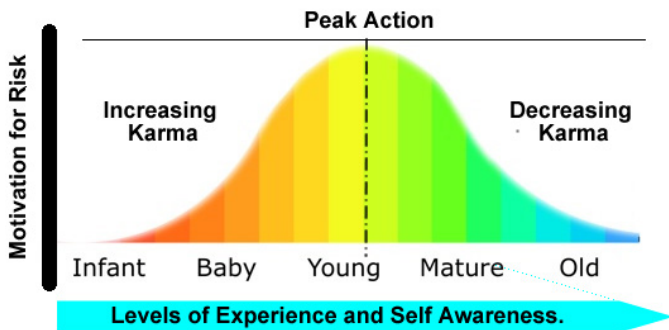
Reincarnation, Life Cycles, Soul Ages and Time, or Just Cycling Through

*"I have been in the Heaven that takes up most of his light,
and saw things there that those who descend from that height cannot speak of or forget..."*

Dante Allegheri – The Divine Comedy

The interim **Soul Age Cards 71 - 75**, draw upon the Michael Teachings description of the evolution of the Essence (Card 58 Soul-Spirit) through stages of experience and comprehension, each gained by graduating from each to the next. Notice the diagram below which employs the Bell Curve to illustrate the direction and volume of action a Soul is liable to engage. At the center, we notice at the apex of the curve, or the Young Soul era, where a Soul will possess its largest store of energy for tasks involved with worldly exploration and interactions. After those experiences, Essence will manifest itself in Personality's that bring their attention progressively more inward and examine personal morality instead of default to any religious dogma.

¹⁹ Those familiar with the procedural methodology termed "project management" will recognize the similarity in phases of completion. The concept lends itself to notions of levels of competency or growth and development.



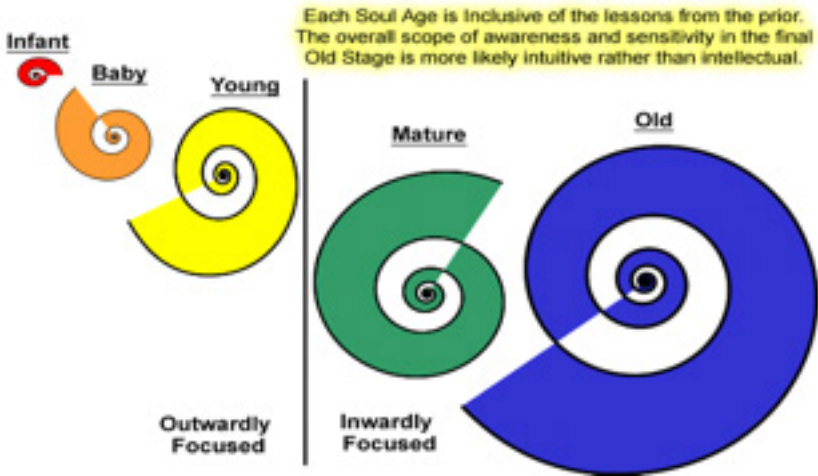
And where there is a beginning, there is an ending. The **Cycle-Off 76** card announces the completion of a process and the end of a time period. It is the critical final pronouncement of fulfillment or simply termination. It precedes that last card of the deck, a TAO Set card...the Nexus; indicating that you have reached the threshold of something new. Where you go from there, the **Nexus Card 77**, may shed light.

The Immortal Essence and the Durable, Expendable, and Mortal Personality

Our existence as a Soul or Essence or Soloverse (Card 58), which is compelled by the same expansionary force of the Universe itself, moves a Being through a continuous series of changes. They, by design and structure, are evolutionary. And each stage is, as such, progressive and inclusive of what has come prior (Card 70 – Time). After a complete cycle of incarnations, the many lives an Essence uses to explore experience and learning on the Physical Plane; finality arrives. In The Michael Teaching system of creation and evolution, one's advancement *does not rest upon success but completion*; simply passing through the necessary experiences required for accumulation. The self-acquisitional drive requires that a function run its routine and then, when the intended process has produced an output, it stops. In other words, one does not have to demonstrate great wisdom, nor maturity, just an understanding of the relevance of each stage. As the Consortium once said in a session, "you don't have to win the race and get the glory, just cross the finish line." Eventually, everyone does, even if they crawl across. For an Essence to Cycle-Off (Card 76) the Physical Plane, all it takes is being done! And being done is when there is no motivation or resistance left. At that point, the many purposes for the theatre of the material plane have run you through their gauntlet, and whatever emotional or psychic residue that still requires contemplation and assimilation, may happen in the non-physical realms of the Astral Plane's levels.

Soul Age Diagram shown below Moving from left to right, the image portrays the stages of progression. Yet the smallest spiral to largest indicates the inclusive and compounding structure of learning which is present in all conscious evolution. In other words, one's awareness only expands as the lesson, and the motivation for

it present at each stage is comprehended and inculcated (see Card 64 - Assimilation). Therefore, the field of consciousness available to any Soul Age is the sum total of all that has been accumulated before. But those gifts and limitations encountered at each stage can remain unconscious to the waking Personality (Card 56) of the current life, until circumstances unfold which reactivate memories, incomplete exchanges (Card 65 - Karma) or habits (Card 66 - Self Karma) which are embedded in one's Instinctive Center (Card 42), but which are prognosticated by the Michael Teachings as having originated in a previous incarnation, simply called a "past life."



Embarking and Departing the Physical Plane: Understanding Personality Worldviews from a Soul Age Flight Plan

“The soul takes nothing with her to the next world but her education and her culture. At the beginning of the journey to the next world, one’s education and culture can either provide the greatest assistance, or else act as the greatest burden, to the person who has just died.” — Plato, *The Republic*

I began with this quote from Plato to open the discussion with a question; “At death what does actually remains?” Of course, to the atheist, there is nothing except for base atoms of the body which is recycled as energy. Because there is no Soul, there is no conscious memory of a Self that continues. Yet, within the context of the Michael Teachings, it is exactly the opposite. The Personality’s memories of people and lessons, but particularly those emotionally vital and significant are remembered. Associations like race, culture, nationality, or other ephemeral attachments are shed, unless there are somehow poignant and significant events which are directly related to that life. On the Astral Plane, there are no national ranks or cosmic outposts where souls gather under a banner of common customs or culture. Only relationships established at “casting” (i.e. Cadre, Entity, Cadence, or Group in which you are a part) have any bearing under this System of meta-

physical cosmology.

Soul Maturation and the Development of Awareness

When Michael designed this system of thought it was important to show different levels of consciousness. Soul Age and Level is just a point of view or type of perspective in life. Roles vary in style and perception, like a slice of a diagram oriented a specific way toward the center. But Soul Age represents the depth of understanding capable from each of those orientations moving from a two-dimensional comprehension to a multi-dimensional understanding.

Awareness of those vast nuances are developed, according to the tenants of this system over many lives, thus it is based on the assertion of reincarnation as a means for that experiential accumulation. There is no uniform number of lives, though the 5 stages of Soul Age, and the 7 steps of Soul Levels are. Some souls have been on the physical plane longer than others, for example. It is important to understand this concept because souls that have been here a very short time have a dramatically different perspective of life than those who have been here longer. Michael has categorized the various layers of soul consciousness into five sections: Infant Souls, Baby Souls, Young Souls, Mature Souls, Old Souls.

I want to emphasize that no Soul group is better-than another! Just like sixth graders aren't better than first graders; they just happen to be around a little longer, and their focus and lessons are different. Each Soul Level has its own set of lessons and issues, so being an Old Soul does not mean it is necessarily easier than being a Young Soul.

Every Soul Age bears the cumulative memories of its earlier stages. The Old Soul, remembering viscerally its instinctive lives, may sometimes feel horrified by some of the worst elements of human actions they had once participated in; along with all the preferences, needs, attractions, revulsions, abilities, and weaknesses, gained over the course of personal evolution.

At every stage a soul revisits the main archetypal experiences of the physical plane, but with each successive life, the degree of difficulty of lessons and activities is raised. The situation calls upon one to continuously incorporate and develop more parts of the Self. This does not only mean forcing one to expand their mental capabilities, but their comprehension of the sublime nature of emotional motivation that compels them.

Every progressive Soul Age gives you more and more opportunity, and complex and subtle situations and events that will stretch, if you will, your spiritual muscles. In essence, that's what the manifestation of this terminology is in daily life. The ability to stretch your muscles, to open your mind, to move off of fixed positions, and to ultimately, at the end of all five levels of soul age evolution on the physical

plane, to potentially depart with something called wisdom.

When we look at evolving through the soul ages, there is no set pattern, no way to do it right, no right way to pace oneself to get through it. This is an individual process. Some souls love the physical plane and they take their time getting through their levels of consciousness and end up with a large number of lifetimes. Other souls, generally those who have higher frequencies, such as Artisans and Priests, tend to move through the Soul Ages and Levels as quickly as possible.

Seven Levels within Seven Stages

Not emphasized in this work addressing the Cards and their use but something fairly prominent in the OMT is the sequential passage through Soul Ages called Soul Levels. In many respects, these levels are liable to augment a person's preference for Introversion or Extroversion. These two parameters, not specifically defined as designated characteristics in the Michael Teachings, nevertheless play an essential quality in

Soul Age Orientation and Their Motto's

- **Infant Soul:** Me- "What's going to happen to me?" – (Core ID, Ego, Animal survival concerns) Survival and limited concern awareness of others accept as they relate to himself.
- **Child (Baby) Soul:** "There's me and mine." Me and Mine –Conquest – A sense of possession and worth emerges for its own sake. Ownership becomes known to people.
- **Adolescent (Young) Soul:** "More than the next guy." - Yours or Mine – produces the impetus for a contest, but also the usefulness of collaboration when necessary. Control of a resource without actually owning it gives rise to a whole new level of
- **Mature Soul:** "That's not right." - Yours, Mine and Ours – The awareness of shared resource, responsibility and mutual usage instead of combat (like Babies) intrigue (like young).
- **Old Soul:** "What a long strange trip it's been." I AM and you are too! An awareness of what affects you affects other (actual empathy) too.

Categorizing Soul Age Metaphorically to the Social Development in a Life

Infant	Child	Adolescent	Mature	Elder
0-5	5 -12	13 -29	30 - 50	51 - On

Few ties, tribal, Atavistic, Id Hunt/gather	Regimented, Absolutist, External focus, Isolationist or	Self-Righteous, Selfish, Acquisition, Enterprise-Business	Equanimity, Sustainable	Self-Centered, Universal
Self-Reliant,	Warring, Militaristic	Competitive Games	Internal	Unattached
Labors for Security	Invent – Conquer	Rule-Benders	Solution	Truth
Driven by instincts	Rule-Makers	Adventurous	Rule reviewers	Cultural Creatives
Totemic belief	Conforming	Individuality	Cooperative	Self-Involved and Reflective
	Seeks hierarchy	External focus and Internal comfort	Inspirational	Joy
	Relies on Group identification and approval		More Personal and Private	Internal
Fear	Shame	Anger	Guilt	Hopelessness
Safety – Delirium	Happiness – Approval	Pleasure - Gain	Passion – Well Being	Serenity - Trust

Life Stage Transitions: 7 Internal Monads or Rites of Passage (Evolution of the Personality)²⁰

William Shakespeare certainly understood the aspect of Soul Ages that in microcosm became the increments that describe the Life Cycle.

“All the world’s a stage, And all the men and women merely players:

They have their exits and their entrances; And one man in his time plays many parts,

His acts being seven ages: At first the infant, Mewling and puking in the nurse’s arms.

And then the whining schoolboy, with his satchel, And shining morning face, creeping like snail

Unwillingly to school. And then the lover, Sighing like furnace, with a woful ballad

Made to his mistress' eyebrow. Then a soldier, Full of strange oaths, and bearded like the pard,

Jealous in honour, sudden and quick in quarrel, Seeking the bubble reputation

Even in the cannon's mouth. And then the justice, In fair round belly with good capon lined,

With eyes severe, and beard of formal cut, Full of wise saws and modern instances;

And so he plays his part. The sixth age shifts Into the lean and slippered pantaloon,

With spectacles on nose and pouch on side, His youthful hose well saved a world too wide

For his shrunk shank; and his big manly voice, Turning again towards childish treble, pipes

And whistles in his sound. Last scene of all, That ends this strange eventful history,

Is second childishness, and mere oblivion, Sans teeth, sans eyes, sans taste, sans everything."

As You Like It - By William Shakespeare (2.7.139)

Life operates in only one direction. From the moment of our birth we begin to grow old. It is the course of living everyone travels regardless whether they like the process or not. Within the life of a Personality, there are milestone thresholds of personal maturity or points of expanded awareness, a change of perspective, a time where revelations may occur. From the moment of birth to our last breath at death, our awareness of self and our body progresses through a series of events. Each is recorded by the mind in the sub-conscious, and the Essence at the level of the personal unconscious (Card 42). These stages in the Michael Teachings are termed the Internal Monads (IM).

More recently, Channel Victoria Marina-Tompkins in her book: **Spiritual Turning Points – A Metaphysical Perspective of the Seven Life Transitions**, brought forward a detailed elaboration of the developmental thresholds. It is important to note that although death is always certain, conscious graduation into the next phase of maturity is not guaranteed. Some people get caught in an Ego formulation or persona, in the OMT called a false personality. It may be very effective or successful interfacing with the world, but more is being hidden below the surface; even to the personality itself.

As just mentioned though one physically ages, it does not mean that one advances in maturity nor emerges into their innate nature. Only when a person navigates past the crucial 4th IM, does the innate nature of their chosen Overleaves, tempered by the effect of Soul Age, emerge as True Personality. In common parlance we might call it that person's authentic Self.

Only when a person grasps the subtleties and the conclusions of each stage, does the promises of a successful refinement of their character and the furtherance into their growth and development, consciously. Just to re-cap, just because someone is physically a "grown-up", it does not make them an emotionally-mature adult.

There are Seven Internal Monads (IM)

1. **First IM: Being Born** – The first experience of conscious life and death separation. Since there is never a guarantee of how well a birthing process might succeed, the being must make the leap from the Astral into the Physical. Metaphorical equivalence within the Essence's evolution process of this teaching would be lessons of survival incurred at the Infant Soul phase.
2. **Second IM: Separation** – Characterized by the first sense of 'otherness' meaning not connected to Mom but separate. The Will begins to emerge. The characteristic meme about this phase is thought of as the "terrible two's" when a person asserts the first phases of independence: they say "NO". But a deeper level, there is a sense of first steps toward self-control. An equivalent Freudian term use of the term anal phase
3. **Third IM: Individuation** – Often the most active and karmically-driven, this stage begins approximately at adolescence; somewhere around 10 – 13 years of age. Individual physical development and the experience of the culture one grows up in, either accelerate or decelerate this initiation. More often than not, it is in this phase we see the beginning influence of the chosen Chief Features. In response, it coincides with the emergence of both the Rebel and the Conformist Sub Personalities. They both develop to varying degrees. A person tends to display most of their Ego's expression of Personality but largely in negative poles, motivated to create a persona that will gain them status or protection against vulnerability. There are many factors which might cause one

specific persona (sub-personality) to appear more noticeably than another. They include:

- a. *Selected Overleaves operational predisposition*
- b. *Soul Age – The older the Soul the more likely they will proceed through the IM's*
- c. *Life Plan – including Karma and key agreements*
- d. *Imprinting – Parental or social (or lack thereof)*
- e. *Childhood trauma – Facing them or being stifled by their wounding.*

4. **Fourth IM: Selfhood** – Up to this point, the first three IM's are not optional. That is to say that once a person becomes a “grown-up” there is no guarantee that the person that is there projected into the world is the same “Self” that motivates the person from within. Thus, the Fourth IM, while often starting around age 30, may go on as a struggle within the person for their own *identity* for many years. The many layers of consequence, both beneficial and detrimental, accrued by a person may lock them into a persona that they identify with. At this stage, sometimes called “the midlife crisis” the Essence pressures the Personality to examine, and in many cases shed, elements it has learned from other sources (conformed to) and redirect its attention to internal emanations of one's chosen Overleaves. Only when this process has completed do we say of a person that they are operating from “true personality.” It simply means that the frictions of having to suppress innate qualities and urges lessens and the courage to reveal yourself more authentically to your deepest realizations increases. A movement into this place does not mean everything will be rosy and bitchen. It just means you know who you are and what your inner resources are.

5. **Fifth IM – Fulfillment** – Here an aware person (one who has passed 4th IM) begins at least the sub-conscious process of “what have I done with my life?” In terms of this teaching we call it review of Life Task.

6. **Sixth IM – Review** – Some Channels consider this process a mere clean-up or summation of the living process achieve through the previous 5. For we the Consortium's point-of-view, it allows for the Personality to make some peace with itself, no matter if it served Life Task for Essence or not. This culminating experience may not be pleasant and prolonged or it may be satisfying and virtually unnoticed. It does however put a person in position to enter the final exit...the experience of dying and transition.

7. **Seventh IM – Death** – A person may face death in terror or transcendence. Conscious or unconscious. Mournful and lost or enchanted and found.

At the moment of death, the Personalities last grasp of its' identity comes to a reckoning. On the other side, Essence awaits it in whatever form that individual may have been imprinted to perceive, or something completely different.

Soul Age Perspectives: Putting real numbers to the percentages

“Begin challenging your own assumptions. Your assumptions are your windows on the world. Scrub them off every once in a while, or the light won't come in.” Alan Alda

In most of the materials relative to the Michael Teachings, Overleaves and Soul Age populations are cited as percentages of the whole. Convenience has led to the use of percentages to describe population numbers of groups. Yet, that is an abstract measurement. What has been misleading is the tendency to forget the actual number of persons occupying each World View in real terms. To provide more of a total effect on the sheer vastness of each group, thus inferring the likelihood you will encounter actual persons of that age. Listed below is the calculation of those quantities in hopes of dispelling the tendency toward generalization and minimization. Though the statement can be made that encounters with persons of various groups may be seldom, if you live in a particular region, you are still very likely to encounter a persons from every Soul Age once-in-a-while.

Total people on Earth: 7.2 Billion.

Soul Ages: World wide – Average – Approx= 7th Young

- **10% - World View 1** – (Infant) = 720 Million people - (Located Africa, Asia, Central America = 98% are located in these places.

The remaining 2% are in remote areas of industrialized nations – like Appalachia)

- **22% - World View 2** (Childhood) Baby Soul = 1.59 billion people (Dictatorships, Monarchies, rigid social class structures)
- **30% - World View 3** (Adolescent) Young Soul = 2.1 billion people (Capitalist Countries under Oligarchies. Some aspects of representative democracy but with many hurdles to direct influence – Income inequality being the first.)
- **26% - World View 4** (Adult) Mature Soul = 1.87 billion people (Parliamentary Democracies, Social Democracies, Communitarians, Labor unions, Co-op's)
- **12% - World View 5** (Elder) Old Soul = 864 million – (Prefer Communitarian Autonomous Collectives)

United States Average + 4th Young - Total American population 320 million

3% - **World View 1** - (Infancy) Infant Souls = 1 million

24% - **World View 2** - (Child) Baby Soul = 80 million

34%- **World View 3** - (Adolescent) Young Soul = 114 million

27% - **World View 4** - (Adult) Mature Soul = 86 million

12% - **World View 5** - (Elder) Old Soul = 39 million

The dominant World View of a nation state or ethnicity is simply a summation of the number of souls manifesting at their level of awareness and buying into an aggregate set of assumptions. Person's not fully aware of their authentic personality or its motivations, i.e. those still under the spell of imprinting and enculturation, will still tend to adhere to a World View more constricted than their innate Soul Age. China, for instance, is now at 1st Level Young, the US (as shown above) is 4th Young. Britain, and the European Union are 2nd Mature, with Australia being mid-Mature. Much of sub-Saharan Africa is 6th Level Infant, the Middle East – a mix of late Baby and early Mature in competition for control especially in Saudi Arabia, Iran, and Egypt. Countries like Switzerland, Iceland, and Norway and Sweden are Old Soul countries. Their institutions, laws, and social systems are a function of the aggregate number of Souls at that given age assemble there.

Examining Soul Age by a Geographic Region

The San Francisco Bay Area has, from the turn of the 20th century, had a Mature Soul flavor -- with a lot of family orientation, farming communities, and forward-thinking social integration. While the still a Mature Soul region, the effects of gentrification and changes in its policies have turned it much more Young Soul in its image. Berkeley used to be late level Mature - early Old city, but too is also becoming overwhelmed with Young Soul orientation real estate prices forcing out social concerns. Some places hold out as bastions of Mature Soul ethos like Martinez, Pleasant Hill, and Concord, and haven't been overrun yet. But they too are being shaped by the commerce dominant mentality of the Young Soul.

The Young Soul era is the time to go out and conquer, to feel extravagant, to totally immerse in the self-acquisitional impulse and play finite games. Status and degree of social segregation are the strategies used to fully manifest one's individuality. The point is that each of us go through these learning stages and those stations reveal themselves in the local communal, economic and social relationships.

Soul Age as an example of System's Theory at work on the Spiritual Planes

Systems Theory is a meta-study of the mechanism found across all organized phenomenon. Explaining the process of Soul Age bears beneath it a common factor

to all systems: that the beginning states have simple or minimal construction. As they progress they move into greater levels of complexity and diversity. Eventually, they become stagnant and ossified under their own weight they move into entropy, and eventually chaos. An Essence (+ Card 58) begins in a raw, basic and untested state, with no experience as a human. The only accumulated precursors are biologically installed as animal instincts. The interplay of system features like: tastes, preferences, and behaviors, continually acquire data of its interactions, adapting and hence evolving new and additional qualities along the way.

Reincarnation and Advancing Personal Awareness and Civil Societies

We begin with the mechanism of Soul Age evolution: reincarnation. In order to account for “past lives” the metaphysical assumption is that some aspect of consciousness is preserved and transferred. The technical term for this is metempsychosis. No belief in Soul or return of some cosmic aspect of your consciousness is necessary to gain benefit from viewing the world through the lens of Soul Age. In order to hone the concept to something more worldly, I’m recasting the idea to a more immediate and visible sociological view of human perception and group affiliation called World View. Associating these with Soul Age perception I’ll employ simple numbering of 1 -5. Or in Roman numerals I – V. Where 1 is Infant and increases to 5 is Old.

A person’s innate sense of life and other people is captured in World View. One’s ability to identify, or dis-identify, as a part of some larger group, has at its base a common resonance, or personal security, in beliefs, customs, and rituals. Nationality, language, religion, or geography can influence a World View, but those are external aspects *imprinted upon one’s psyche* until deeper instinctive or intuitive urges emerge. With this in mind, it is common that a person may find her/himself in a cultural miasma that is incongruent with their innate nature. Those feeling out-of-place, estranged or even alienated from their own being, may experience a sense of home elsewhere and seek to migrate to a place where the resonance is more harmonious and conducive for exploring or expressing those qualities. The mobility of the modern age has given rise for many to relocate to areas where this can occur. But for those who do not, or cannot, make the migration with that similar cultural milieu, they are likely to feel stifled, bored, and in the extreme, hopeless.

A Story of Soul-Ciology: Gandhi and India in the 20th Century

But it is precisely this boredom or stagnation, which may trigger action. Mohandas²¹ Gandhi (a last level Old Soul) – who transcended the confines of his fears, reached the end of his tolerance for the Young Soul dominance by the British, and the Baby Soul tenants of submission found in his own Hindu culture; motivated an entire country to action. But he employed a means, *civil disobedience* using

²¹ Mahatma is a title, like Christ or the Buddha. It translates into the

passive resistance, emanated from a mindset which was his intrinsic World View 5 that of a late level Old Soul. Together, they managed to shake loose the British Empire whose self-image as a civil society, and emergent qualities of Mature Soul leanings; required the English by national conscience; to end the killings and oppression they were imposing on the Indian people. Yet, once that orderly control and administration of the late Young – early Mature methods of the British were removed from the scene, India began its next phase shift. As part of their new freedom, resentments and rivalries building over centuries were now let loose. The bitter struggles between Hindu's and Moslems, both wanting separate national identity (a Baby Soul inclination), visited upon one another all the karma creating violence and retribution common during a shift between cultural World Views. The countries of India and Pakistan stepped onto the world stage. And as their symbolic show of now Young Soul powers, each developed atomic weapons. These actions have interlocking elements of World View 2 and 3 qualities, distinct group affiliation and assertion of national prowess and territorial imperative, respectively. I use this historic example of how elements of innate psychological World Views blend to produce moments of cultural evolution.

It is no small irony that when a numbered majority or dominant authorities determine that a World View, usually and more developed i.e. older one, is inconsistent with its own, marginalization, repression, or extermination is employed to quash its influence. Old Soul Gandhi, espousing principles of World View 5: peace, cooperation, and coexistence, you might recall, was assassinated by a Hindu nationalist. Sad to say, but such a fate has often befallen World View 5 inspirational leaders. Jesus was killed off by a collusion of Jews and Romans. Martin Luther King murdered by a white supremacist. Abraham Lincoln assassinated by a defeated Confederate fanatic. When a precipice of Soul Age Evolution is reached, on a scale of cultural revolution, the agents: death and destruction are usually at the forefront. Once a shift has been achieved, in some cases, advanced elements are assimilated. But it is the dominant social narrative which becomes history, even if it has incorporated (or subordinated) elements of the more enlightened and advanced World View. For instance, look at what modern “evangelical Christians” look like compared to actual followers of Jesus; let alone the simplicity and kindness in his message. What was once an Old Soul message of sharing, loving, service and pacifism, has mutated (thanks particularly to John Calvin into defending wealth, greed, and militarism as means of “defending the faith.” Jesus, would have simply turned the other cheek.

But now the human race is at the knife edge of a new evolution/revolution. As to empower, not dampen, this awareness; humanity is at a juncture between Young and Mature Soul paradigms in transition. Indeed in some Baby Soul venues, like the Middle East where we still see violence as the primary tool of encounter, this new transition is likely to be vehement, emotionally intense and employ more

physical than legal intimidation. Collectively, it will be confronting the fear of loss, pain, violence, and even's one cherished beliefs that underpin any change in social orders, whether in the United States, the race as a whole, or the planet's existence. Michael has repeatedly said that the Old Soul "learns through terror". Not by running from it, or freezing or fretting in the face of it, but fighting an Old Soul fight; asserting the courage of your convictions. Those who denounce fear and hate and courageously live life from the mantle of love and compassion begin by defeating terror in one's own heart. It is the process of transforming one's understandable anger from wanton violence into a place of brave embrace of inner tranquility (Card 19), even when the outer world is anything but.

Soul Ages as a Metaphor for Stages of Maturity and Project Development

These cards bear a striking resemblance to the stages learned of modern day project management professionals as they guide a enterprise through the various phases of development until a task is completed. So to, in (MT), a single life's psychological maturation process, called the Internal Monads, can be similarly modeled using these same cards. Whether inquiring about a lofty metaphysical concern regarding your Essence (Soul Age), or a more specific query about a mundane task (phase of project completion) or the state of mind a person's agenda is rooted in (Internal Monad); certain answers of the grouping offered under each card will seem more or less applicable in accordance to the framing of your question.

7 Aspects of Paradigm or System Evolution

1. **Paradigm or System Creators:** These men or women construct the parameters of the paradigm and outline the basic assumptions underlying it. (i.e. Nicolaus Copernicus, Helio-centrism) (Egalitarian Democracy), Charles Darwin – (Natural Selection in Evolution), Sigmund Freud, Siegfried Marcus (automobile) Marie Curie (radio active energy), Max Newman (first computer) Albert Einstein (Relativity), and Sarah Chambers - The Michael Teachings)
2. **Paradigm Pioneers:** Once the basic precepts have been elucidated and made known; these are the people who pick-up and begin to champion these ideas. They explore and begin first round of development or research into the application of the new paradigm or system of operations. (Galileo of Copernicus), Thomas Jefferson and Thomas Payne (for modern democratic government), Alfred Adler and Carl Jung (to Freud), Thomas Huxley and Joseph Hooker – Darwin's Biology), XRAY researchers, all of modern Physics, and finally - Chelsea Quinn Yarbro and JP Van Hulle)
3. **Paradigm Adopters:** The next phase of expansion of the ideas and methods. People begin to develop further hypothesis, experiments, and early technological developments based upon the principles set forth in the original para-

digm.(Jose Stevens and Joya Pope)

4. **System or Paradigm Refiners:** As the theory begins to take hold and perhaps dominate the landscape of thought or design using the new paradigm, they begin to explore multiple uses or applications of the ideas. Sub-paradigms, like the laptop portable computer as compared with desktops and prior to that, mainframe computers, begin a process of branching off the main trunk of the theory or main tenants of the theory.(Shepherd Hoodwin, Emily Baumbach, Troy Tolley and Stephen Cocconi)

5. **System Operators and Immersed User:** As the tools, concepts, and applications for ideas begin to proliferated and present the marketplace or marketplace of ideas (using the notion presented by John Stuart Mill); front line users begin to offer input and feedback into the system. Further clarification of the methods or “best practices” emerge from this dissociative collaboration. The Internet was at first built and sponsored by scientist. Now many of the advancements and “emergent technologies” or current demand originates from the creativity and invention from those who are primarily not theoreticians or even engineers, but the freelance programmer, hacker, or home tinker. Does anyone remember the story of Steve Jobs’ garage? (David Gregg and Barry McGuinness)

6. **System Subordinates:** Many people these days work in environments where the tools, procedures, or policies that have grown out of the paradigm are now relegated to operating those devices or implementing those methods where they have to adapt to the technology and have no feedback into the system. Indeed, if we were to step away from computer technology for a moment, where every office worker now knows “what” is controlling the work flow; can perhaps relate to an example in politics or economics. For instance, in Soviet Russia, that totalitarian regime put everyone under the aegis of the “system” and conformity was not only praised but enforced with sometimes deadly consequences. On the side of users who find effectiveness in the process, networking and sharing information happens to strengthen the connections. (Michael Students)

7. **System Consumers and Cogs:** In modern societies there are many examples where systems or paradigms of thought have become institutionalized. The consumer in most western society, does not really have “dollar votes” any longer and so-called demand is basically a change in the quantity of a monopolistic or plutocratic agency’s product is made available. The ability to challenge an existing paradigm is greatly suppressed by the sheer control of a system over what is available. Indeed, where cases of “required participation” effectively herds individuals into queues of purchases who are then forced by regulation or overarching custom to purchase the output, no matter what alternative they might

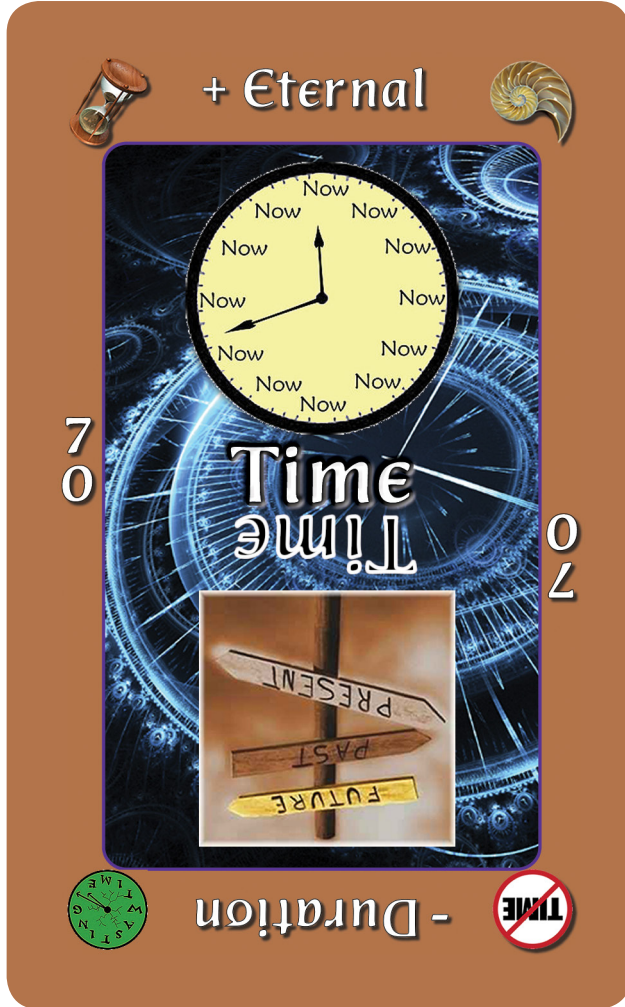
otherwise desire. At this stage, many are almost completely unaware of the original system construction or paradigm assumptions and are blindly enduring or tacitly supporting the system that controls them. (Metaphysical readers)

Hopefully, you can see in this seven stage model, parallels of system development, then sophistication and then notice and adoption. This is the way that a staged progression of a paradigm, like Soul Age, distributes across an era. With the complete unfoldment of ideas those at the early stages of adoption are often the trailblazers, forerunners and leaders with the latter groups being those who have incorporated the beliefs as if they were true.

You only live once, sometimes less.

—J.R.R. Tolkien

Situational Context: Your life and time are the same. Are you spending it well?



- **Background Position:** All celestial events have courses of ongoing progression that are measured. As a Physical Plane or “World Truth” the movements of galaxies, stars, and planets are shown in the cycles of this image.
- **Border Color: Tan** - like the Good Red Road of Life in Native American Mythology
- **Hour Glass:** Time is always moving and we have a finite amount.

- **Spiral Nautilus Shell: Soul Age Set**
- **Wasting Time:** It is possible to miss opportunities.
- **No Time:** Reminding us of the need to focus energy.

Illuminated (+): Eternal, now, episode, age, existence, season, present, attention, era, date

Illuminated Position: Time measures change, but in the present there is only NOW. The paradox of time is signified by this clock which shows each moment as unique. Just because they all say “now” each still appears in a different position on the face, reminding us that we move through time. A continuous present is called Eternal, not forever. Eternal is the absence of time where Forever is time without end. Imagine being suspended where you have no memory, because each moment is totally unconnected. What would life be in a continual state of discovery? Life on the Physical Plane depends on Time. It measures our progress, stretches our imagination, and orders possibilities.

This card begins the Cycles – Soul Age Set, since every bit of experience accumulates. As the Universe expands, those events marks stages of development. Every person proceeds according to this cosmic plan. A plan condensed into Earth’s stages. For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing. [Ecclesiastes 3:1-22](#)

1. *Time flies when you are having fun.* But it seems to crawl when you are doing something you resist. **Dive headlong into whatever you are doing** because it is part of the time of your life. Find a way to enjoy it, or at least learn from it.
2. **You’ve got all the time in the world.** How are you going to spend it?
3. **Time is of the essence.** Use it precisely.
4. Learn from the past. **Live in the present. Make plans and build for the future. All together!**
5. Carpe Diem: seize the day! Pay attention and take whatever time you need to respond.
6. **If you want to prepare for the future, start now.** Multiple presents make the future.
7. Time is to **your advantage** right now. Use it well.

8. Best to **live in the present moment** for future will be here in no time. **Use today to shape tomorrow.**
9. **Create continuity** as much as possible and there will be no interruption in the flow of things.
10. **Take whatever time you need** to respond appropriately. Impatience is your nemesis. (Card 27)
11. When plans change and the time you scheduled to **do something else** is freed up, consider it a moment of found time.
12. Nature, history, geology, astronomy, represent change and transition in ever increasing scales of time. Stretch out your project time line, if you can, and allow the universe to deliver things in their proper time.

Shadow (-): Duration, archive, languish

Shadow Position: Anticipating time is the future, living in the Now is the present, and remembering experience is to recall the past. Each occupies a frame of reference which we cast into an episode with which we say “seemed to last forever” or “was gone in an instant.” Our experience of a period’s duration is directly related to what we are to learn from it. Essence can easily trick Ego into staying fixated on a moment, so that a person finally pays attention. Yet, Ego can do its level best to thwart that event by using distraction, frustration, and resistance to prevent any incoming information it feels it does not want or cannot control. The three aspects of time give us options as to where to place our attention.

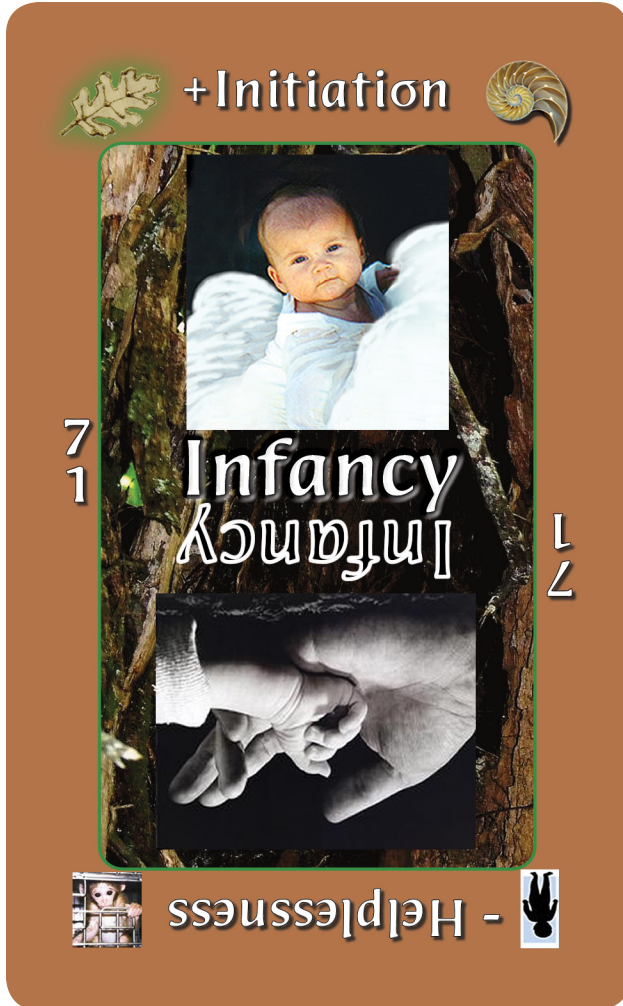
1. While you are killing time, it is doing the same to you in return. **Stop wasting your life’s time!**
2. **Have you over-committed your time?** Clear your calendar for at least the rest of the day. Shy of that, take a moment for yourself and breathe.
3. Have you forgotten to check your time card? **Everyone is on the clock in one way or another.** Make your time count for something.
4. If you think time is an illusion, just wait to the next time you have to go to the toilet. **Best to start giving a shit how you schedule your time.**
5. Learning from **the past does not require repeating** it. It does require reviewing it.
6. If you are merely “filling in time” you’ll find an empty pit in your soul but feeling regret for lost opportunity. Make every minute count.
7. “And so, from hour to hour, we ripe and ripe. And then from hour to hour,

we rot and rot: And thereby hangs a tale. (2.7.27) – As You Like It – William Shakespeare - **Part of how we experience time is just about how we hold it: as a curse or a gift.**

Birth is not only about making babies.

—Barbara Katz Rothman

Situational Context: Initiate a new phase, experience, or Self.



- **Background Image:** It is the dank hollow of a tree trunk. It reminded me of a womb; a place of birth where new life emerges for the first time. Like a Void (Card 0 - TAO) is has a depth that seems almost indistinguishable from endless space itself.
- **Border Color: Tan** - like the Good Red Road of Life in Native American Mythology
- **Leaf (Beginning):** The Server Level Soul Age is of Inspiration

- **Spiral Nautilus Shell:** Soul Age Set
- **Spider Monkey:** Base Evolutionary Stage of Lowest Intellectual Complexity
- **Infant:** Stages of Maturity

Illuminated (+): Initiation, innocence, simple, primal, unstructured, atavistic, attuned

Illuminated Position: Ardis Bow adorned this photo of a baby she knows. The wings reminded me that an infant, like an Infant Soul, has no “story” about being human, so in her choice to characterize our pre-human existence as angelic, I felt a joyful satisfaction in thinking that we come from “the better angels of our nature.” An Essence at this primary stage of development is uncoordinated and its coping skills rudimentary. Tribal life, often nomadic and hunter-gatherer, with rigid social hierarchies based on strength and prowess pervade, much like the order of lower life forms from which they were recently a part. Freud’s concept of the Id, that atavistic aspect of the human animal that reacts from the ancient part of the brain, possesses no rational thought, only instinctual drives. These drives are what the Infant Soul is concerned with investigating.

1. The Infant Soul is *raw*, *real*, and *new*. Be that way.
2. In infancy you must learn to crawl before you can walk, and to walk before you can run. **You are just getting your footing.**
3. Mistakes are part of any initiation. Allow for some wiggle room and don’t punish anyone, they’ll improve.
4. **It is the beginning.** Have no expectations. Let things develop organically.
5. At the birth of anything new, it is a blank slate (tabula rasa) upon which to create. **Just begin!**
6. **Let go of structure.** Trial and error is a teacher.
7. **Innocent mistakes will be common** and frequent. You’ll cry, but no real harm will be done.
8. Every infant is afforded the status of **innocence:** fresh, pure and open. Can you find that in yourself again?
9. **A primal scream is very useful** for blowing out the lungs. Afterwards, naptime is restful and you will awaken calm and refreshed.
10. Have the same guilelessness as a child. Try not to force anything.

11. Like all animals, it is good to run wild and roar out loud.

Shadow (-): Helplessness, savage, raw, confounded, amoral, indiscreet

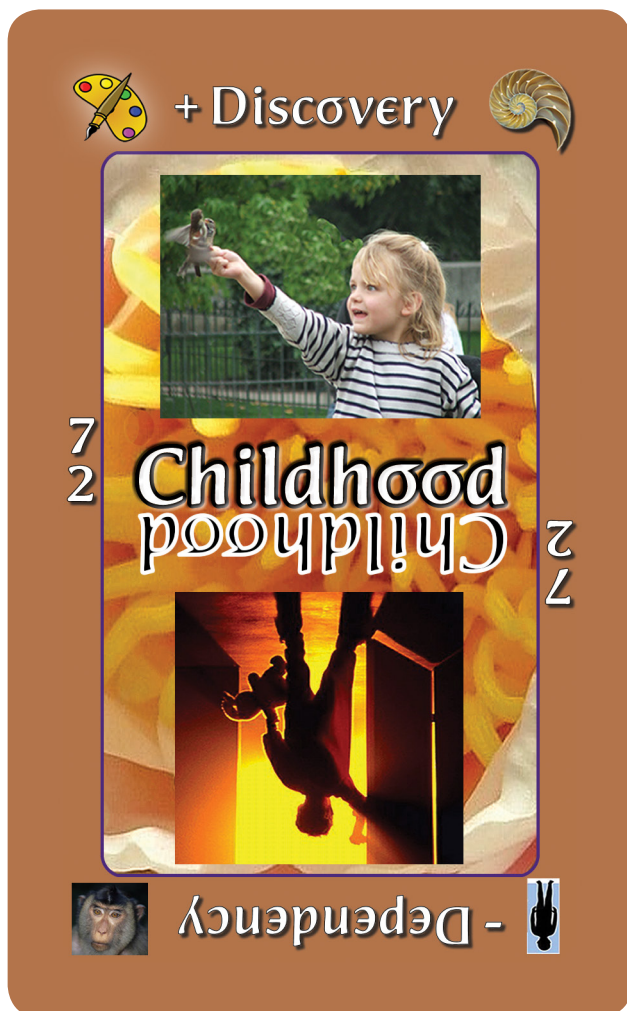
Shadow Position: If you have ever held an infant, you know they are helpless without the support of someone to hold, defend, change, or feed them. Their entire existence is at maximum vulnerability all of the time. The Infant Soul perceives the great hand holding their own as some great omnipotent being of power which sustains them. Is it any wonder why the first concept of God/Goddess a child develops is directly imprinted from the examples the parents set for them?

1. Fear is constant when one is totally **helpless**. The inception point is always the most tenuous. Easy does it now. See if you can stand and take just a few baby steps.
2. *Superstition clouds your mind with fear* and leaves one **helpless in the face of the unknown**. No boogie man is hiding under the bed. Danger and opportunity are two sides of the same coin.
3. You cannot blame someone who does not know or who has not learned. **Give them a break, but also give them instruction. A firm hand may be called for.**
4. **Innocent mistakes will be common** and frequent. You'll cry, but no harm will be done.
5. **Play for keeps**. It appears that your survival, figuratively or literally is at stake.
6. Fear is constant when one is totally **helpless**. The inception point is always the most tenuous. Easy now.
7. Infants poop and scream and eat whenever the urge strikes them, they are **totally in sync with their biology**. Pay attention here, perhaps throwing up is just what is needed to get rid of a blockage.

Building castles in the sand.

—Booth Brothers, song

Situational Context: In this formative stage, see how rules, order and structure are developed.



- **Background Image:** A flower opening fresh and new. The plant produced its bud and is now onto the next phase of its life cycle: showing itself ready to be pollinated. The flower symbolizes the stage where uniqueness of the individual begins to form.
- **Border Color:** Tan - like the Good Red Road of Life in Native American Mythology

- **Artists Palette:** Artisan Level Soul Age is of Expression
- **Spiral Nautilus Shell: Soul Age Set**
- **Macaque:** 2nd Stage of Simian Evolutionary Complexity
- **Child:** Stages of Maturity

Illuminated (+): Discovery, rules, formation, building, enterprise, conquest

Illuminated Position: The Child pictured here is shows her pleasure at connecting with the bird. Enchanted with the encounter, her radiant expression (Card 49 - Solar) reminded me of the simple awe and wonder at discovery. A condition natively present with the innocence of a Child. My friend Michaelene captured this image in a park in Paris as I stood by and drank in the beauty of the seen. Yet any deviation from the group is very small and hardly noticeable. This is the way of the Baby Soul - take a few steps forward then wait and see what happens.

1. A baby taking their **first steps moves them onto the path of discovery.** Exercise newly found faculties as a child learning to do for themselves.
2. **Learn to say NO.** Make decisions based on what fascinates you, not on what you know is safe.
3. The Baby Soul needs rules to guide them. At this stage **build on time-tested knowledge.**

Shadow (-): Dependency, absolutist, conformity, uniformity, tantrum, covetous

Shadow Position: Children are not little adults. Their needs are different and necessarily so. I remember having bad dreams and running to my Dad to make it safe for me again. That dependency is appropriate between parent and offspring. But to the degree to which we forget or forego our power to make things happen for ourselves, we may regress to that place of helplessness (Card 24 - Martyrdom), falsely believing that permission or safety comes from another. To me, that would feel like a nightmare.

1. Is **someone is acting like a powerless child** waiting for rescue? Say NO! But encourage them to stand and help steady them reassuringly.
2. Ever seen **a baby get entangled** in bowl of spaghetti? Hopefully the mess is cleaned up by an adult. **A mess is being made but nobody is cleaning it up.**
3. Babies act out when they are hungry, tired, or afraid. Their motivations are almost always based in fear or lack. A Baby Soul carries that same basic belief

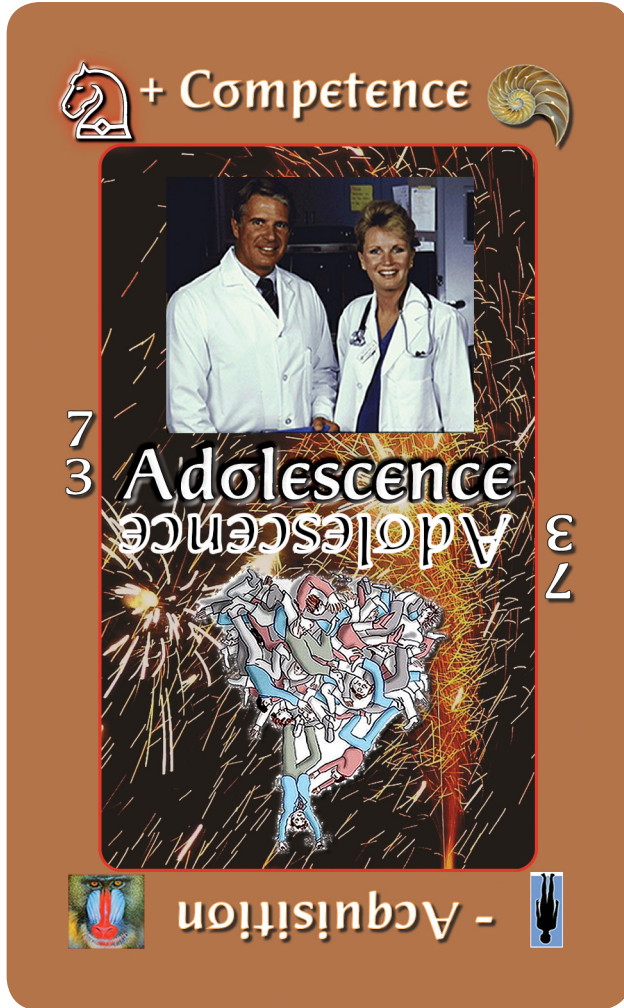
and sense of deficiency that the world will not provide. **If someone is acting from here, best to calm them down or get ready for a tantrum.**

4. When a child is most scared it wants God to save them. When angry, they want God to **punish those causing them frustration.** Someone is abdicating their power and having a tantrum.

He who dies with the most toys wins!

—popular 1980's adage

Situational Context: The contest begins!



- **Background Image:** Fireworks! Explosions, bursts of light, bright color, attention getting, spectacle, and imagery. For the Young Soul, this represents engagement in the glamour, achievement, intrigue, and who can put on the bigger show. All that energy is in play. The Adolescent is at the stage of life when all potential is “bursting in air.”
- **Border Color:** Tan - like the Good Red Road of Life in Native American Mythology

- **Horse/Knight:** The Warrior Level Soul Age is of Action
- **Spiral Nautilus Shell:** Cycle and Soul Age Set
- **Mandrill Baboon:** 3rd Stage of Simian Evolutionary Complexity
- **Teenager:** Young Adult - The Adolescent Stage of Maturation

Illuminated (+): Competence, development, striving, energized, individualistic, competitive

Illuminated Position: Professional achievement and titles are the goal for developing competence, and even prowess. The doctors above may have a desire to help others, yet they may be just as motivated by the prestige of their position and sense of having climbed the ladder of success. Entering the Young Soul stage, a soul desires a new form. The previous playground, based upon conquest, now becomes one based up competition and victory and capture, not eradication or subjugation, as in the Baby Soul stage. It is the mindset that **“it’s you and me and I’m going to win.”** Thus, the Young Soul is not so interested in playing by the rules so much as he/she wants to bend or even better, do away with them. Get the advantage for myself. Running headlong with greater energy and vigor than any other Soul Age, the Young Soul paradigm places “self interest” above all else seeing it as the motivation and solution for everything.

1. You have mastered your skills. You have the competence to make the claim that you can and should achieve.
2. **Competition** challenges you to be *“the best you can be.”* **Use your competitive spirit to advance** your view, positions, or advantages. You are about to hit your stride.
3. **New designs are in testing.** Choose on the basis of effectiveness and viability for victory.
4. The Young Soul strives for bigger, better, faster, more. Their adventuresome nature is bold. **Go after those things that make you feel alive.**
5. Teenagers test their limits becoming an adult Self. An awkward trial and error is up and coarse. **Things are taking shape** but still a bit premature.
6. **Exploration requires risk taking.** Testing one’s mettle is the only way to insure development of the Self and the shaping of a secure Ego, in which the Self is housed. Whatever project you are involved with, put yourself through some trials and test where the strengths and weaknesses lie.
7. Things are in the middle of development. With each working experience, a new prototype emerges. Everyone and everything invented goes through these

stages. The outcome is still in process. **Don't claim victory just yet.**

8. Singer Kurt Cobain viewed, "The duty of youth is to challenge corruption." It takes the tremendous energy at the height of our faculties to face difficulties with maximum potential. While you can't regress in age you can remember your youthful ideals.

Shadow (-): Complication, ruthless, conniving, intrusive, duplicitous, cut-throat

Shadow Position: Look closely at the image; you will see a big tussle of folks scrambling to get to the top of the heap. Sometimes called a "cluster fuck", we witness a struggle for Dominance. In a world where the predominant paradigm is the Adolescent - Young Soul, acquisition of money, resources, status, fashion, and achievement of individuality is the currency of merit. Both this negative pole and the background images show a *busyness* quality which coincidentally take the form of *business*. Thus, this image is not only a portrayal of "capture the flag" and in the real world, the corporate ladder.

1. If the ethics of the Young Soul mentality were parodied then few would be more representative of humorous explorations of psychology than [Star Trek's Ferenghi 247 Rules of Acquisition](#). So, if you want to see where modern corporations got their marching orders, it's back from the future.
2. Even "those who die with the most toys win", still die! If there are no limits in place, what then?
3. Don't be a know-it-all. Call in **an outside mentor** to provide the experienced hand needed for constructive guidance.
4. *If I can't get what I want, you shouldn't have yours either.* Resentment and **sabotage is present**. Who's gumming up the works?
5. Breaking a few rules, like breaking a few eggs, can leave **your secure shell cracked, and the yoke is on you**.
6. **Beware of a scam.** Just because a product is for real doesn't mean that those selling it to you are on the level. The devil is in the details. Hold off.
7. The Young Souls are the explorers, the builders, and the status seekers. All might come under the heading of hedonism. So, **if you are going to entertain yourself this way, best to take something along that you care about.**
8. Friedrich Nietzsche said, "The surest way to corrupt a youth is to instruct him to hold in higher esteem those who think alike than those who think differently." To aspire to conformity means that there is no evolution.

9. **Juvenile wants may stifle success.** Too much freedom or at the other extreme too little, stifles one's development and renders them immature. If the situation is stuck or out-of-whack, *identify which extreme is occurring*.
10. Matters get complicated when you have one rule but apply it in **two different ways**, and then deny the fact you are doing it! Confusion, then rebellion ensues.

I'm OK, You're OK!

—Thomas A Harris MD, on Transactional Analysis

Situational Context: About confidence and what is reasonable.



- **Background Image** - The ever changing ocean of emotion. During the Mature Soul cycle, their lessons take them on a voyage through uncharted waters, where they must test their navigational principles above emotional depths of which they have little knowledge. Whether they will run aground on unseen shoal of a mistaken notion or sink into a crushing abyss of feeling, some days the seas are calm other times waves rise up pushed by a tempest of events; causing one to feel battered, disoriented or adrift.

- **Border Color:** Tan - like the Good Red Road of Life in Native American

Mythology

- **Atom: The Scholar Level Soul Age** is of Assimilation
- **Spiral Nautilus Shell:** Cycle and Soul Age Set
- **Chimpanzee:** 4th Stage of Simian Evolutionary Complexity
- **Adult : The Stages of Maturity**

Illuminated (+): Involvement, relating, symbiotic, collaboration, teamwork, pluralistic, egalitarian, accord, empathy

Illuminated Position: Involvement with another can ??? any level of interaction, but the best happens when love or respect are exchanged. The hug is our species' form of social bonding. It may not be perfect and we might not always like each other, but to share body space means that a connection has been established. Reaching Maturity is to come to the realization, not conclusion, because things are ongoing, that to sow discontent is a cost to everyone.

Ultimately, the Mature Soul struggles with boundaries and with responsibility. This is paraphrased by Paul McCartney's poetry in a verse from the Beatles song, Hey Jude:

“And anytime you feel the pain, hey Jude, refrain (step back)

Don't carry the world upon your shoulders (get neutral)

For well you know that it's a fool who plays it cool (realize your CF defenses)

By making his world a little colder” (*arrogance*)

(*Understand the probable result of your Choice*)

1. Mature Soul motives explore relationships to get acceptance and a **feeling of importance**. Good and respectful friends can, and do, give you that.
2. When a person emerges exemplifying **mature behavior and attitudes**, learn by modeling them.
3. Apply yourself and **refine your unique features** and specifications. Advancement is assured.
4. It has been said that the true mark of a mature person is to hold two equally opposing views in mind at the same time. Both have relevance, but you must make the decision for one of them. **Be clear why**.
5. Not sure who to relate to or who to confide in? **Start with telling yourself**

the truth, the real and total truth. It might seem ugly, but you'll feel much more grounded and clear.

6. First Lady Eleanor Roosevelt gave us the definition of adulthood, "A mature person is one who does not think only in absolutes, who is able to be objective even when deeply stirred emotionally, who has learned that there is both good and bad in all people and all things, and who walks humbly and deals charitably." – OK, got it?

Shadow (-): Ambiguity, sympathy, enabling, paternalistic, Codependency, entanglement, enmeshed, incomplete, ambivalent, indifferent, pathos, deployment, apathy, estrangement, incomplete

Shadow Position: Do you ever feel as if you are walking a tightrope? Having to balance between two tasks, people, obligations, ways of showing up in the world, or even your own thoughts and emotions? Difficulty increases when one wears the blindfold indicating that you can't possibly know which side might have a safety net. Or, for that matter, you aren't even sure if your next move forward is going to be met with something stable. Ambiguity of our choices often feels like blindness of options, or at least no clear path as to their consequences.

1. **Don't confuse an acquaintance as a friend**, the former is liable to disappoint you. With maturity, this distinction becomes plain and clarifying.
2. Careful; emotional **enmeshment is not intimacy. It is simply drama.**
3. Immanuel Kant, father of the categorical imperative, said in typical philosopher's fashion, "**Immaturity** is the incapacity to use one's intelligence without the guidance of another." **A double negative in every sense.** Grow up and think for yourself.
4. Insecure **whether your performance is adequate?** The solution lies with support or lack thereof.
5. Reaching the stage when one is supposed to be "grown-up" doesn't insure actual maturity. **Deployment** into life is inevitable but do it with the motto "ready or not, here I come."
6. Get some support to revise or **repair dysfunction and redeploy** this time with savvy.
7. You get old only once, but **you can be immature** forever. Time to see things as they are instead of how you fantasize them to be!
8. **It is impossible to make everyone happy.** It is possible to make sure that most everyone gets something they need. Include yourself on that list. Some-

times you should be first, other times last. Be thorough and figure out what you need and your priority for getting it.

9. It has been said that the true mark of a mature intellect is the ability to **hold two equally opposing views in mind at the same time...**and still function! Discern where they might coincide.

10. Not sure who to relate to or confide in? **Start with telling yourself the truth...the real and total truth!** It might seem ugly, but you'll feel much more grounded and clear.

To each his own.

—Latin phrase

Situational Context: Is the outcome enhanced or diminished by the process taking place?

- **Background Position:** A calm and serene vista, vast, with a haze hovering over mountains of experience all as the sun begins to set. At the end of the individual's days on Earth, as it is with the Souls' incarnating into their twilight lives, calm is more appealing and thus takes a wider and more measured perspective.
- **Border Color:** Tan - like the Good Red Road of Life in Native American Mythology

- **Star: The Sage Level Soul Age** is of Higher Expression
- **Spiral Nautilus Shell:** Cycles and Soul Age Set
- **Orangutan: 5th Stage of Simian Evolutionary Complexity**
- **Elder:** The Stages of Maturity - Senior (Slightly shrunken)

Illuminated (+): Fulfillment, repository, veneration, vintage, wisdom, delivery, humanitarian, seniority, mentor, retirement

Illuminated Position: Few Old Souls capture the state of *inward directedness of true wisdom, without the fanfare* of congratulations or the glamour of fame, as does poet Walt Whitman. He epitomizes the Positive Pole of Fulfillment of promise not because he sought to follow in someone else's footsteps but because he travelled his own path.

1. The Old Soul has reached a state of philosophic neutrality. **Their perspective is seldom bold, but their potential wisdom should be consulted.**
2. Even blemishes are part of the unique alchemy which alters perception of a relic into a treasure. **Open your treasure chest and share it with the world.** You won't know your value until you do.
3. Art and wine can become more valuable with age. **Fulfillment of potential** is as much an attitude as it is a measurement of accomplishment.
4. *A fruit is both most delicious and most delicate when it is at its ripest.* **Fulfillment** will come as you are gentle and pick what you do next with great care.
5. Just because something is old doesn't mean it is useless. The aged have a vast **base of experience.**
6. Retirement of something once valuable may be necessary.
7. Old Souls **value things for utility** and people for the principles they stand for. Collect only those.
8. By this final phase, you have **fulfilled your potential.** You stayed the course and gained wisdom!
9. **Cherish your life,** your experiences and contributions as vintage collectables, then you or what you have given, rises with value, not diminishes with age.
10. No one just *grows old* but you do *get older.* But does one grow wiser? That happens **ONLY** if one sees aging as a gift of another day of living. Think, "I just want celebrate another day of livin". I just want to celebrate another day of

life.²² Appreciation is the sustenance which converts experience into wisdom. Regret is the muck that lets life become a pile of trash.

11. “We do not stop playing because we are old; we grow old because we stop playing.” *The Story of Rose*.

Shadow (-): Antiquated, tired, senility, useless, broken, disposable, replaceable, archaic

Shadow Position: Hands that have been used and are no longer strong nor nimble, is the image for the negative pole of antiquated. By sheer wear and tear, and fault only to age, they suffer the difficulty to grasp and to hold.

1. Retire those things that no longer produce any value for you. It'll **expose your attachments**.
2. When *old* is considered used-up or broken, **its value is left to languish**. But is it useless? Maybe not? Perhaps you have trashed something simply because it is familiar? Familiarity breeds contempt.
3. No one just grows old, but you will get older. Yet will one grow wiser? That happens *Only* if they **see aging as a gift of another day of living**.
4. **The aged have a vast base of experience**. Wasting such a valuable resource conflicts with efficiency. No wonder the youth of the world are screwing up. They are repeating our mistakes.
5. Author of the Prophet Kahlil Gibran said, “Keep me away from the wisdom which does not cry, the philosophy which does not laugh.” At this point, you might as well realize that **it is first your attitude toward the situation that can change**.
6. **This it, the final few seconds of the game**. Do you punt, give up or go for broke before the final gun sounds? Which one feels like what you most commonly do? Which is happening here?
7. Senility and dementia occur when an elder has lost the ability to reason. This breakdown due to age is commonly ascribed to citizens who are deemed unproductive or **obsolete**.
8. At the end of a presumed life-cycle, the object or person might be judged **antiquated**; as a relic or decrepit; or perhaps out-of-place or less efficient. In such a circumstance, can you find a way to utilize what you have instead of bemoaning your shortcomings or limitations?
9. Old Souls learn via terror. And why not, it takes a lot to get the old foggy

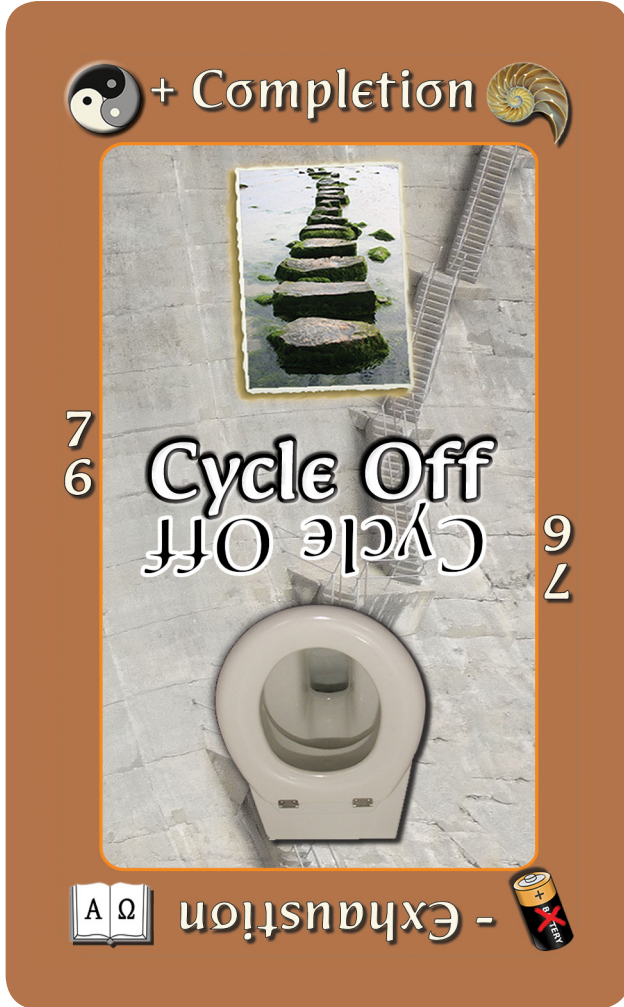
²² From the song by the 1960's Rock band Rare Earth – “I Just Want to Celebrate”

moving.

A release onto elsewhere.

—From *The Giver* by Lois Lowry

Situational Context: You are done, it's finished, game over.



- **Border Color: Tan** - like the Good Red Road of Life in Native American Mythology
- **Background Position:** - A photo of O'Shaughnessy Dam of the Hetch Hetchy reservoir in Yosemite National Park. Several sets of ascending stairs on the face of the dam allow workmen to progressively get to the top, and look over the edge. Each set of stairs (a Soul Age) has progressive steps (like Soul Levels) each coming to a junction in-between, for a moment of respite, before one embarks on the next. For Soul advancement we all must ascend the ladder

awareness. Some steps can seem grueling while others remind us that the end is near. At every stage the point of view changes.

- **Triality:** The way to break away from the dualistic judgment of what just is. When we get to Meta or neutral we have inculcated all we can and one is no longer attached.
- **Spiral Nautilus Shell: Cycles of Soul Age.**
- **The Symbol of the Logos:** There is a time for everything including death.
- **Dead Battery:** When all its life force is used up. With no connection to (Soul Spirit - Card 58) the end of the life on the Physical Plane. There is no coming back.

Illuminated (+): Completion, release, done, departure, finalization, graduation, closure

Illuminated Position: The End of the Road. The positive pole means +Completion. The race does not have to be “won” just finished. But there is cause for celebration since the end is in sight and now onto what is beyond the horizon and onto the next phase of existence.

1. **You can feel yourself in the home stretch.** Winning is not defeating someone else in the race; victory is crossing the finish line. Congratulations, you’ve done it!
2. That’s it! **You’re done.** What are you going to do now? Leave or begin anew? It’s up to you.
3. **All plans are finalized,** no more to do. Say your good-byes. Let everyone know how you feel.
4. **You’ve graduated!** Accept your degree. Move on.
5. **It’s a time to begin a brand new journey into a new dimension of awareness. Now, get out of here, and go do something else.**
6. “And in the End, the love you take, is equal to...the love...you make.” *The End* by Paul McCartney
7. Sage baseball Manager Yogi Berra used to say “it ain’t over till it’s over.” So you might as well just relax! The end will come before you know it and perhaps take longer than you want it to.

Shadow (-): Exhaustion, extinction, demise, death dissolution, termination

Shadow Position: Crap gets flushed. It too is done. Whatever useful material was pulled out of the life, the rest is disposed of. Sometimes endings just happen whether we plan them or not. That is what happens when we need to use the toilet: it is just time! It might not be glorious or have that sense of completion like in the positive pole, but it is done!

1. It is possible to finish a race and feel only **exhaustion** but not accomplishment. Use what you've learned of course, but **you can't restart the process.** There is no turning back.
2. Realize that it is within you to decide when there is nothing more than can be done. Perhaps the only residue or unfinished business is in your attitude? **Put closure on it and move on!**
3. Feeling **exhausted**? Honor the feeling of dissolution. Realize that lingering will lengthen the suffering, not resolve it.
4. **End of the line.** Time to get off.
5. You may not have reached your peak, but **you have certainly come to the end.** Case closed!
6. **There is no going back.** Use what you've learned but **you can't restart the process.** You've reached the terminus. Maybe you don't feel complete, but things are at an end. Get on with it.
7. Termination can happen to you without your agreement or permission. Neither matter here.
8. **Death relieves the living** of all other options.
9. It is great when an ending brings satisfaction, but when the game ceases and everyone has left, **realize that in some instances you get closed out.** Accept it or regret it. There is no changing it.
10. Death is final for the personality. What happens next is to be determined by the Essence. **Let go if you can.** It happens to everyone.
11. Can't figure out why something isn't moving forward? It's time has come and gone.

The TAO giveth, and the TAO taketh away.

—Adapted from Job 1:21, (KJV)

Situational Context: Unpredictable intervention! All bets are off!



- **Background Image:** The Black Hole appears dark because the vast array of probabilities are so dense and pregnant with possibility, that it is the source of mystery; a cosmic birth canal from the unknown into the known, or the final fall into oblivion. The threshold happens at what is termed the Event Horizon: uncertainty of what might be. Such concentrations lie within Universe of the TAO as to rent a hole in the fabric of time and space. They introduce the variable of the unpredictable into the cosmic order itself. This image also appears as the negative pole of TAO Card 0, the Void, bringing it full circle of order

within chaos.

- **Border Color: White – TAO Set** – Eternal Change without prediction
- **Triality:** Positive, Negative and Neutral. Masculine, Feminine, TAO.
- **Alpha and Omega:** TAO's Book of Life, the Logos
- **The Eight Ball:** Symbol of Chance, Luck, or ill fortune; like “being behind the eight ball.”
- **Lower Right:** (Support Position): Hour Glass - Symbol of Time

Illuminated (+): Serendipity, synchronicity, liberation, transformation, multiplicity, conjunction, departure

Illuminated Position: The infinity symbol showing the full spectral of possibility. Serendipity has many implications as the Nexus itself can deliver: happenstance, luck (good or bad), interruption, fluke, chance event or encounter, blessing, miracle, and mysterious occurrence; but this symbol has a connotation to most pertaining to “favorable” or beneficial events. The number and types are related to limitless possibilities of imagination; as in the positive pole of Higher Intellectual Center (Card 37): IDIC -infinite diversity in infinite combination. Serendipity is when two or more circumstances merge and create a condition for a third.

1. If you have selected this Card - “**There is a disturbance in the Force,**” says Yoda. A feeling that something is off or has changed. By no means does that signal disaster, but it will underscore some temporary disorientation. **Pieces have been shifted on the chess board.** Their positions cause you a moment of redirection. On occasion, a player may even leave the game, enter, or be substituted for another. A feeling that the game has concluded or a new one beginning is also indicative of this sense. The Nexus Card 77 presents us with the eternal paradox and axiom that, “the only constant is change itself.”
2. You have just been **freed up to try something completely different.** Follow those bread crumbs even if they lead you into a dark forest. There is no witch to confuse you, just which way.
3. *If something comes in from out-of-the-blue,* TAO, working with your Essence, may have reshuffled the deck of probabilities to give you another chance, but sometimes to remove one.
4. **The element of surprise is on your side.** You can take a situation and completely shake-up the expected outcome. Seize it before it seizes you.
5. Everything is topsy-turvy. **This may be the luckiest day of your life.** At least, find the luck in it.

6. **You cannot predict the unpredictable** only respond to it. If you made contingency plans to deal with the tangible, then your safety is assured. Stay awake!
7. When relationships alter abruptly, their loss can, for a while, seem irreplaceable. Yet, an opening has occurred for new things to fill the gap **transforming the shock** into something extraordinary.
8. **You are about to find gold!** The mine is within you and you are the miner. Start digging and people and ideas and **resources will show up.**

Shadow (-): Distortion, erasure, complication, extinction, enigma, vacancy, capitulation, disappearance, divergence

Shadow Position: The negative pole of Distortion is represented in the dice: the ones showing a “+” denoting a convergent event where something is added into the mix or effects combined; another showing a “-” denoting a divergent event where something is subtracted. Yet, in the third die, the blank one which can be the most interesting affect, the erasure of possibilities as if they weren’t there anymore. Professor Einstein liked to remind us that “God did not play dice with the Universe.” Perhaps not Heir Professor, but the TAO does like to reconfigure the game and occasionally spins the roulette wheel of fortune instead. It is not a win or lose proposition like craps, but it sure does alter what one is deals with. With more than 2 dice, the enterprise is more like the game Yahtzee. Even when the rare occurrence of a Yahtzee (all 5 dice showing the same number) is a big score, still there is always some category where the roll seems to fit, like it or not. So too with a Nexus, but in this pole it can feel more like a *wrench in the works*.

1. Undoubtedly **things are fluctuating at this very moment!** Wait. You’ll see how the terrain has altered once the dust has settled.
2. No one likes it when the rug *is pulled out from under them*. It could be that **you lost your bearings?** What to do? Where to go? When one door closes, another one opens. The door might seem like a secret passage: look hard for an opening.
3. A relationship has altered abruptly; its loss can seem irreplaceable. Yet, an opening has occurred for new things to **fill the gap. Transform the shock into something extraordinary.**
4. Things have taken an interesting turn. The course change leads to an unexpected outcome. It could be wonderful. It might just be a setback. But either will likely feel different.
5. “I have always believed, and I still believe, that whatever good or bad fortune may come our way we can always give it meaning and transform it into

something of value.” — Hermann Hesse, *Siddhartha*

6. “Man Proposes, God disposes.” General Ulysses S. Grant from his Memoirs – The Law of Attraction might entail drawing in a parallel reality where the options you need exist.
7. **When options are suddenly decimated**, the erasure can leave one stunned or reeling. Extricate yourself from immediate trouble. Then assess what nexus of events changed to make it happen.
8. Undoubtedly things are fluctuating at this very moment! Jumbles of possibilities which don't make sense pervade your thinking. It is difficult to get a handle on what must seem like a **decimation of your plans**. Wait. You'll see how the terrain has altered once the dust has settled.
9. It could be that **you've lost your bearings** as to what you do or go from here. There might not be a compass or GPS nearby, **follow the closest light** you can see. Hopefully, it will not be an oncoming train.
10. Did you take a left turn when you meant to be going right? **Life has a peculiar way of moving us in ways that we could not have predicted**, nor thought we would ever do.
11. **You can explore or you can grieve or you can gripe. Your choice.**
12. Don't look now, but **it seems that the whole game has changed**. Can you be the game changer or the one who is about to lose it?
13. **Stop and look for the nearest hand hold** as if you were scaling a mountain and your ledge just fell out from underneath you.
14. A person is yelling “fire, fire.” Before you run, smell for smoke and look for flame. It could be a misunderstanding, a hoax, or a deliberate misrepresentation.

Section V

Final Thoughts and Acknowledgements

Conclusion and Presage...

“Some look at things that are, and ask why.

I dream of things that never were and ask why not?” George Bernard Shaw

– this statement is one of the profound truths I have got gotten by.

So we have reached the completion of this book, but the work of your life is not finished. No, on the contrary, the work of humankind has accelerated; but not on technological advances, improvements or fixes, but in discovering and empowering yourself. Even as we continue to work with the same motivational impetus and emotional propellants as we have throughout Ourstory, tendrils of new invention, commitment, and technologies flourish at the edges. The stakes we face from our collective choices are the largest, in scope and consequence that we have ever before faced.

While reading this text I hope you have had many varied responses. Maybe the phrases important to me like: “getting gotten”, “primary and secondary reactions” or “we all play god”, somehow torqued you; forcing you to rearrange your concepts, adding a few or jettisoning a few. In any case, it is always a useful exercise. You have expanded your narrative to comprehend on a larger scale, *the systemic structure and progress of the human race*. Improving your knowledge of the many motivations available to you opens new avenues of possibility for your life. To do this you have been shown a number of techniques (of which the Cards and book are merely the delivery system) to increase your thinking about the vast ocean of emotions that have permeated into the many neurons and memories of your psyche.

Did you discover things about yourself? Perhaps, finding inner qualities that caused you to see yourself in a more comprehensive, and yet precise, way? Do you sense any shifts internally? A rearrangement of beliefs, perceptions, or behaviors that may reorient your life in a different way? Even if you deem the reading this book, a “waste of time”, I know that what I DID DO for you was provide you a forum to compare and contrast ideas, whether or not all that you learned was: *what is NOT of value to you!* You have still gained! In this alone, I still consider a triumph.

My aim was to assist you in becoming more literate about the nature of motivation, how to name specific types, and utilize them more effectively. To do so, I’ve lead you through a primer, reducing down euphemisms and misnomers to actual root emotions; those that operate concurrently on the deepest realms of both our animal and spiritual nature. To extend to you a bridge for comprehension, meant defining terms in context but also introducing some new terms as well.

Words, as I posited in the Introduction, are first the auditory and tonal patterns upon our ear which represents and conveys an idea, but also in the written or vi-

sual form, strike us as having a vibrational pattern upon our mood. It has been my task to invite you to think about the vibration of words and the emotional resonance beneath them. I know this because in my personal and professional experience, that when a person first recognizes, that accurately names, then articulates them aloud, what they have just expressed from their interior world, is released as aliveness into their outer world. Awareness and truth are advanced! But additionally the more this phenomena occurs to individuals and collectives of any size, from couples to societies as a whole; distortions caused by ignorance, denial, or misunderstanding of emotion and the motivations it generates, begin to dissolve under the release of disclosure: personal and planetary.

Some of you noticed I was deliberately aiming to *stir in you* an experience of “getting gotten”, to get you to notice, pay attention, question, learn the motivations and the emotions beneath them. Only by presenting written trip wires or speed bumps which produced a personal reaction from you, could I then engage your emotions at the same time point them out to your mind. Perhaps encouraging you to deconstruct them to their source and cause, then rethink or heal their constituent parts. All the while you acquired new terms and ideas to develop thicker more insightful narratives about your experience of living. Discovering new scenery in your walks through your Soloverse, turning over rocks in the road to find their hidden treasures, and realize some familiar terrain no longer suits you.

I don't care what you believe! Scientific axioms or Religious doctrines are still the essential philosophical agents attempting to encapsulate the nature of motivation and the energy that compels it: *i.e. of life and living it*. It has been my intent to encourage and sometimes ensnare you into thinking about these subjects, but particularly yourself as primary agent, which governs your living as both a self-acquiring and self-transcendent being.

“If we ever wanted a hero's or heroine's journey, we have it today. The new world awaits. The glorious challenge is to create a world populated by human beings who have consciously decided to embrace their own and others' creativity, who connect in ways that promote cooperation and trust, and who allow themselves to be pulled to an extraordinarily different future.” Breakpoint and Beyond by George Lane and Beth Jarman

My life, like yours, will of course someday come to an end. But my/our energy will continue to be recycled in some form. As a return to simple atoms if you are of the scientific view; or perhaps in a reformatted state of being cycling you back into life as metaphysical views of reincarnation presage. Perhaps these words will have some reverberation and leave a legacy? In either case, I shall transcend, and some parts of me will have been reclaimed, and reintegrated back into the play. My energy and yours will remain somehow. But regardless of how it eclipses our

experience of personal identity, it is a more important question to ask yourself: How do I spend my energy while I am in this incarnation? *How does (Your Name Here) contribute to life and affect the living?*

Have you considered the implications of what you do in life will have some lasting repercussions? Did that alter your understanding or choices of motivation you use for living? I have come to believe that as Anthropologist Margaret Meade once said, “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” But why not exert yourself as one who thinks, and acts, from a principled motivation like that? They may not always have the transcendent or infinite motives in mind; like a Hitler and his henchmen, but people who were moved to great or horrendous deeds are almost certain to produce outcomes that have ongoing repercussions, and affect more than a limited few.

Again and again I have cycled you through familiar ideas, not because they are necessarily *tried and true*, but generally, because we as a human family have, in my opinion learned them too slowly. We’ve had the same ideals, aspirations, and hopes for ages! Though sometimes, and to some measure, they have been realized, but all too frequently they are squashed. Familiar base behaviors like; violence, greed, and deception, cage their lighter exuberant cousins like creatures in a zoo - to be marveled at yet still imprisoned by the bars of fear, self-doubt, and cowardice to act. None of this is new, but what I have asked of you is to begin to think in ways that combine what we do know, with what we have not attempted, and rid ourselves of the fallback positions that our animal nature will always escape too: attack rather than explore, defeat rather than engage, enslave rather than invite, and demean rather than respect.

I’ve asked you to become literate of your motivations so that you might expand your awareness, and potentially your freedom to deliberately choose which life options you’ll implement. But also to learn to detect in others the threads of their moods or temperament as to reach out and find a mechanism for compassion with, and connecting to, them! I have tried in many ways to correlate this process of self-evaluation, and reveal the connections to one’s self-determination; as predicated on your ability to identify the emotional fuel, sparking a motivation’s appearance. Emotional literacy, the ability to differentiate and name feelings, grants you entry into the primal engine of your psyche; the core of the Soloverse which is you. Once there, it is not only possible, but now more than ever necessary, to probe the depth and breadth of the composite of all you are: spiritually, psychologically, principally, and unearth any and all impediments which blocks you from sharing your dynamically alive and optimal Self with the world at large. The journey is often a frightening one. Pernicious contraries¹ along the way litter our psyche with

1 Seen in the book: Advice from a Failure pg. 19 –A term from the waste paper industry, it is a byproduct of the process. They classify any non-paper substance as “irritating objects mixed within the salvageable”. A useful metaphor when consid-

signs like “wrong way” or “go back” or “you are lost” or “do not enter”, and many more that delay, detour and defeat the traveler from ever moving forward, let alone lay claim to some new ground of being within themselves.

As many before have done, I too have plotted a map toward a more comprehensive formulation of our Why's - not only our personal ones, but those that conjoin in the collective mind of: groups, families, religions, political affiliations, then nation-states, and finally our species as a whole. The Michael Teachings, and my expanded notions of it in the Applied Michael Approach, have been the foundation schematic I've employed to explain the mechanisms operating upon us, so that we may better operate them within ourselves.

Instinctively, almost every one of us defaults to finding a *position* they deem “better than” someone else's. It temporarily bestows one a feeling of security based in the false strength *to look down on someone in superiority*. That is the way of dominance hierarchies. Examples from the annals of human Ourstory, peppered in these writings, were meant to be both illustrative and evidentiary. These have included references to philosophical postulates, that are exactly comparable in exploration of thought-content and spiritual strivings, yet stretches back into antiquity. We are not new comers to this venture. Others concepts still like: grace, karma, reincarnation, and redemption, all having captivated the hearts and minds of humans for centuries, originating in ancient religious doctrines of faith and mythos. All these notions can be found scattershot in the loose assembly of metaphysical musings under the heading of “New Age” spirituality. But, there have been many “New Ages.” We seekers may have added questions about aliens, crystals, and artificial intelligence into the recipe, but the dish and the hunger that stirs it in the pot, has always been with us. Modern reality has brought us to where humans have technologies once ascribed to the gods. Science, mathematical reasoning, and processes we witness in biology, geology, chemistry and physics, they coincide and support my claims, or cause you dissonance presenting a challenge to their validity. But all have expanded the size and detail of our map as have satellites and Google Earth™. We should not think ourselves too special, too enlightened, or too advanced when we realize we have been here before, and we will most likely be here again...if we survive ourselves.

Woven together, my map has employed these reference points and overlaid them with the descriptors of common features found in our psychological topography: like a geographer might compare mountain ranges, plateaus, or river valleys, in one region to another. As a spiritual geographer and surveyor of the terrain of my own Soloverse, I see it as crucial that the road to discovery must have a language to describe the forms one uncovers within. But also offers a common means of discussing places found within my own interior, but seen in others as well. It is this map and the language to describe this geography are the directions of how ering that there is often extraneous and non-sequitur ideas mixed in with valid and useful ones.

you cross your terrain. But what you'll then realize is that your emotions can either be the nourishment which keeps you trekking, or the ballast that may bring you to your knees in anguish. Review the Vitality Tone Scale as a menu.

The terms of this map are but one tool for first discovery and then accurately designating a landmark within you. Use it to retrace your steps when necessary or further explore aspects of your personal landscape. When you feel lost, your *Juice Meter* can help you get your bearings as to where you are emotionally and intellectually located. Yet there is another purpose and benefit to know the typography of one's Soloverse; it is to realize that each person is a miniature and specific permutation of the Universe as a whole. If that is the case, as I suggest it is, then your ability to view your inner landscape opens you toward empathy for one another. Though we each inhabit and process within our own inner world; every interior world, like every planet in the universe; is constituted of the same foundational elements. Ultimately they have similar terrain: seas of emotion, rivers of moods, winds of thought, and places where the ground one stands is unstable. My intent was to liken these material processes to emotionally-based elements motivations. To show you that the metaphorical realm of understanding is the doorway into the metaphysical. It might seem lame or inconsequential to those unwilling or unable to take this abstract view. Nonetheless, I aim these ideas and methods toward those who not only can, but *who have been looking for a map* which unifies the continents of science and religion, humanity with nature, and separation into unity. With this Atlas, a person, perhaps someone who may be a catalyst to some beneficial course in the development of our species will find a vista where they can see the entirety of their world. And from a clearer panorama of their own motivations, be able to build bridges to the worlds of others who share the common motives of hope, and their transcendental desire not just to survive, but to thrive and even self-actualize. The only potential we regularly waste is human potential!

Why do I care? As one who has marveled and suffered at the hands of human stupidity, the lenses of my perceptual spectacles have been ground to see it in sharp relief. I care because it is the love and appreciation for life, its beauty, and the enchantment and grace I feel at the kernel of human kindness. Yet my concern is further refined and catalyzed being witness to the pain of abuse, isolation, manipulation, and the destruction wrought, when my own heart is tainted by fear spilling out as shame, hatred, or worse, numbness; and the charades they contrive. Where attack is called critique and blame as accountability. Combined, these are the considerations that cause me to believe beyond the finite limits of my own lifespan and press my desire to see the continued flourishing of Earth and her citizens in an exploration of infinite possibilities.

A Contemplation of Evil: Not as a Supernatural Force Majeure, but as Evolutionary Hurdle

What stands in our way are the forces of evil. Not a supernatural force from beyond or in from the spirit realm, but entirely an outgrowth of a species nature as the preeminent predator. As such, we have become drastically imbalanced with our environment, and so distorted in our psychology, that only word to describe this condition is malignancy. I have define evil as *“a motivation so intensely devoid of self-awareness, as to allow consequences so heinous and destructive, that one can only account for it by assuming profound malice toward some part of one’s own humanity and project it outward.”* The ravaging of our mother Earth is more than just an expansion of us the dominant species into all the niches in the environment. We have no predators to keep us in check, to make us have caution, to make us humble any more. Our ravenous consumption of resources, which is driven by a dominant few, proceeds with no thought about the finite limits of the planet. Not malicious or evil perhaps, but insanely short sighted. This narrative is not some dystopian forecast from literature this is a brief summation of all that is actually happening now! In order for humanity to change direction, there must be a preceding transformation in the purposes we assert for our progress. In other words, a NewStory setting the direction for where we see ourselves going and why are we doing it! To harness ourselves does not mean to suppress our natural instincts, or yoke them, nor pretend to tame them out of existence. Rather it is to become conscious and deliberate with our drives and aim them toward a horizon of future possibilities that we create; on-purpose! Realize that continuing to act stupidly in the face of available knowledge, that people simply choose to deny, may be based in fear, but is the basis for all evil: actions taken and inaction in the face of it.

We have deferred to our technological advancements as the measure of social evolution. Yet the advance in genetic manipulation, means of controlling our food supply, and the overwhelming absorption of computer technology, has pushed us to an evolutionary precipice where continued use of that standard threatens our very survival. Our creations have bestowed us with marvels of abundance, immediacy of fulfillment; and yet brought about a massive schism within individuals, and between members of the human family. It has happened because we have torn apart the biological fabric upon which organic life, including ourselves, required for continued survival; is being consumed at a faster rate than we can replenish it. Transferring our intelligence to computers and the surveillance it affords is to dehumanize our potential, not enhance it. To raise the stature of a tool above the toolmaker is to move us down the path of oblivion. We degenerate through loss of our physical skills and bodily coordination; while at the same time marveling in rapturous sanctimony and smug satisfaction, at our own creations. Pygmalion at his worst! The God of the ancient Bible was so amused by his creation he failed to notice that they were more than pets. They were capable of mischief no matter what he did to stop or dissuade them. We use our technology and machines to tear way at the flesh and blood of mother Earth at a rate of increase far out pacing our ability to be accountable for all of the consequences. We have all the available

knowledge to stop and change course. What we need is the love and the will to stoke it.

Diminishing our Humanity, Dumbing Down our Intelligence through Convenience

As a one-time classroom teacher, it occurs to me that our educational systems have been skewed toward memorization with a focus on data. Data is Ordinal (Card 59) and lacks cohesion to provide us a comprehensive or Exalted (Card 60) overview. Skill building through tactile interaction with a process, which is the foundation of competency, has largely, and shamefully, been left on the doorstep of students to grope for a meaningful context to it all. Add to that, we hail the “expert” who so completely pontificates their positions that we forget to ask students what the information might mean “to them.” Reviewing this process I was once employed by, leads me to conclude that the foreboding emotional impact is that *value* has been substituted for *market worth*. And what we call education is nothing more than the mechanistic ramrodding of information. As a result, in many parts of the world especially the US, what is actually happening is no longer an invitation to learn, but an imposition of conditioned indoctrination. A student may be overwhelmed, confused, or just plain bored. The meme of “no child left behind” is a paean of concern which on its surface sounds, ethical, purposeful, and direct. Yet in practice and effect, using standardized tests suggests that what’s of value to those authorities is uniformity and conformity, instead of comprehension and critical thinking skills. Coming around and formulating these points of view have lead me to this conclusion: We are not teaching our children, nor encouraging their individual integration of real knowledge; instead we are conditioning various “classes” of people. What authorities favor is the ability of students to adapt to norms and not learn to hear or follow the voice of inner of desire. To effectively search for what is true for themselves; and to look deeper for their true aspirations.

Indeed, there is little, if any, language presented in the pedagogy of modern education which directs the student to pose the question, “why is this relevant to me?” What is it that these lessons or this information does to make my life more than just a member of a hive, but a person in development?” One principle I continue to assert is simply this: *to have ‘critical thinking’ one must develop emotional intelligence*. In other words, how does one feel about the ideas that may, engage, distain, or fall flatly as unstimulating? Once one can identify the emotional substrate beneath their beliefs, values, principles, and ideological stances presented to them, they can potentially to grasp WHY those propositions are important to them.

Modern authorities use advertising and media of every sort to constantly hijack our attention and manipulate our emotions. Making us “brand loyal” to soaps, cellphones, political candidates and fashions of all sorts. They run our brains like Pavlov’s making a dog salivate every time one of those ideas trigger the unnamed

emotions beneath them. Indoctrination is to education as Pavlov was to his dog, the master conditioning a predictive response. But we are not dogs! A dog cannot resist or change its programmed responses. Human Beings may first observe, comprehend, resist and then begin to disentangle themselves from the beliefs that have been reinforced with either emotional approval or fear, or conditioned by reinforcements that assure pleasure or safety. *It is difficult to do!* Never would I state or infer that it is not. But the process I outline present in our educational systems is usually predicated on loftier goals (and sometimes they are accomplished) but for the majority of citizens, the experience of being “taught” rather than instructed “how to learn” stupefied many a child and soured them on learning as something: painful, confusing, or manipulative. Leaving many of them to understandably, yet cynically conclude what a Pink Floyd song declared that, “all in all its just another brick in the wall.” An experience, I venture to guess that many of you reading this “alternative viewpoint” can relate to, or at least some variation of it. Using fear, intimidation, shame, and declarations of “you will learn this” instead of “this is why it is important to you”, so damage one’s willingness to be open to something new, it is common to witness people fall back upon their own internal definitions and beliefs, lacking the substance distilled from either critical thinking, but defending them just to avoid the fear of being seen as stupid.

The scenarios we see in our real world have been depicted in literature and films for decades. They have provided us with vivid examples of when our mechanical creations have come back to haunt us and in the extreme, destroy us. Frankenstein had his monster. In 2001 A Space Odyssey, the HAL 9000 computer murdered the crew because it was convinced with mathematical certainty that it was correct to do so. Skynet sent the terminator. And more recently, the Matrix Trilogy: projected a future where our own intelligent machines overtake us, enslave us, then *turn us into their power supply!* We were duped into a fantasy of their creation, yet one we willingly believed! Most of us took the blue pill and stayed behind. Isn’t it possible that the virtual reality platforms of today are leading us down the same rabbit hole as Alice; *as we peer into Wonderland through the new looking glass of the black mirror*, a.k.a, a computer screen? As we see the stepped-up use of drones, 24/7 surveillance, computer-controlled appliances, and the vast number of ways that technology replaces human beings in the workplace-in the name of “serving us” - the faster we fall down into the abyss of our own ineptitude. While such conveniences increase the speed and number of transactions and activities we can perform, we are then further compelled to do more and thus further distracted from the conditions of our physical bodies, the environment, all other creatures in it, and the health of the earth itself. And biology, geologically and hydrologically *is the substance of material reality!* But be clear that no rapture, ascension, or arrival of a new messiah will save us from us the day our judgements come to fruition.

Advancing Next Stage of Evolution: Homo Technologicus Or Homo Tran-

scendicus?

Before there were machines, we embarked on an exploration of the mind; the: Greeks, Romans, Chinese, Moors, the Renaissance, the Enlightenment, then Darwinian (r)evolution, the Industrial Revolution, Psychoanalysis, and now the modern corporate state governed by computer transactions and surveillance; together they have led to the current social foundations of *scientism*, as it has become a dogma chanting the same fanaticism as any religion. What was presented in these pages was not intended as a new religious doctrine. But rather a means of philosophical evaluation toward living one's life by the tools intended for your self-evaluation, for the ultimate ends of true self-determination. Once involved in the act of more self-directed and intentional living for individuals, the potential emergence of a new wisdom which commends cooperation, not merely competition, produces an environment where persons and groups alike have an experience of life which is more exhilarated, more loving, and filled with greater personal satisfaction. In such a social climate, the nourishing graces of curiosity, aspiration, compassion, emerge naturally and predominate as the primary forces of motivation.

Yet, in many quarters of religious perception, the body, and all earthy pleasures are held as the source of temptation, physical hungers and lust, and even as evil; because all are distractions to knowing the Ultimate, which is God. My own view is that those rigid and absolutist fears of our unexplored or unaccepted desires are condemned into a pit of shame to putrefy in our own Souls. That deep chasm is the 'valley of the Shadow' where to conquer those demons one must 'fear no evil', since to climb out is to see your humanness for what it is and animal with needs. If not, a circular entanglement of self-condemnation perpetuates itself, and by transference, condemns others to our unbearable pain. Driving us further into a fevered pace to manufacture supposedly more secure prisons to entrap our burgeoning desires, yet building their pressure within toward explosion. Marching toward ever more stringent means of self-constriction and the mistaken belief that emotion can be abolished with the right application of pharmaceuticals and social engineering², we devolve into a creature of programming and regimentation, homo technologicus: the machine man. No requirement for android augmentation or cyborg hybridization would be necessary. All it takes for humans to fall into a lock-step-synchrony, goose-stepping to the cadence of a drumbeat espoused by the doctrine of some authority, has existed for time in perpetuity; from the Alpha's and Big Brother to the 1% and perhaps someday to the Morlocks. Already today, we see an economic system modeling a world dominated by vampires turning people into zombies.

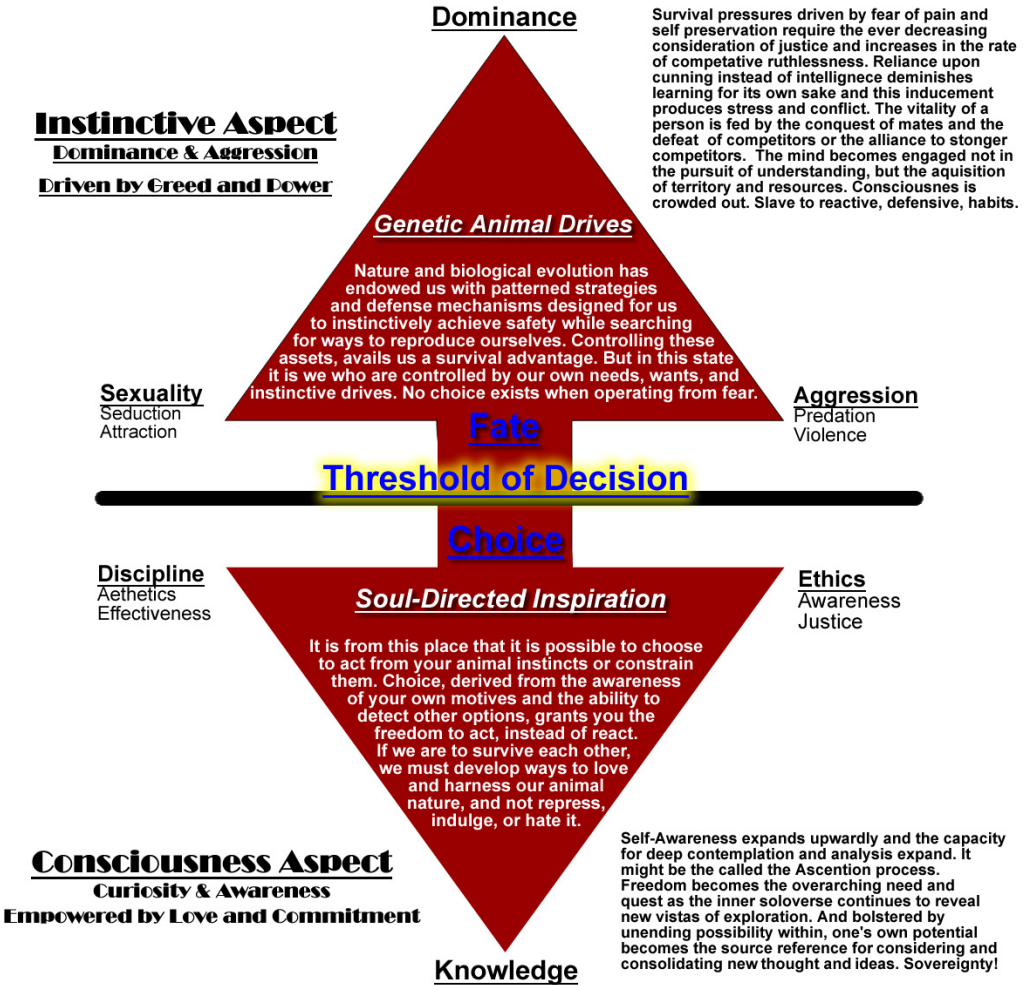
But to counter an evolutionary path where we simply overlay technology to

2 Aldous Huxley's: Brave New World – where they administered the pacifying drug "soma" to the Deltas; the lowest working class to prevent revolt and keep them in a stupor of capitulation and obedience. Slavery with a seemingly civilized face.

suppress human proclivities, what if we took the more direct path and confronted them with love and courage directly? This does not mean enrage ourselves as we already do but in denial of it, but confronting all the layers of our shadow motivations with awareness and the compassion to understand and them begin to dismantle them. One fundamental acknowledgment is that within a lifetime a person engages in many activities coming under the heading of employment i.e. earning a livelihood. Thus, in consideration of all the premises I've elucidated so far that when an individual exercises their skills both physically and mentally from a motivation towards self-discovery and contribution to the whole; their individual genius can emerge and lead that person into a place in society we might call their *right livelihood*. Propelled by these positive reinforcements and the realignment of human orientations away from mere pain avoidance and incentivized greed; can shift toward strivings for conscious enrichment of both oneself and those they care about.

All of science and philosophy up to this point, (let's call it "sci-phi") has been predicated upon assumptions of: scarcity, dominance, aggression, and fear. Many of these conditions and actions we have all the tools and mechanisms to alleviate; but choose to keep in place from our unconscious habits stemming from our animal nature. I believe that it is not only possible, but indeed necessary to reorient our assumptions to emphasize and make priority, those attitudes and behaviors which are centered in the foundation principles of: sufficiency, equality, justice, and concern for all living creatures. Then we will have a chance to turn the trajectory of our taker-based economy and psychology, and the institutions they give rise to, toward a horizon of human potential never before explored, but absolutely crucial to our long-run survival. Only the realization of a self-actualized *Humane Being*, i.e. *Homo Transendicus*, which embraces the tough choices from deep awareness of all the ramifications and consequences of our actions, and can muster the courage to be accountable to its decisions, will be able to steer our race away from purely animal or machine reactions.

The Parallel Aspects of Human Behavior: Animal vs. Being



Of course, while cynics will tar-and-feather my notions as utopian, naïve idealism, or some spiritually obtuse magical thinking; I challenge you to evaluate my thesis and the direction it heralds with the equanimity of a stoic (Card 19), the rigor of a skeptic (Card 15), and the necessity-driven urgency of a pragmatist (Card 21). I assert you will come to the conclusion that it is the most realistic dissertation of the two futures humanity my travel. Either we'll continue the dictates of the Dominance Aggression Competition Scarcity Model's unequal distribution of pain and gain, claiming justification with Social Darwinism or Divine Right, or Exceptionalism. Or we'll set our sights upon creating our reality based upon Conscious-Awareness-Cooperation-Sustainability Model; where we take responsibility for our future by basing our decisions upon measured facts, and equity of need and contribution. The only way that this massive sociological, scientific, and political shift in orientation can occur is for us to root out and then minimize the reinforcements of fear upon the human psyche. That requires committed collective

effort to remove and *the mechanisms of pain and suffering humans inflict upon each other through harshness and cruelty!* And confront the evil generated by our own inner torment. That which leads the suffering we inflicted upon ourselves, having damned our own innate nature chained to the beliefs that we are: flawed, alone, and unworthy. Wrought with self-loathing or hatred of our very existence our psyche is laid raw with vulnerability, somehow concluding its righteous condemnation to be ashamed, or thereby destroyed. These beliefs are woven throughout human history. They are and were festered (and fostered) within the hearts and minds of countless individuals which then were thrust outward onto each other; predominantly the most defenseless members of life: the poor, women, children, aboriginals, animals, and the Earth itself. The pain motivated by ignominy ignites a dissonance which lashes out to subjugate, conquer or *destroy other*: persons, peoples, lands, or a culture itself; all in an attempt to feed a rapacious creditor: a hole in the psyche – an emptiness of love.

By knowing your motivations, it does not mean you will, or should, try to change your attitude or behavior, but to experience the full power behind those emotions as you engage in actions that may be very difficult, yet necessary for the advancement of the whole. The era of self-acquisition for the sake of filling that empty hole, bored out by the gnawing of painful self-doubts must come to an end. We must turn our attention to getting what we actually need, not only for personal survival, but bringing out our genius to thrive for the benefit of all. We step-up and beyond the unconscious dictates of our fear-based, aggressive animal nature, and embrace with discipline and humility the courage to act proactively, like decisive beings charting the course of our future; instead of acting like a herd running away from a future it fears. Our manual capacities and dexterity which develop our brains continue to be disabled by use of our “convenience” technologies. To pretend away the threat that they may enslave us, looms as a warning to us that the course of species develop is not through machine invention, but of self-exploration and diversity.³

Thus, the motivational and emotional literacy presented in this book is meant to open each of you to more specific comprehension of the mechanisms which direct your life. And by extension nurture in you a more comprehensive view of our shared human condition. With such knowledge of the commonality of emotions and motivations we all share, it is possible for the facility of empathy to develop or expand. That ability to sense the emotions processing inside of another human being is the firmament from which compassion may grow. But to be clear the type of compassion which I speak does not enlist sympathy, nor rescue. But rather it relies on understanding and the support for oneself and others to be accountable to their word, and thereby waste less energy in the morass of cognitive dissonance or in the consequence of deceit or self-deception. To actually get enough of the basic

³ <http://www.theguardian.com/business/2015/nov/07/artificial-intelligence-homo-sapiens-split-handful-gods>

requirements not just for life, but social nourishment of support will minimize the material experience of shortage. Eliminating imposed scarcity will psychologically foster the ability of a person to withstand and overcome pain and limitation. If those first three levels of Maslow's Hierarchy of Needs were made available to every human being, will incrementally, yet exponentially, increase the chances of an emergent humanity which possesses within it greater potential than it does when coping the desperation of what he noted as *needs generated by deficiency*. In a state where primary animal and social requirements are met for a person, family, community, and even nation; they become rich in surplus energy, because of the adopted value of *everyone having enough*. Besides deficiencies are not actually 'incentives to work' as exploiters of human capital claim, they are the forces that squeeze people into compliant subjugation from powerlessness.

A person who has fulfillment, perceives themselves as having a surplus and abundance which they are ready to share, bolster, and even endow another until that person can do it for themselves. Social conditions like there are not a fantasy, they were largely present in the US and Western Europe during the 1950's, 60's and 70's. And though not perfect, they went further to open the gateways of social justice and economic opportunity where a vast majority of people flourished and freedom expanded. Evolving toward these qualities is a conscious choice we all must make. We can neither depend upon nor wait for the natural biological drivers of deprivation and adaptation to guide us toward a sustainable and thriving future. The biologically driven Dominance Paradigm has woven into our instinctive fabric its reactivity, not proactivity. Any diligence is propelled by hunger, not curiosity; and compulsion not attraction. Thus the institutions spawned by that paradigm primarily like the so-called *competitive marketplace*, fail to lead into a future that is sustainable; because by its very nature the seeking of short-term profit continues to propel a trajectory of increasing greed and inequality. Since both are strategies born from the painful motivation of scarcity, it breeds fear rather than wisdom. In turn giving rise to the necessity to take from another; and from that imbalance (Karma Card 65), the desire for revenge. All of it is based on the transference of emotional pain passed from one to the next, which perpetuates this cycle. It is time to put an end to both suppressing emotions into denial and having them fester, but to stem the reflexive "passing the experience" with self-awareness and greater value placed upon personal accountability. We must learn to quench emotions in the open air of acknowledgement, speaking them aloud – willing to feel the vulnerability ourselves while still preserving the right to show it to those we trust. But be ready to actually risk being vulnerable and surrender to authenticity as the very state which produces the conditions for sustained healing. Because, as the character of Lester Bangs in the movie *Almost Famous*, reminds us, "The only true currency in this bankrupt world is what you share with someone when you are uncool." Most of us always feel uncool. We just try and fake it. That is why we never make it.

Our Grand Pretext – “We haven’t got time for that now.”

If we never have time to completely feel, communicate what is real to us both in words and the expression of our emotions, then they simply go into storage. After 200,000 years of homo sapien existence, of which only five thousand of those have some form of chronicled OurStory, and now with 7.2 billion people currently packed onto the pale blue dot we call home, there are plenty of pent-up and festering emotions in the storage bin our of collective unconscious.

Historians, psychologist, and industrialists, have on countless occasions invoked strategies admonishing: “just get over it”, “forgive and forget” and “best keep that to yourself”, as ways of trying to outrun unresolved resentments. These superficial approaches, frequently chanted, still have the appeal of believing they can strand feelings in the “past”. Yet we forget that sentiments are tied to our memories like a moon to its planet: by gravity. Although there is a semblance of some well-intentioned mechanism to put an end to grief or strife; when their causes have not been resolved, then we are incomplete at best and heading towards eventual failure, at worst. The one true strategy that occurs naturally and really works I refer to as “getting gotten.” subtly and repeatedly within interpersonal interaction is “having it out” or “no holds barred”, but in words, not in reprisal! Ironically, most people run to the worst reprisals first. Not wanting to believe themselves as weak, or to expose their genuine and tender truths of their vulnerabilities, it is too often the case that people lash out instead of call out. Since, the mind has been elevated to God status, and rationalism adorned in holy ceremonies of worship to the intellect, the more vociferous, cunning, conniving, and rhetorically skillful the player, can seemingly win an argument, but kill the truth! Truth always has a connotation from the emotions one holds toward one’s actions or beliefs. Without it, we reduce our presiding over ourselves to a machine level calculation, one that reduces us to robotic like cogs in a wheel. That is not only inhuman, but ultimately destroying the very tenants upon which being human are built. The prohibitions against these strategies have been arrived at also with good intentions but through misinterpretation: Words and Emotions cannot main or kill (accept maybe our defensive egos), but the actions we carry out based on that emotional pain, can and often does. When emotions get stuffed they eventually explode!

When do we do so? Humanity simple problem: We keep on running from our emotions. And my simple question is: Collectively, what is so urgent? My answer, with the exception of a few immediate and urgent life/death situations; nothing! We do not have a true future planned out. We simply tell ourselves that somehow “it will all work out.” Amazing, what a monumental all pervasive rationalization that is. Yet, our business, whether, personal: I’ve got to get to the store, the job, the kids to school, to a meeting, are always given precedence reacting to the pressures of running in the rat race.

There is an old adage that says “life is what you make it.” What I’ve learned about life is that the same premises can be said about truth...*it is what you make it!* Now, this book is not trying to dispute obvious and well established concrete facts like the sun rises, or plants grow in soil, or elephants are heavy, or that we are mammals and share about 100 common characteristics with other mammals. No, I am more interested in approaching the major body of information we as humans manufacture and collect, those abstractions we call beliefs.

At best, abstractions are the truth we decide to accept. In doing so, we become creators, or at least adopters, of the filters we use to see reality. Beliefs help us feel secure. They offer us a psychologically ‘stable data’ in the presence of disturbing circumstances. They allow us to compartmentalize events relatively quickly so that our world is not shaken with doubt. Such is the nature of an abstract thought...it fills in the *what and why* in our minds; as quickly and automatically as putting a quarter in a juke box and having a familiar song play as anthem to an event. (Remember the songs hanging out with friends, when you felt down, what got you going, the High School fight song, etc.)

Probe deeply into your character and you will find their sources. Push on beliefs so that they bend without breaking and you will find that they will shape your story, and take you to different places. Broken beliefs can cause breakdown, panic, disillusionment to the point of despair. Each belief has its own texture and shape. They have a domain in which they occupy. To map the configuration and the mental and emotional geography is to discover the associations that each has and eventually its origins. To uncover the foundation of a context formation is then to be able to undermine it or reshape it at will. This is the power of self-determination within your Soloverse. Finding the connective tissue that fuse together thoughts, emotions, and defense strategies is a process of deconstruction the Emogic (emotional logic) of a situation or belief. As Kahill Gibran reminds us: “Say not, ‘I have found the truth,’ but rather, ‘I have found a truth.’” This example of an Elder (+Card 75), reminding us to live and let live.

Humans face the approaching challenge of a tipping point⁴ (Nexus Card 77) in human thought. One that places you at a crossroads for your own *long-term* survival. Finally in 2015, after decades of warning, the well-publicized plight of the “golden state” of California was in severe draught condition, and has caused some of the luster to come off the illusion of perpetual growth and expansion. Water is the one element upon which all life is funded. It has no substitutes! The Earth’s biosphere has reached its carrying capacity for the human species; though projections suggest we will breed ourselves another 2-4 billion people before we stop. Combine that factor with a growing level of toxicity and climate imbalance, whether man-made or not, and all three add up to our probable extinction. But

⁴ From the book *Tipping Point* by Malcomb Gladwell, which defines an event or circumstance which inevitably eliminates all other options and forces us down one path or direction.

this could not be called a tragedy, for none it arrived as *unexpected accidents*. Our circumstances have come about as the result of our deliberate greed-driven rape of Earth in catastrophic proportions. Not only will the perpetrators be culpable for such deeds, but morally and karmically every one who was passive in the allowance of such an outcome would be bound to a similar transgression. To me, passively allowing the juggernaut of so-called progress to proceed unchallenged is the greatest crime of omission that I can think of. My own existence will be over by several decades by the idea of handing over problems of our making to our children, their children, and to our descendants long forthcoming seems what I can only call the ultimate act of villainy, and the ultimate expression of callousness, condemnation by the forces of the banality of evil⁵. Each motivated by a fear of scarcity that ironically – our greed alone has led us into a self-fulfilling prophecy.

By reviewing this text, you are being asked to open yourself to different notions and the possibilities they portend. You are not being required to accept any of them, but to consider them with due diligence. To challenge one's own assumptions is courageous, but more important it is vital to making decisions based on facts, intersecting with derived personal truth, where both are rigorously analyzed, and their implications -- honestly explored. Only finite players whose interest in selfish acquisition is preeminent, will pay no heed to this process. Indeed they will view it with suspicion at least, but more likely a threat to their schemes. From their fear of losing power and advantage they will do everything they can to diminish the value of, or distract attention from, any such exploration of thought and feeling. It is likely to expose them in a light where you recognize that their behavior at least, but also the malignancy of their motives and attitudes towards others, are detrimental to the collective existence. Active discernment and contemplation, ALWAYS yields the reality that we (any of us) are fallible! And seldom are our conceits or overconfidence really warranted. But when a person's unresolved pains or struggles are transferred onto easy targets, those undeserved or the easily marked, the weaker, or those who are easy to oppress or brutalize; for that injustice done to another, I have no tolerance! It is equally important to comprehend that those whose sense of alterity drives them to devastating imposition upon others, it is up to the rest of us to account for why we would stand-by (- Card 35 Observation) and not act on behalf of the downtrodden? For if nothing else, what you have been offered to consider in this book is the simple proposition: that anything out in the world bothers you, it is because you resonate to the same basic flaws or resentments, that have taken root somewhere in you. Our common human makeup produces both flowers and brambles in each of us. Since good and evil exist as an instinctive fundamental dichotomy which all humans know to parse; then let us remember what 19th century British statesman Edmond Burke

⁵ A concept developed by political-philosopher Hannah Ardent who suggested that totalitarianism creeps forward not from overt fanaticism but from personal strivings for power, greed, and advancement but merely rides a dominant wave to get it. Evil arrives with a person having a banal (indifferent) attitude toward the ideology but riding its coattails for its own ends.

warned, “The only thing necessary for the triumph of Evil is for good men to do nothing.” So to admire qualities or condemn faults in another is equally a reflection of your choice of qualities that you admire or hate in yourself.

If love is the answer, then throughout this book, I have presented to you the vocabulary to formulate a multitude of probing questions, all of which I hope prove to you that Love is the ONLY answer. Because the direction fear is taking us, at an ever faster pace, it most surely is not the answer for our continued existence! Especially as we careen down the slews of technological inequality, where nobody wins and everyone crashes. You have been provided a terminology and schematic to formulate with and have been encouraged to ask questions that will orient you toward the horizon of potential, filling your sails winds of hope, and have courage as the rudder to steer your course. May it be a fantastic voyage!

So, here you have been exposed to a tome of human existence and the terms we use to construct our narratives. Have you discovered the character you portray? Is the theme, setting, plot, modus operandi, objectives or methods of how you approach life any clearer to you? If not, keep going!

Ultimately, I have the hubris to point a direction for evolution. I have no proof that we can do the things I postulate, or that we are capable of releasing the grip of the Dominance Paradigm, but if no one suggests it, how might we ever change course? My thesis does not intend to present some new mechanism for management of the herd of homo sapiens as we methodically somnambulate toward our own demise. No. Instead, this work is an invitation. One-by-one, like grains of sand shifting from one side of the scales to another, your movement toward the Conscious Awareness Paradigm can produce an evolutionary next step for all of us; the Humane Being.

What you have learned, or have been unwilling to consider, is a personal challenge from the prophetic words uttered by philosopher George Santayana “those who fail to learn from the lessons of history are doomed to repeat them.” And the emphasis I place is on the word doom. Our species has altered our environment to the point where its demise, unless concerted action is taken, will reach its own extinction, much sooner, rather than some indeterminate, later. Your timing is mission critical! Yet it is the beckoning words of the Elf Lady Galadriel that she spoke to the hero Frodo in Tolkien’s *The Fellowship of the Ring* that “even the smallest person can change the course of the future,” rings truest and most urgent of all.

So, I implore you to NEVER think your character too unimportant, or your part in the play too small, or your actions too insignificant; but be a force in changing the world in ways you want to see manifest! If you have discovered your strengths, learned the pitfalls of your weaknesses, and come into a world view that is in

alignment with full awareness, then you have succeeded! Bravo! Congratulations! Now you can be the deliberate author of your own life story, instead of portraying a part in someone else's. Go forth and write a new narrative for your life. Make it an epic one.

Now get out there and live, love, learn and laugh! L'chaim.

Synopsis and Invitation

How often do you check-in with yourself? Even then, do you take notice of the feedback? My view of our race is that too few of us do the first and even fewer heed the input of the second. Even when someone does pay attention to their “intuition” or “heart”, they often interpret that heightened impulse as assuring them that whatever momentary *thought or belief is present; strong emotion makes it true or valid*. All a strong emotional reaction does is alert you that something is significant for you, not necessarily factually correct or your assessment accurate! It just means PAY ATTENTION! I find this binary assumption a fundamental error in human comprehension! Emotions and instincts do not communicate in words, but apologizing for uncommon grammar “*the mind makes meanings about them*”! This point is so crucial to understand and why the Michael Motivation Cards™ have been designed to assist you to identify emotions and distinguish them from thoughts. To give closer scrutiny to intuitive signals and disentangle the thoughts that are merely rattling around in your mind, and possibly mistake them as true messages. That discernment process is no small endeavor to be sure. It is the work of achieving real conscious-awareness. And that is not Enlightenment I speak about as if it were a badge, a laurel wreath, or static perspective on-high. Instead I speak of Enlivenment –the continual dynamic capacity for review, adaptation, risk, diversification, and shedding that which no longer is useful. An Ego seeks enlightenment to insure its survival and proves itself right! A Personality, that is truthful with itself, realizing *it can never know everything*, seeks an experience of feeling alive by challenging its limits knowing that death ultimately will set the limits for it. Thus, enlivenment thrives!

The invitation of this Deck is to encourage you to more frequently *look within* using the visual stimulus of the Cards as a prompt. You can only learn more about yourself and thus gain more self-awareness. Increasing the overall expanse of one's self-knowledge of motives, emotions, default beliefs, and ultimately discovering your genuine principles and values, contributes to the whole of human consciousness, as well. It is a contribution that may, and hopefully will, begin to alter our choices from unconscious reflexes to deliberate and wise decision making. Then, and only then, can we raise our species to the next evolutionary state which our potential promises: the Humane Being. And the only place one can actually begin this process is within and with Self. Carpe Diem! Buen Camino. And, may you all

Get Gotten!

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Foremost, I give thanks to my data source and inspiration Michael, and their later incarnation as the Consortium. But homage must also be paid to the men and women who have offered themselves as vehicles to bring in the collective body of work called the Michael Teachings (MT). Each has influenced me in important ways that have lead to the formation of these cards and descriptions. The compatriots in this list of contributors are not mentioned in order of importance, but rather in the chronological order I encountered them. They are: Nancy Wendt - my Task Companion, Larry Jensen, Vicky St. John, Chelsea Quinn-Yarbro: through her books, Holly Coleman - my long time friend and collaborator, JP Van Hulle, Aaron Christaeen, Jose Stevens, Simon Warwick-Smith, Larry Keveson, Jan Fiore, Ted Fontaine, Lori Gilbert, Shepherd Hoodwin, Emily Baumbach, Terri Benning, Sarah Chambers, Joya Pope, Larry Byrum, Phil Wittmeyer, Barbara Taylor, Troy Tolley, Victoria Marina-Thompkins, Dave Gregg, Carol Heideman, and Barry McGuiness. With special mention of Varda Hasselman and Frank Schmookle who have brought through a 'cousin' to Michael, DeQuielle (The Source) which has expanded and complimented my grasp of **the Michael Teachings**. **Lastly, I also thank the Michael Students at 7 Oaks Retreat in 2013 that encouraged me with feedback and suggestions.** If I have forgotten to include anyone who deserves acknowledgement, please know that it was a genuine forgetful omission, not deliberate commission to exclude.

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Cards™ Deck for free interactive use to the public: <https://www.michaelcards.com/>. Yet it is his intellect, and the wide swath of knowledge he has harvested, which informs our many hours of discussion and debate with a cornucopia of ideas and terminology that has abundantly seasoned what you read in these pages. The stimulating discourse and useful references from Richard Abbot deserve a shout-out. And then the essential Ardis “The Artist” Bow. Her ability to interpret and render my thoughts from stick-figure drawings into elegant graphics and logos; makes her, in my eyes, a true visionary! She transformed my ideas for the card backs into something emblematic and classy!

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Theory™ and Human Element™ dimensions and methodology, simultaneously clarified for me our base line behavioral sequence that is common to all of us, regardless of: race, nationality, education, gender, age group, or Overleaves. His centerpiece precept was presented in an evaluation module called Element B (behavior). Those stages of interaction begin with Inclusion, then Control, and finally a determination of how much Opennes we share. This ICO progression has strategically altered my understanding of the Overleaves Axis(see the New Axis – ICOA Chart end of Chapter 4), and is intricately woven into the 4 Phases & 4 Types of Relationship Model that Michael channeled through me in 1989, and I further developed since. Fourth, before I knew I was a Sage, and that teaching was endemic to my character, I was inspired, challenged, and intellectually shaped by the most clear and passionate teacher I ever had the pleasure, indeed the honor, to learn from: Mr. Albert Culver. While not particularly a spiritual man, his commitment to his students, his love of Economics, and his desire to see everyone be involved in their democracy, were spirited. I do my best to embody that spirit and emulate his passion in every teaching situation I appear. And lastly, my late friend and kindred spirit in comedy, who was a visionary about human character: Robert P. McAdam. It has been over 25 years since he chose to opt-out of life, but his brilliance, humor, and sense for truth, have never opted-out of mine. I still miss you old friend.

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Author Biography

Stephen J. Cocconi views himself as a Citizen of Earth. His core belief, and aim of his personal spiritual philosophy, can be summed up as: *we are all Spiritual Beings, on a Human Path*. To him that profoundly simple phrase means we should focus our attention and life force on THIS existence, here and now! And, in reality, history shows us that our species creates heaven or hell for itself by the way we treat each other, the planet, and ourselves. He is a *Practical Spiritualist* in acknowledging: whatever afterlife there might be, it will take care of itself. His degrees in Economics and Psychology, coupled with more than 30 years study of the Michael Teachings, have unified his interest in the study of motivation; i.e. what actions do we take *and why* are we driven to make those choices? The Michael Motivational Cards™ is a visual and tactile aid guiding people to “get gotten” on their motivations and translate that knowledge into more comprehensive narratives about their own living, and life itself. It is a vehicle for activating self-awareness and giving names to the deepest archetypes present in human nature. Once identified, and their function explored, accurate utilization of each motivational type aids in more definitive diagnosis of circumstances and the players involved, opening us to more creative and beneficial problem-solving. His purpose is to help usher in homo sapiens next evolutionary step: **the Humane Being**. *To learn more go to: www.michaelcards.com*