

THE “REALITY” OF THE BAROMETER

BAROMETER WORDS

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Многие кинезиологи считают, что вправе переделывать слова в Барометре на свои, не понимая, что во всех книгах используются эти термины из барометра 3в1 тел. 8 9104781863 Александр

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THE "REALITY" OF THE BEHAVIORAL BAROMETER

THE DESIRED STATE OF MIND ACCEPTANCE

CHOOSING TO

"Make a CHOICE to ..."

When you choose to accept what's going on right now, every option and alternative is available. We always experience our problems as being 'out there' for the simple reason that if we were to recognize and accept that the problem was within us, it would no longer be a problem. So we attempt to fight, run away or hide from the negatives in our life 'out there.' This, however, can't be done due to the law of polarity and in the long run guarantees that we concern ourselves with those parts of reality we denied. So we concern ourselves with what we don't want. Whatever principles we deny or reject we will most certainly live out. Strict avoidance of any aspect of reality indicates we have a problem with it. Grown children for example show the very behaviors they disliked in their parents. Ask yourself, "What areas of my life am I currently resisting and avoiding? These are the ones missing from consciousness making us 'un-whole.' Which means: the outer world acts as a mirror in which all we ever see is ourselves, and in particular—our denials.

THE DESIRED STATE OF MIND ACCEPTANCE

APPROACHABLE

"Capable of being approached, accessible," to which we add: "capable of approaching."

Approach-ABLE people are on the way toward what they want. We can be relaxed in our relations with people when we let the relationship fall into its own place. Let it develop spontaneously. Being real and ourselves we don't need to push the relationship, but roll with it, and that is enjoyment.

EMOTIONAL STATE ANTAGONISM

ATTACKED

"To be set-upon forcefully, violently or aggressively."

However, this is a two-way street. People who expect attack will perceive it happening even when it isn't happening at all. "Attack" itself means "to begin hostilities or to start an offensive against" an enemy. It takes two to tango in the attack game. Are you looking to BE attacked or are you being attacked? Of course this is a negative input (as you perceive it) from the outer world. Who or what (could be an organization) do you do you feel you're being attacked by? Could you be attacking yourself?

EMOTIONAL STATE ANTAGONISM

BOTHERED

"Harassed, worried or interfered with."

Bothered is how we act when a fly or a mosquito buzzes around our heads. We brush it away or slap at it, but it doesn't take much priority *because it's such a small thing*. Who or what (could be something you have put off doing) is bothering you? Not communicating or taking care of this irritation can only build this small mound into a high mountain which can become a major obstacle or stressor. What is one thing you can do now to release this irritation?

THE DESIRED STATE OF MIND ACCEPTANCE

OPTIMISTIC

Disposed to take a favorable view of things and to anticipate favorable results."

Why not? You're on a positive wave-length and on the move to gain your goals. Movement is of importance here since nothing can happen until we have motion. Motion creates active existence. Now comes a feeling of victory—a success. It's at this point that the opposite polarity can creep in causing you to Question yourself and go into self-doubt creating an unbalance. At this time it is important to stay with the goal, and trust the plan and creatively think of what else can be done rather than give up. Stability toward the focus with an optimistic attitude will manifest a reality.

THE DESIRED STATE OF MIND ACCEPTANCE

ACCEPTABLE

'To receive with approval or favor; to respond affirmatively.

Why not? You might as well accept the current reality. Otherwise, how could you ever deal with it effectively? An externalized behavior, this means accepting what's going on and moving with it. (*Movement* in our Emotional Body is the most self-healing act we can perform.) Not only do you accept "it," but "It accepts you. In your acceptance of others, they find themselves able to accept YOU.

EMOTIONAL STATE ANTAGONISM

QUESTIONED

"A subject of dispute or controversy."

The real issue here is *feeling that your own personal authority is in question*. Who or what (could be the tax board, the law or other organization) are you feeling questioned by? It could be your own questioning of yourself. Example: If you're asking yourself "Why am I not getting ahead in my profession?" or "Why am I not popular?" you'll get dumb answers such as 'You're not good looking," or "you have a lousy personality," or you're not very smart!" etc. Ask instead, "What can I do to get further into my ANTAGONISM?"

EMOTIONAL STATE ANTAGONISM

BURDENED

"Loaded down with, carried with difficulty, or an unpleasant obligation."

We can only take on burdens when we *accept* them. Many times we take on burdens when they are not even ours. Someone isn't doing the job the way we want it, or not doing it at all. We're feeling responsible and so we feel "we have to do it all by ourselves." We don't feel we have the support we want and don't ask for it. We assume the other person should see our burdens and help us. Ask yourself, "Who can I ask for support?" or "What's one thing I can do to take a burden off my shoulders?" or "What burdens am I carrying around that are over and done with?"

THE DESIRED STATE OF MIND ACCEPTANCE

ADAPTABLE

Adjust fittingly according to different requirements, environments, etc."

And why not? This internalized awareness provides the freedom to reach past your Belief System and "go with the flow. We all have an autonomic nervous system that processes information and causes organs to respond. Our body temperature is regulated and adapts to the outside environment as does our heartbeats, lungs—every function of the body. Our entire body and mind is adaptable. We have two brain hemispheres with two points of view. Although most of us work from the linear brain side-figuring and judging, the other point of view from the right brain can give us a different picture. Using both, we can adapt to all situations we experience.

THE DESIRED STATE OF MIND ACCEPTANCE

WORTHY

Of commendable merit, character or value."

Literally, this speaks to awareness of self-worth. You know your own worth. There's no excusing your behavior. You have accepted your responsibility. You fulfill your commitments, nothing's hidden. People know where you stand and you don't back down from necessary confrontations. You are who you are; you do what you do. Our anxiety comes from trying to be perfect—and act that way. Self-worth comes from not trying to make a good impression. Our "I" wants and needs only create anxiety and separation. For "I" means there is a "You" and we now have a polarity split. Rehearsing verbal scenes beforehand or trying to be clever only underscores our basic anxiety causing awkward self-expression and dumb actions. *Not trying* to be worthy starts an inner change you'll definitely feel and your confidence will gradually rise naturally.

EMOTIONAL STATE ANTAGONISM

ANNOYED

'To be *disturbed* in a way that displeases or slightly irritates."

Internalizing your reactions, you think about them. Thinking about someone or something takes energy. If you're thinking about many things, you're expending a lot of energy which can deplete the energy you need for yourself. You feel tired and unproductive. Ask yourself, "How can I adapt more to the situation?" or "How can I be more productive?"

EMOTIONAL STATE ANTAGONISM

INDIGNANT

"Expressing strong displeasure at something deemed unworthy or unjust."

The key word is "expressing." Now the antagonism you've been holding is clearly coming out. It is coming out like an attack because you didn't express how you felt when your self worthy-ness was questioned. How can you reword your response from a "You did this to me" Or "You made me feel..." to "I'm feeling very disturbed over this situation, and what I want is a good relationship with you." When you're only talking about what you're *feeling* and what you *want* it is not an attack on the other person. If the other person wants the same thing the behavior will probably change.

THE DESIRED STATE OF MIND ACCEPTANCE

DESERVING

"Qualified for, or having a claim to, reward or assistance because of one's proven excellence."
Internally, you value yourself and know that you're worthy of being treated with respect and appreciation. We're usually too timid, however, to ask for what we've qualified for. We're afraid that if we ask for too much others will oppose us and we would end up being disappointed. Most of us are afraid to take risks. Dare to explore, even while doubting the outcome. Sure we'll have some ups and downs. Being willing to Accept and experience *both* will bring these two polarities together as one. If you think others have the power to hurt you, you will get hurt and upset. Your expectancy will draw this to you and that's what you'll experience. The alternate brain part of you *cannot* get hurt. The dominant brain part of you can only get hurt // *you accept it*.

THE DESIRED STATE OF MIND ACCEPTANCE

OPEN

"Open Mindedness."
Here it is "accessible, unreserved; one who does not use or seek concealment; having or showing a mind receptive to new ideas." New ideas give you the strength to do and be more. To *do* more is to *be* more. New ideas help us to change the way we see things, the way we think and feel. As our attitudes and viewpoints change, we also change in an elevated way.

EMOTIONAL STATE ANTAGONISM

OPPOSING

"To act against or provide forceful resistance; to stand in the way of, to hinder or obstruct."
When you push against another, either physically or verbally, there will be an automatic resistance to the pressure. The other person does not want to be pushed down and so will hold his or her own ground as the feeling is "I don't deserve this!" Releasing your opposing stance will relieve the pressure on both sides. Put yourself in the other person's shoes and think of the justification the person is using for the behavior being shown which brings up such opposition in you. Ask yourself, "What other ways can I use to express my needs?"

EMOTIONAL STATE ANTAGONISM

INADEQUATE

"Not adequate, inept, unsuitable, insufficient."
You don't feel you have the ability, strength, resources or weapons to actually *win* when push comes to shove. In such stress, it's flight or fight. And if you can do neither of these two things the energy created by the adrenals and other chemicals in the body will not be expended and can remain in your system and become toxic. An animal in flight or fight will use up these chemicals and carry on with life. Acknowledge how you feel, then ask yourself "How can I become more adequate in this situation?" Then listen to the answers you receive. Your body wants to survive and can give you several answers to the question.

THE DESIRED STATE OF MIND WILLING

RECEPTIVE

"Having the quality of receiving or taking in, able or quick to receive knowledge or ideas."

The prefix "re" adds the implication that this is the usual state, since "re" means "again." Once we're WILLING for positive change, it's easy to be "Receptive" to what ever is happening. This positive change needs to start with a change in self. Changing the exterior conditions without first altering your inner self is a sad waste of energy. You can move your residence, change jobs, even acquire new friends—but unless you've made the change first you'll find you're creating the same experi

THE DESIRED STATE OF MIND WILLING

ADEQUATE

"Equal to the requirements or occasion; fully sufficient, suitable or fit."

An externalized reality, we believe ourselves to be "adequate" to whatever is necessary, and so does everybody else. "Whatever is necessary" may also include feeling inadequate, that something is wrong. The idea that something is wrong implies that there is a *right* answer. By being willing to experience inadequacy and not denying, it will give you the information for choices that are *right* for you.

EMOTIONAL STATE ANGER

INCENSED

'To light a fire or fuse."

The word carries with it the connotation of "to inflame with wrath, or make angry." The anger is there, all right, but at this stage, the effort is to keep it under wraps, concealed, *internalized*. You've closed the door on being "receptive" to new options or alternatives. You might ask yourself how someone else might do it.

EMOTIONAL STATE ANGER

FURIOUS

"Full of fury, violent passion or rage."

This feeling could be the result of not feel adequate to handle the situation in any other way. This is not the point of doing physical battle though. However, it shows in body posture and most likely in words or tone of voice. Anger is only a secondary feeling. Ask yourself, what were you feeling before the anger. Maybe the feeling was of being *hurt* or the feeling of *not being considered*. Something was felt before the anger. As long as you're holding this anger, you're going to stay with past experiences when you were feeling the same way. If this is so, you'll probably do the same thing as you've done in the past. Release the past. Ask yourself, "What is another behavior I can use to handle this situation?"

THE DESIRED STATE OF MIND WILLING

PREPARED

"To put in proper condition or readiness; to put things or oneself in readiness."

Because of all of the above, of course we feel "Prepared." And we are prepared; in fact, our preparation takes place as an automatic matter-of course. Internally, we're ready for "what's next" — whatever that is. Lao-tse says it best: 'Take precautions before the evil appears; regulate things before disorder has begun."

THE DESIRED STATE OF MIND WILLING

ANSWERABLE

"Able to answer," therefore *having* the answer." Webster says, "liable to be asked to give account; responsible, as to a person or for an act."

But there's more: being ABLE to answer implies the emotional and physical capability of standing up and speaking the answer—a very strong, self-assured position. That's how we act externally. It's the inner reality, too. We know we have the answers. We depend on no authority. We do our homework. We're just fine on issues of old information, new information and our own originality.

EMOTIONAL STATE ANGER

OVER-WROUGHT

"Worked-up or excessively excited."

Actually, the word comes from the process of wrought-iron, in which iron is heated so that it can be shaped into a design. "Over-wrought" suggests that the iron has been re-heated too many times and is in danger of becoming brittle or broken. This feeling takes place *internally*, because it is suppressed anger. You are not "Prepared" for what's happening. Ask yourself, "How can this situation be resolved in some mutually profitable way?"

EMOTIONAL STATE ANGER

FUMING

"Implies a condition of "smoke-like or vaporous exhalation, especially of an odorous or harmful nature."

When we "fume" our anger almost can be smelled, if not actually seen. It can be seen, though. The person's body appears to be in a struggle to move or not move, to speak or not speak—the impression is a sort of rocking motion. As we reflect upon the situation, we think the blame is all theirs. We are not the "answerable" parties. That's how we think, that's how we talk; shame and blame. This only makes matters worse. Ask yourself, "What part did I play in this scenario to bring about this condition?" Once we acknowledge our contribution, we can move in the direction of healing it.

THE DESIRED STATE OF MIND WILLING

ENCOURAGING

"To inspire with courage, spirit or confidence."

The prefixes "en" and "in" are pretty much interchangeable. Both mean "in" and "into." So encouraging means "putting courage, spirit or confidence into yourself or another person. A positive internal self-talk, "Encouraging" extends from ourselves to others as well. Where-ever we are, people feel encouraged by our example alone.

THE DESIRED STATE OF MIND WILLING

REFRESHED

"To provide new vigor and energy by rest, food, etc.; to make fresh, re-invigorate or cheer a person, the mind, spirit, etc."

How does a person act when feeling "Refreshed?" An external behavior, "Refreshed" equates with "alert" and energized." The energizing, refreshing state expands throughout the whole body. Energy transitions are associated with changes in feeling in ourselves. The more the whole body is

involved with new experiences and feeling, the easier will be our learning of these new experiences and in the process the gentler will be the changes in feelings. However, when we tend to deny messages from the body, to only experience "the good stuff," we've now contracted our body-mind into limited areas. In this limitation, the more intense our pain will be and the harder it will be to learn from the experience. Let the feeling play itself out in a bigger playground, learn the lessons from it so it doesn't have to keep appearing until we learn what we need to from this experience.

EMOTIONAL STATE ANGER

SEETHING

To be in a (negative) state of agitation or excitement."

Specifically to be near the boiling point—the bubbles are beginning to rise but the water's not boiling yet. Ask yourself, "What are you saying to yourself over and over and over again?" Now put yourself in the other's position. "What is the other person saying over and over and over again in this situation?" Staying in the other's shoes, what do you think the other person might "encourage" to resolve this?

EMOTIONAL STATE ANGER

FIERY

"Intensely hot, like or suggestive of fire; flashing or glowing (as in the eyes)."

The person is *ablaze*. The face will flush with heat and the whole body will strain to strike out at the opposition. Momentarily, this *external* flare-up will make us feel "Refreshed." Yet the result is not positive. Take a pause—go for a walk, cool down. Think ahead five years. Will my behavior now affect me in five years? If yes, ask yourself, "How can this be resolved to be mutually beneficial for all concerned? If not, how much energy do you want to spend and how long do you want to keep losing this energy?"

THE DESIRED STATE OF MIND WILLING

INVIGORATED

"Filled with life and energy."

We begin to appreciate the abundance of positive energy within us. Internally, energy bubbles up with re-assuring, and loving reoccurrence. This will happen when we're above and beyond our conditioned mind. A conditioned mind is strictly limited in its activities-meaning we set limits on ourselves and then live up to them. When we don't set limitations, we're willing to break into the unknown, the unconditioned.

THE DESIRED STATE OF MIND WILLING

AWARE

Having knowledge; conscious, cognizant; informed, alert."

Since this is an externalized behavior, others see and appreciate how "Aware" you are. So do you; in fact, you amaze yourself with what you notice and how MUCH you notice if you're really aware! How many of you are aware of the enjoyment that food can bring? Do you pay attention to the taste and texture, or is it something you do while putting your attention on the TV movie or ironing out the family problems around the table. What about sounds, pressures, touches and smells. These senses are there not only for our pleasure but for our survival such as the smell of gas when it has been left on. When was the last time you really looked, seeing everything in

perspective with your mind and eyes alert. Being aware focuses us more in present time and can help us see more objectively.

EMOTIONAL STATE ANGER

BELLIGERENT

"Warlike, given to waging war; of warlike character, aggressive, hostile."

You may want to smash their stupid faces, so angry you could kill. Such thinking turns on adrenaline even if you're sitting still. You feel the surge of energy, but keep these feelings to yourself. There is a part of you that is *not* angry. This is the part of you that is observing that you're angry. Talk to that part. "What is my justification for keeping this feeling? Is this do to some restrictive belief I have about myself?" Write down the answers you get. You do not need to get pulled into another person's drama by matching it.

EMOTIONAL STATE ANGER

HYSTERICAL

"The state of being in an uncontrollable outburst of emotion or fear characterized by irrationality." *Irrationality* tells the whole story. When hysterical, we sacrifice conscious CHOICE and our "Awareness." Instead, we react externally in stupid, mindless ways—blind range, for example. However, because we've been taught to suppress and repress our violent reactions, then they explode either verbally or like a white phosphorus bomb exploding in our head. You may be in the trap of *perfection*. Shift your focus away from the fear of past preconceptions, away from the anger toward yourself, your parents, your spouse or co-workers. Don't get lost in petty details. Focus on the present and enjoy what you're doing, just because you're doing it.

THE DESIRED STATE OF MIND INTEREST

FASCINATED

"Attracted and held spellbound by a unique power, personal charm, unusual nature or some other special quality."

Free from Belief System restrictions, you further amaze yourself with how MUCH everything begins to Fascinate you. An internalized state, "Fascinated" equates with wonder, with awe, with delight. Now is the time to enjoy fully your voyage of life, whether you're sailing toward a material goal or a psychological one. As long you're traveling along with the right attitude, you can completely relax. Even become Fascinated with the stormy emotions and mental confusions and be curious as to what the results will be. You only need to make up your mind to enjoy the voyage.

THE DESIRED STATE OF MIND INTEREST

TUNED IN

To give our full attention, paying close attention to what others do, say, or imply."

Tuning in to what your body has to say is like knowing when an instrument is out of tune and then knowing how to tune it. Every infection starts with a conflict—being out of tune—which then takes on physical form. Denying the conflict only causes it to justify its existence. If we're not able to open our consciousness to conflicts that irritate us, well, the body will probably take on that irritation. Our body is a mirror expression of our conscious mind. Just like the clothes you're wearing are a mirror of a designer's original idea. Tune into self and give your full attention to what your body has to say or imply. Finding out what conflicts in your life you're failing to see or failing to admit to could be a good start.

EMOTIONAL STATE RESENTMENT

HURT

'To feel or suffer bodily or mental pain.'

And what causes us this bodily or mental pain? They have not shown us the "Fascinated" interest we want them to show, the interest we so desperately desire. An *internalized* state, we now use silence as the weapon of resentment. There's a lot of mind-chatter going on, though, as we try to make ourselves right and our opposition wrong. You may resent not being appreciated, or misunderstood *because you ignored your own needs* in order to give what you gave. Are you clear on your purpose for the coming years? Think about it!

EMOTIONAL STATE RESENTMENT

EMBARRASSED

To feel uncomfortably self-conscious and shamed."

But "embarrassed" has another very significant side: when "Embarrassed" we "put obstacles or difficulties in the way of progress." Why? Because the people we're interested in have not 'Tuned in' to our needs and feelings. We feel unsure of ourselves, and we act that way. Since this is an externalized state, everyone can see us act-out "self-conscious and shamed." And the "obstacles" we put in the way of progress. When we're embarrassed, no one can reach us. Even when we're complimented, our self-conscious state immediately turns us inward again. The obstacle is our unwillingness to deal with the issue in Present Time. This hurts us more than it does them. Of course, "embarrassed" always ends up unproductive—it's such a self-serving, self indulgent behavior. Since it fails to produce the interest we want, we turn inward again to "think about it." Failing at anything causes us guilt and self-doubt. Acceptance of failure may fittingly be an expression of the virtue of humility and we can learn a lot. If you're not having some failures, you're not taking enough risks.

THE DESIRED STATE OF MIND INTEREST

NEEDED

A condition marked by the lack of something requisite, or a lack of something wanted or deemed necessary."

We don't mean the Webster definition here. Instead we look to his definition of "Necessary" which means "being essential, indispensable, or requisite. Internally, you KNOW that you— your abilities, awareness and talents—are needed in this relationship or situation. You know where you fit in and HOW to fit in. However this can backfire if you feel the need to be helpful to others for their approval. Helpfulness can be a great virtue unless you're dependent of the expressed appreciation, attention and affection of those you serve. You may think of yourself as totally self-less, where as you could be very dependent on their appreciation. You may not directly ask for something, but could indirectly attempt to make the other want to give it to you. Being truly needed is not playing rescue against their will and giving unasked-for advice.

EMOTIONAL STATE RESENTMENT

WOUNDED

"Suffering from bodily harm; as a laceration, bullet wound or the like."

Here we are speaking of emotional wounds and they can hurt much more than physical wounds. We are not "Needed" by those we feel should need us. Self-justification takes priority; we *internalize* our resentment, mull it over, think about it and try to find some way to make ourselves right. Helping others is a great virtue and we deny our own needs. Thinking of ourselves would be selfish, yet we may be doing things for others for their love and appreciation. "You don't love or appreciate what I've done for you!" Although you may think of yourself as totally selfish, ask yourself: "What strings are attached? Although you may never ask for something, indirectly you want something in return. If your compulsion is to always be doing for another and not to do something just for yourself, you may be losing yourself in someone else's life. Find a balance between giving and receiving. Support others, but also accept support.

THE DESIRED STATE OF MIND INTEREST

WELCOMED

"You feel and ACT welcomed in this situation or relationship."

You're glad to be there, glad to be doing what you're doing. An external behavior, this means that we're providing welcome as well as feeling "Welcomed." People are glad just for the pleasure of meeting us or being with us, just the way we are. You don't need to impress or pretend to be something you're not. Isn't it a great feeling to just be you? So often we feel we must pretend to be more than we think we are. The secret is, you already are what you're pretending to be.

EMOTIONAL STATE RESENTMENT

USED/ABUSED/CONFUSED

This works in a progressive sequence.

Used: We wanted to feel "Welcomed" in the situation, and we did our best to make ourselves welcome. In fact, we over-extended ourselves to do so. Since the response isn't what we wanted it to be—we blame them. However, you had to surrender to being used. The more you surrender, the more you contribute to the person's egotism and the worse the situation becomes. Do you think a weak person is thankful for what you've done? The person will only demand more. You can do your best to understand the person but never coddle—it will only get worse. Our rationalization: we've been "Used."

Abused: With that rationalization in mind, we think about it and (to make them wrong) decide that we've been Abused (meaning humiliated and hurt) because they treat us with such cruelty or disinterest. However we stay around because we really care. Keep in mind that you may be very loving and caring of your pet dog, but it will still bite you if it is sick.

Confused: Last in sequence is "Confused," a suit of armor that will not protect us from the enemy against which we armed ourselves. It only delays the inevitable resolution of the issue. Using your mind as a shield means you don't trust yourself or others. Trust and acknowledge your feelings enough to open your heart, take an emotional risk and share your feelings. If you're then put down for those feelings, you'll know you never had a meaningful relationship with this person.

THE DESIRED STATE OF MIND INTEREST

UNDERSTANDING

"Superior powers of discernment, enlightened intelligence; skill in dealing with or handling something; the power of abstract thought, logical."

Of course! With all-of-the-above on line, you've seen, sensed and become aware of so much more than most folk ever will. Internally, you're empathetic, discerning and cognizant. In our understanding we also need to take into consideration the opposite pole of "Unappreciated." For without this understanding of polarity we'll not learn what "Unappreciated" has to say to us. Of course it depends on our particular standpoint which of the two sides of this coin we happen to see at one time. However, polarities go together to make a unity and are dependent on one another for their very existence. Without taking into consideration both poles, we won't have the power of discernment. We have to experience them in action in order to find their mid-point, therefore making them one.

THE DESIRED STATE OF MIND INTEREST

APPRECIATED

To be valued highly; to have others (and, hopefully yourself) place a high estimate upon (you)," also "to be grateful for (their/your) appreciation" as well as "to raise in value your estimate of self and others."

This is an external behavior, which means that you recognize appreciation when it comes your way and validate it, as well as giving appreciation where it is (genuinely) merited. It shouldn't be something that you do to get this appreciation, it is something that you *are*. What you are and what you do are really *one*. A truly kind person acts with kindness. A cruel person with cruelty. Someone may act 'Interested' in you and present a kindly face, until he or she feels 'Rejected'—then watch the behavior change, revealing the person's real self—who they really are. What they *do* is who they *are*.

EMOTIONAL STATE RESENTMENT

UNAPPRECIATED

"Not appreciated."

And what does the verb *to appreciate* mean? It means "to value highly; to place a high estimate on," also "to be grateful for" and "to raise (increase) in value."

"An *internalized* activity, "Unappreciated" means we're driving more nails in the coffin of our Self-esteem. Our opposition gives us no "Understanding." You get so preoccupied with all that makes you special because of your past experiences that you feel no one can understand what you've gone through. Suppressing your behavior in an effort to hold or win someone because you know that person would never understand the real you, will only bring unreal rewards. Behaving in the way you think the other person wants you to will not help the person really understand you. With this in mind, ask yourself, "What special message do I have for the other person? What special message do I have for myself?"

EMOTIONAL STATE RESENTMENT

REJECTED

'To be thrown away or discarded as worthless.' - to which we must add again because of the prefix RE.

A very painful experience to have—*again*. The word itself demonstrates you're familiar with rejection. Of course! You're used to feeling NOT "Appreciated." However, to believe you truly are rejected means you need to make no more effort to achieve the *interest* you want thrown back to you. Experience is meant to teach and evolve, and repeated experience is only meant to go on as

long as the lesson is needed. When understanding comes, the repetition is no longer necessary and we are free to move on. Acceptance acknowledges all of our feelings first and lets them open our minds to accept more of our spiritual presence. Accept everything involved and then ask yourself, "What have I learned from this repeated rejection?"

THE DESIRED STATE OF MIND INTEREST

ESSENTIAL

"Absolutely necessary, indispensable."

The word also carries the connotation of "spirit" - the true spiritual essence of a human being. In daily life terms, however, this position means that, internally, you are fully aware of your absolute importance to the relationship or situation on-line. You ARE the essence of that relationship or situation. This is not in what you do, it is in having complete acceptance of the other person without any expectations—no resentment, self-pity or justifications. We are chained to anyone we have a charge on-negative or feeling responsible for. When we're over-responsible we have a tendency to make decisions for them. Decisions of even holding back information because "It is best, they needn't be burdened with more," is also not giving the person the power of choosing for himself or herself. Essential only means *being* there for the person.

THE DESIRED STATE OF MIND INTEREST

CARING

"Caring about" — Not caring for." Webster defines caring as: "giving serious attention to, taking heed or caution about" something or someone.

This is NOT a "nursing" job. Caring about someone or something simply means your INTEREST is so real, so deep that you think about it consciously almost all the time, that you are concerned with its positive outcome. This is an external reality; they know you care, you act in a caring manner. There is no criticism, for the honest effort the person is making can only arouse a genuine tenderness to seeing someone doing the best he or she knows how right now. This should be the same attitude we should have for ourselves when we falter at times towards our one-ness. Our sincere intention to do the best we can, right now, is what matters.

EMOTIONAL STATE RESENTMENT

DUMB

Dumb has two meanings: "Mute" (voiceless) and/or "stupid."

We mean both—with the priority on *mute*. Silence is the weapon of resentment. It's an effective way to manipulate others. When we *internalize* our resentment, we retreat into sulky silence until we figure out what it is we really want to do or say. Yes, we do feel "stupid" because we failed our purpose. We wanted to feel "Essential" in the relationship and now, clearly, we aren't. You may put on the mask of being confident, calm, or even aloof, however it is only covering up an underlying insecurity. Ask yourself "How can I be more creative and of service?" This will increase your energy and movement and you'll become more secure with yourself.

EMOTIONAL STATE RESENTMENT

OFFENDED

"To have been caused resentful displeasure and irritation."

It's an extremely self-righteous position—strictly "eye-brows up." Our opposition has failed to realize our true worth. Otherwise, why would they behave with such a lack of consideration? Of course, our high-minded superiority doesn't work. Why should it? In our hearts we know we bear some of the guilt. Confronted with the failure we now have to live with, we decide to continue our "rightness" —on the surface at least. This puts us in the position of having to act-out being as perfect as possible. This is the time to gain the support of people around you. Everything in nature

moves in waves—going up and going down. Such cycles are expected. If you have been too negligent and let things slip by, now is the time to go into action and repair the situation. Reach out and communicate.

THE DESIRED STATE OF MIND ENTHUSIASM

AMUSED

"Touched by a Muse" —one of the Greek goddesses associated with the arts, charm and beauty. Webster defines "Amused" as meaning "pleasurably occupied, entertained, diverted."

The word has attributes of divine awareness. An internal awareness, you're smiling most of the time, maybe even chuckling. Situations are not always pleasant and can certainly bring surprises, like going to a party dressed up in a costume and it's not a costume party at all. You can certainly feel silly, annoyed and embarrassed or just enjoy the party. Let the situation be whatever it wants to be. Having a cheerfully flexible mind is certainly a more peaceful mind.

THE DESIRED STATE OF MIND ENTHUSIASM

JUBILANT

"Singing and dancing in praise of something (usually God), also "showing great joy or triumph, exultant, rejoicing."

Externally, you hum to yourself or sing. Your feet tap to a silent melody, you're having a happy time. Whatever you're doing on a conscious level is going to be reflected throughout the body. As you hum along, so do all the cells of your body in a harmonious, healing way.

EMOTIONAL STATE HOSTILITY

TRAPPED

"Caught in 'a mechanical device that springs shut *suddenly*, a pitfall or a snare."

Emotionally, we're caught in an embarrassing situation and don't know how to get out of it. This could be because we don't live up to the demands others put on us. Parents, church, and society in general impose hypocritical standards of conduct, which we take as true. If we don't live up to these standards we feel guilty, anxious, or trapped. We may feel we owe them something. They may *tell us* we owe them something. The truth is, they want something from us. Our duty is to ourselves first in discovering our true self and potential. Their duty is to do the same thing. We were not brought here to live someone else's life for them. We were brought here to create and to learn, so don't get pulled into someone else's illusions. When the time is right, we'll effortlessly produce what we have to give for others to enjoy. Ask yourself, "What have I learned about myself in this situation?"

EMOTIONAL STATE HOSTILITY

Picked-on

"Comes from the word 'pick' which is a sharp instrument that 'pierces, indents, or drills into' something else.

Picked-on means repeatedly pierced with a sharp instrument, such as a very sharp, and usually sarcastic tongue. This is an *externalized behavior*, so others see and hear us doing a lot of complaining in an effort to make ourselves right and the opposition wrong if we're picking on them. If we feel we're being picked-on, it's like someone always moving towards us, jabbing and poking. If there wasn't some jealousy on their part, they wouldn't need to put us down in order for them to be put up. We can only be picked-on when we accept that role. Trusting, with enthusiasm, and not buying into their script will leave no dent.

THE DESIRED STATE OF MIND ENTHUSIASM

ADMIRABLE

"Admire," interpreting its Latin word roots literally means "worthy of a second look." Webster

defines the word as "to be regarded with wonder, excitement, reverence."

This is an internal awareness you keep to yourself. Yes, it pleases you that others find you "worthy of a second look." Taking an internal "second look" at our mind-body interaction is what is most important and necessary in understanding their relationship as a whole. Consciousness acts inside our body producing all the various activities we enjoy that make up our lives. These acts can be elating or extremely dull. However, when our stream of consciousness enters into the physical stream of our body communicating and making changes—which can be a blessing or not—we should certainly regard the way we are put together with wonder, excitement and *reverence*.

THE DESIRED STATE OF MIND ENTHUSIASM

ATTRACTIVE

"Also contains the meaning 'able to attract' and 'attract-ING."

You externalize this in your appearance. Sure, you might lose weight or gain weight—or whatever—but so what and who cares? You're looking your best RIGHT NOW. You know it and that gives you pleasure. A person is really attracted to the outer expression of what you inwardly are. So, let your inner self shine for all to see.

EMOTIONAL STATE HOSTILITY

Put-upon

"Ill-used, maltreated" - which implies "treated unfairly or unjustly."

Put into a position of doing something for someone without you being given any choice in the matter is certainly being put-upon. This, on your part, may be a tendency for you to overdo for others. The conflict is you hate to disappoint anyone. You resent it, because you ignore your own needs in order to give or accommodate someone else. And those you've accommodated will certainly feel some resentment from you. Your true value to yourself is to do less and allow others to do more.

EMOTIONAL STATE HOSTILITY

FRUSTRATED

"To have one's goals or plans blocked, thwarted, or to feel worthless, disappointed."

We're talking goals which others block us from obtaining. It's a much more romantic position; it suggests that we really are creative, "Attractive," purposeful people—when in reality, we're only trying to justify our not reaching our goals. NO EXCUSES! Step out and exercise your risk muscle. Once you conquer your own subconscious illusions and repressed fears, the universe will step in and assist you and you'll be stronger for it.

THE DESIRED STATE OF MIND ENTHUSIASM

DELIGHTED

"A high degree of pleasure or enjoyment, joy or rapture."

This internal enjoyment is so satisfying, such a source of good feeling that it makes everything worth the effort. Whenever the cells within an organ or muscle are doing their job well, working toward the whole of our being surely brings joy, radiating throughout the body. Cells that know what their jobs are, work in harmony. When these cells are working in dis-harmony they fail to listen to each other and the result is illness. Acknowledging the body for what it does for us will surely be listened to and responded to with joy. We don't usually even think of our bodies unless we're hungry, need the toilet or become ill. So, a little praise now while it's doing well for us, can prevent a "cell strike" later.

THE DESIRED STATE OF MIND ENTHUSIASM

EXCITED

"Stimulated to activity, brisk; set into motion, animated."

Externally, this shows in how you move, how you breathe, the excitement with which you speak. It's infectious, charming. When they're with you, people "catch" your excitement and it creates excitement in them. Excited is doing wholeheartedly whatever you can right now— Present Time. Despairing over what you cannot do is only energy draining. Excited is taking risks, being more aware of new ideas and opportunities. Whatever you set out to do, do it with emotional excitement and energy will follow.

EMOTIONAL STATE HOSTILITY

DEPRIVED

"To remove or with-hold something from you that gives enjoyment or that you possess."

"They" are keeping from you what you want to have, or what you need. An *internalized* state, this means you're feeling personally insulted, as well as deprived, because of the denial of something you feel is justly yours. Our actions in life are a result of the way we see life. Seeing something is the same thing as possessing that something. Awareness of something new may change things for the better. Everything is always changing. Change old flowers for fresh ones and the whole atmosphere of the room changes. Hanging on to the old may deprive us of the new... a new experience ... a new beginning even a new possession.

EMOTIONAL STATE HOSTILITY

SARCASTIC

"Harsh or bitter derision or irony; a sneering or cutting remark."

We will only feel cutting remarks when we personalize them. The person sending them has no power to touch you. We wrongly assume people are mature, reasonable and considerate. By understanding this and if you don't personalize it emotionally, this insight can be your protection. The other person's cruelty is not your problem; the problem lies with Mr. Or Mrs. Sarcastic. This is one way to hide inner conflicts and confusions. If you give power to that person, then you'll feel the repercussion.

THE DESIRED STATE OF MIND ENTHUSIASM

ALIVE

"Not dead or lifeless; filled with verve, vivid, vibrant."

A self-fulfilling prophesy, "Excited" re-cycles into a feeling, internally, of life-ness, well-being, almost wild enthusiasm for what you are doing, for what you're accomplishing—for your increased awareness. Our awareness needs to include both poles for its very operation to create a tension between them. This will create a source of energy and motive power for us as we pursue our path towards unity. The electric light only works because of a tension between two opposite polarities. Our challenge is not avoiding, but experiencing everything. Through experiencing Vindictive-ness, the opposite pole of Alive-ness, will come the answer to what we need to know right now.

THE DESIRED STATE OF MIND ENTHUSIASM

TRUSTING

"Reliance on integrity, strength, ability; a confident expectation."

With all of the above on-line, now you find yourself capable of trusting in positive outcomes—eagerly (enthusiastically) waiting to see things turn out FINE! Trusting yourself, you trust those worthy of trust. You're moving ahead, you're making progress—life is GOOD! You can afford to trust others because you know you can trust yourself. Trust brings en-*light*-ment With-holding brings *dark*-ness. Darkness is only the opposite polarity in order to make light visible. Darkness has no power over light because light always dispels darkness which is why it has to avoid the light. Trusting to too/cat our denials (which we have put into the dark in order not to see them) in itself will help to dispel them. Our denials remain evil and fearful only as long as they stay in the

dark.

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MOTIONAL STATE HOSTILITY

VINDICTIVE

This comes from the Latin verb which means "to vindicate yourself;" to prove that you are right—which means, of course, that those who oppose you are wrong. Webster says: "Inclined to revenge" and "having a vengeful spirit."

We Americans call it "getting even." If we're being vindictive, we're putting a lot of energy on that person. If we have that strong energy connection, then that other person now has a connection to us. Energy can then be drawn from us and we lose all around. Both people need to be involved in order for the energy to connect. Instead of trying to stop this energy, let it pass through, like a breeze. Eventually it will play itself out.

EMOTIONAL STATE HOSTILITY

With-holding

'To refrain from giving or granting; to hold back."

What a wonderful way of getting even! "I won't tell you what you need to know." And, "I won't give you what you want to have." "With-holding" indicates that you know what is needed and you refuse to give it. This is the miser position, the hoarder, the obstructionist, the *deny-er*. This surfaces in overt behavior; there's nothing hidden about it. To With-hold from another is to With-hold from yourself the very thing you want from that person. In order to stay in balance there needs to be a give and take. This principle is in all of nature. The Orientals describe it as yin and yang. With breathing, you're breathing in and breathing out. Giving all the time without receiving is also creating an unbalanced state. The key is harmony. It is the alternating of the gathering-releasing process that keeps the harmony.

THE DESIRED STATE OF MIND ASSURANCE

MOTIVATED

'To be prompted to act in a certain way; volition, incentive."

And what prompts you? Your ENTHUSIASM, of course! You're a self-starter, you're on the move. You know where you're going. Intention, or purpose, is the real cause of everything that ever happens to us. Being clear on our end purpose is important. Intention operates on us from the future and so causes evolution to work towards a given goal. Our intention to start a Center, for example, is still in the future, but is the basis of motion which motivates us to create an active existence toward manifestation.

THE DESIRED STATE OF MIND ASSURANCE

DARING

'To have the necessary courage to do something." Our definition is "*willing to take the risk.*"

Everyone can see this external risk-taking; it's something to be admired—by yourself and for yourself as well as by "them." Risks are necessary in order to mature and stay healthy. Daring to take risks turns on our emotional body, which in turn stimulates the adrenals and hormones—the chemicals in our system—which turns into action. A teenager who is so protected and does not take any risks will end up with a boy's mind in a man's body. Because he hasn't learned to cope with the risks of responsibility he will be a mental invalid. Risks stimulate the body and create -alive-ness. A man inquired about what he could do with his fish who were sluggish and not very much alive. The answer he got was "Put a predator in the fish bowl." The fish responded with much more "alive-ness." Daring to take risks is a nice tune-up for the body.

EMOTIONAL STATE FEAR OF LOSS

LET-DOWN

"Diminished in force, energy or power; disillusionment."

What a great description of "not *Motivated*"! If you've let someone down, tell them about it—communicate. It's a *given*, it has happened. Acknowledge it and move on. It is not the outer-action that brings you unhappiness; it is your inner feeling about that action that causes you pain.

EMOTIONAL STATE FEAR OF LOSS

NOT-HEARD

The phrase speaks for itself. We may have stated our feelings; they didn't (appear to us to) listen. If you're used to being "Not-heard" you expect to be "Not-heard." And expecting that you won't be heard, you probably wouldn't recognize that someone really has heard you. Then again, did you dare to *really* say the truth, or did you water it down and assume the other person would know how you really feel or what you wanted. If you used a YOU message, i.e. "YOU didn't do this" or "YOU never take me into consideration," will only create resistance in another and turn hearing off. A better way would be to only express what you're *feeling*, what you *want* and what you're *willing to do*. Example: "I'm not *feeling* comfortable right now with our communication. What I *want* is to really hear what you have to say and to be clearly understood myself. What I'm *willing to do* is to stop all the activities I'm doing and devote my time and attention to really listening and also clearly stating my own needs."

THE DESIRED STATE OF MIND ASSURANCE

PROTECTED

"To feel defended or guarded from loss, annoyance, insult, etc.; to be shielded from injury or danger."

Having taken the risk—and succeeded—you feel that your "Guardian Angel" is working with you. You no longer feel the need for protection. Internally, you know that your willingness to take risks is your protection. If you're not feeling protected, you could be creating a physical shield around you such as a hard, mask-like muscle tone (Muscles are the externalization of the mind; however, once this armoring occurs, the conscious mind does not have the same control over them). Another physical protector could be excess weight. It would be profitable to ask yourself why you need this type of protection. Look for an underlying Belief System. Hard muscle tone could be a protection so you won't be taken advantage of by others. You may be hiding feelings of insecurity inside or that you always "have to be" in control. Excess weight might be your need of this protection so others won't "hit" on you or take advantage of you. It might even be a test for someone whom you believe only loves you for your body. Or, in growing up the message you got was "You need to eat well in order to be healthy." For skin problems it might be "I don't want to be touched." Put the light on in your closet of denials and see if you still need this kind of physical protection.

EMOTIONAL STATE FEAR OF LOSS

BITTER

"Having a harsh, disagreeably acrid taste (like metal, or aloes) in your mouth; characterized by intense antagonism or hostility."

If you believe that life has given you a bitter pill to swallow, that the world is against you, remember that only you have the choice to make a change. Like a magnet, we draw to us more of the same. Energy follows thought. When depression floods in don't assume *you* are the depression. It is only a state. It is really something apart from you and if you see it as separate from you, you can let it pass by. Paracelsus, a Swiss philosopher said: "Each man has all the wisdom of the world in himself." There is another world out there for you to explore if you start looking for it.

THE DESIRED STATE OF MIND ASSURANCE

BOLD

"Not hesitating in the face of actual or possible danger."

The implication: your external behavior is so free-from-fear that it shocks others (who wouldn't "Dare" to take such a risk). "Bold" is flaunting your truth in the face of opposition. There's no effort, there's only honesty and direct action. It all happens naturally since you're no longer afraid of negative outcomes ("disappointed.") We may boldly become obsessed with self-discovery, with self-realization, with fulfillment, "freedom" and "doing our own thing." Strangely, the focus is still "out there" and not within. We learn jargon such as "sharing" and "empower" to convince ourselves, as well as our friends, that we are in touch with our "ultimate reality." It's a nice smoke screen to keep our ghosts out of sight. We're told to Boldly focus on the positive and not dwell on the negative. Positive thinking is based on denial when it focuses on only a part of ourselves. Parts of us get better and stronger and the other parts get more denied, causing blockages. Only showing Bold and denying our "not-boldness," will only draw to us the opposite effect we are avoiding.

The denied parts are trying to get acceptance, and if they don't they'll cry out somewhere in your body. We need to accept everything that is within us and give it release so it can tell us what it needs and wants. Recognition of any denials is the first step. We need to recognize every feeling and thought we would otherwise push away or ignore.

EMOTIONAL STATE FEAR OF LOSS

DISAPPOINTED

Someone has "failed to fulfill the wishes of another person."

If you *depend on* others to fulfill your life, you're at the mercy of others. Only you can fulfill your life. If you depend on someone else for your happiness and assurance and that person leaves, they will take with them what you've depended on them for. This will leave you feeling unhappy and not very assured of yourself, and you go looking for someone else to fulfill this need in you. Your happiness and assurance needs to come from inside. If a friend leaves, you may be sorry for the loss of a friend, but that should not disturb your happiness or assurance. Wishes are life's illusions. Ask yourself, "What makes me happy just being with me?"

THE DESIRED STATE OF MIND ASSURANCE

BRAVE

"Possessing courage or courageous endurance; having the courage to actively face or endure anything threatening."

Internally, now you know that it's true; you have the assurance and self-confidence you always wanted to have. However, without the feeling of some kind of threat, you're not being brave. You're just doing what you're doing. Each pole draws its life from the other, and without both poles, our wholeness would not be complete. Most people only want one pole only, resisting the other.

Acknowledge the feeling, for feelings are only responses—not good nor bad. Let the physical body act out the charge it is holding. This will bring you into a unity to do what you want to do.

EMOTIONAL STATE FEAR OF LOSS

THREATENED

"To be menaced by punishment, injury, death or loss."

Most things that threaten us never come about. But the illusion that you can be hurt will cause the body to respond as if the threat were real. How many knights believed that when entering a dark forest that they needed to be prepared to fight a dragon? Probably a lot because of all the stories that have been passed down throughout the ages. How many do you think they battled? It was the

acceptance of the myth that made them so anxious. Have you a dragon you can slay?

THE DESIRED STATE OF MIND ASSURANCE

CONSIDERED

'To think carefully about something, especially in order to make a decision.'

The original Latin word root literally means "with your star." Every ancient civilization believed that each of us has a special star in the sky which is us—and our original home, the place from which we came. With the original word root in mind, we expand our definition of Considered to mean: "*acting in accordance with your 'star,' your individual truth, your heart's desire.*" This implies you've made a choice. Making a choice is "*making up your mind*" for there are always two or more possibilities. Since we have no choice but to decide, we at least want to Consider carefully our choice outcome in order to make the most logical decision for us. Our choice can only be for us—our star because each of us have different values. There are others who would make an opposite choice. May West says: "When I have to choose between two evils, I always take the one I haven't tried." Within the bounds of polarity, there is no right or wrong or good and evil. It's all subjective and depends on the viewer's 'standpoint.' The objective here is don't stay in the gray area. Make a choice and enjoy the journey to your full awareness. It could be the most exciting journey you can take.

EMOTIONAL STATE FEAR OF LOSS

OVER-LOOKED

"Fail to notice, perceive or consider; (that they) disregard or ignore (you)."

When no one notices how you feel or what you are doing, you do not appreciate your needs, accomplishments, or your desire to be accepted. This is an *externalized* position, which means you are actively complaining and whining about being "Over-looked." No question about it: you are not "Considered" important enough to bother with. Whatever you do is all in vain. Of course, once you expect to be Overlooked, you probably wouldn't know if somebody was actually looking you over—noticing, and/or considering your interests and needs. Spend some time alone considering the direction in which your life has been going and the direction you want your life to take.

THE DESIRED STATE OF MIND ASSURANCE

AFFECTIONATE

"Showing, indicating or characterized by affection or love; tender."

Whenever "Affectionate/Frightened" takes priority on the Barometer, you're always dealing with *relationships*. "Affectionate" does not partake of passion or "love" (in the usual possessive sense). Affection speaks to a tender regard, the internal freedom to simply be "with," to touch without expectation, to embrace without implication. When misunderstanding happen, take a look from the other person's view-point and experience that person's polarity. Ask yourself, "What's right about it?"

EMOTIONAL STATE FEAR OF LOSS

FRIGHTENED

'Terrified, scared; to be driven away through fear.'

An internalized position, "Frightened" throws us into the fear that we will never be acceptable as we are, that we will never achieve what we want to achieve. We worry about this, we fantasize the worst possible outcome. Our FEAR makes us doubt all our relationships—old, new or future. We feel we can't risk being "Affectionate." If we did, we might be hurt again—perhaps even more than we're hurting now. *Internally* we live in terror of "what might go wrong" and proceed with extreme caution on any issue—especially personal relationships. Fear, when carefully looked at, can free us from fear if only we listen to its lesson. Ralph Waldo Emerson says, "Our strength grows out of our weakness. The indignation which arms itself with secret forces does not awaken until we are

pricked and stung and sorely assailed. A great man is always willing to be little. Whilst he sits on the cushion of advantages, he goes to sleep. When he is pushed, tormented, defeated, he has a chance to learn something." Ask yourself, "What have I learned from this situation?"

THE DESIRED STATE OF MIND ASSURANCE

PROUD

"Feeling pleasure or satisfaction over something regarded as (highly) honorable or creditable to one's self."

Proud is a feeling, an awareness in the moment that you have achieved what you wanted to achieve, the way you wanted to achieve it. This external behavior makes everyone feel good. You're "Proud" about your accomplishment, the people who care are proud of you. Let's follow your procedure that manifested your achievement. Your achievement needed to start with the spark of an idea. As you held on to this idea it became clearer in your mind's eye—maybe you put it on paper. Now the plan is formed. Nothing is happening, however, until you have motion which creates an active existence of the idea. Now the feeling of satisfaction or success is near. This is where many of us lose energy and go into self-doubt. Staying with our goal, and trusting our plan, we get a rush of ideas and energy. Our attitude is more stable toward our focus until it becomes a reality. We all go through all these stages each time we achieve what we want. If you're not achieving what you want, find out where on this line of manifestation you're stuck.

EMOTIONAL STATE FEAR OF LOSS

UNWELCOME

"Not welcome"

Nothing you have done, nothing you have tried to do, has made you acceptable to *them*. You don't feel secure in this situation or relationship. Doing something is not *being*. Genuinely gentle people and their gentleness are a single unit; they are *one*. They cannot help acting with kindness. Cruel people act with cruelty. So you have some negative emotions by not feeling welcome. Acknowledge them and remember they are not you, they are acquired negativities. Ask yourself, "If I wasn't feeling these feelings, what would I be feeling?" That is the part you want to get in touch with and acknowledge..

THE DESIRED STATE OF MIND EQUALITY

Lucky

"An element of surprise, of the unusual as in "this is my lucky day."

The sudden, present time awareness of how fortunate and happy you can be. The word does NOT suggest this happens every day. In fact, this kind of fortunate occurrence happens so rarely that it always comes as a surprise. Since 'we're looking at an internal awareness, "Lucky" brings a smile to your inner self. Things are looking up, going well, better than you expected.

Without trying, you'll never know how lucky you can be. Edison tried hundreds of times to create the electric light—then he got lucky. Albert Einstein was one of the most unpopular men around starting from the First World War. No country wanted him, not even the United States. An anti-Einstein organization was even set up. Then Einstein signed the famous letter to President Franklin Roosevelt to prevent nuclear war. All we hear about Einstein now is his creative, brilliant equations. He got lucky. Even when gold miners in Nevada looked for years for their gold strike and finally found one, they were called lucky. Lucky = persistency.

THE DESIRED STATE OF MIND EQUALITY

CO-OPERATIVE

"Working or acting together willingly for a common purpose or benefit; demonstrating a willingness to cooperate."

Externally you act as an Equal, not as a Boss or a Slave. When co-operating with another, there is nothing wrong in wanting friendship, approval, praise, security, etc. It is wrong, however, to surrender yourself in order to get them. Getting them may give some joy, but don't expect them to give you happiness. If you depend on something or someone for your happiness you become dependent on these things or person—which means you're not free. You owe others nothing, except to be real. The same goes for them. This is true Co-operation.

EMOTIONAL STATE GRIEF AND GUILT

BETRAYED

"Unfaithful in guarding or maintaining" the agreement or relationship you had with someone else. One side of this coin, that person (or persons, like Mommy and Daddy) has betrayed your hopes or expectations. You did your best, and what was your reward? Looking at the other side of the coin, ask yourself, "What part did you play in this betrayal?" In every relationship we play a role. William Makepeace Thackeray says 'The world is a looking-glass, and gives back to every man the reflection of his own face. Frown at it, and it will in turn look sourly upon you; laugh at it and with it, and it is a jolly, kind companion.'

EMOTIONAL STATE GRIEF AND GUILT

CONQUERED

'To be taken away, to be acquired.' Webster says, "to be acquired by force of arms. Conquered suggests that you felt you were an equal partner in an endeavor or relationship—you were "Co-operative."

At this point, you have given up the struggle and surrendered your personal authority in an effort to find the acceptability you so desperately desire. Depending on anyone else for "your acceptability" will lead you down the path of being conquered again and again by others. A truly victorious life consists in your mind beyond the influence of others.

THE DESIRED STATE OF MIND EQUALITY

INVOLVED

"Committed or engaged (as in a political cause. Etc.)"

Internal awareness is satisfying. You feel an integral part of the activity, basic to its success. This is not only reassuring, it's motivational. You and the activity—and all others involved in that activity—are a single mechanism aimed at fulfillment. It is also important that you become involved with your own well-ness. This is the only way we can think and gain conscious control of our lives. You can't always rely on authorities out there to know what is best for your body. The various messages that your body sends are not that coded that you can't understand. Your body is always communicating when it is out of sorts. You'll also know when your body is saying "I'm getting sicker," and when the body is saying, "I'm getting better." You may be able to tune-in to your body and alter its progression of your healing-ness. All parts of our body and the cells within these parts are involved with your survival. If it cries out in pain, it is only communicating to you that this area needs your attention. The more you communicate with your body, the easier it will be to understand what its needs and wants are.

THE DESIRED STATE OF MIND EQUALITY

PURPOSEFUL

"Having a purpose, determined, resolute."

Everyone can see this in your external behavior. Whatever you do is in line with your purpose. You don't do anything except what's necessary to achieve your goals. You use your time wisely, whatever you do profits your progress. Also, behind every symptom there lies a purpose. It can take any 'cause' it likes to manifest into tangible form. It has a goal. Not to make you suffer, but to

bring to consciousness its inner meaning so as to bring us to wholeness (which has always been there). We need to discover what we already are.

EMOTIONAL STATE GRIEF AND GUILT

DISCOURAGED

To be deprived of courage, hope or confidence."

Internalizing your conquered state, feeling of inadequacy and FEAR of more loss overwhelms you. You've lost your sense of being "Involved." You feel excluded, left out. It's too extremely painful to lose your self-confidence, but that's exactly what's happened. You're willing to make an effort to show them how they've hurt you, to find out whether they're really rejecting you or not. It's time to take a stand! The GUILT cannot be yours alone! A change of opinion toward a circumstance changes that circumstance. As Shakespeare says, 'There is nothing either good or bad, but thinking makes it so.'

EMOTIONAL STATE GRIEF AND GUILT

UNACCEPTABLE

"Not acceptable."

We may not have been received with approval or favor, nor have they responded affirmatively to our desires. Apparently we aren't acceptable what we do is not acceptable—and they are no longer acceptable to us! Feeling *Unacceptable* comes from a weak position and our presentation or display is bound to fail. You can recover your original powers you feel you've lost, but only by your own effort and your strength of determination.

THE DESIRED STATE OF MIND EQUALITY

RELIABLE

"Comes from 'liable' which means 'legally responsible,' to which the prefix 're' adds the reality of *again*."

Thus the word really means "taking full responsibility." Your internal Self-talk affirms that you can and do trust yourself. You know you're fulfilling all of your responsibilities and you're glad to do so. The point here is taking full responsibility for your self and not for others. Everyone needs to solve his or her own problems in order to gain the knowledge that is needed. If you give un-asked for advice the person will probably refuse to listen to your guidance. If you become too protective then they will not learn how to protect themselves. We're taught we're here to serve, but honestly, what has that done for you? Serve only when you're asked.

EMOTIONAL STATE GRIEF AND GUILT

SELF-PUNISHING

'To subject oneself to pain, loss or death as the penalty for some offense, transgression or fault.' Since you failed to present your case in such a way as to receive the attention and appreciation you wanted, you take the whole responsibility for this failure upon yourself. You're not the "Reliable" person you thought you were being. *Mea culpa, mea culpa* ! It's your fault, and you must punish yourself for your failure. This punishment is *internalized*. Your own negative self-talk is the whip with which you flagellated yourself. You won't change your life through reasoning or self-punishing. You will only change your life when this life you have now can no longer be tolerated.

THE DESIRED STATE OF MIND EQUALITY

CONCERNED

"To relate to, to be connected with, to be of interest or importance" and also "a commercial or manufacturing company or establishment."

In this position, we're taking care of business. "Concerned" is what "concerns" you, it's your focus, what fills your thoughts. It means you feel connected to the priorities you have set for yourself and you are taking responsibility for their profitable outcome. Since this is an external behavior, your expression, attitude and focus makes it clear to everyone involved that you really do care—and

that you're paying full attention to everything related to the achievement of your mutual goals. Your body is also concerned with anything that might be life threatening. The body has armies set up to attack any invaders and ----to heal any wounds. Any images that created a threat or emotional pain will also remain close to consciousness so as to keep you on guard against any harm. If it feels that what is happening at the moment is a threat, your entire body will re-experience the feelings it felt in the past. So being beat up and made fun of by your peers when growing up, can still make you uneasy when your introduced into a new group of people at your present age. Once the brain does not see the image as a threat it will start to ignore it and not be concerned about it being a threat to the body's security for the emotional impact has been defused.

EMOTIONAL STATE GRIEF AND GUILT

DESPONDENT

'To lose heart, or to be heart-broken" because of a broken promise, specifically, a promise from God. Webster adds: "to be depressed because of loss of hope, confidence or courage."

An externalized behavior, our broken heart causes us to walk around, head down, sighing. Tears are very near the surface, they spill out uncontrollably. We want them to see the suffering they've caused us. Will they notice that you are so terribly "Concerned," that they mean so much to you—will they care? Raise your head up. You won't get as much joy out of being "despondent" with your head up, but that action alone can fill your heart with more confidence.

THE DESIRED STATE OF MIND EQUALITY

SINCERE

"Without flaw or crack." Webster says: "free from deceit or hypocrisy; pure, clean, untainted."

French wine-makers apply the word to wine which is absolutely without addition or dilution. We're talking internal reality here. You know that your heart is pure on the issue, you have no double-game going. You're forthright, up-front and totally honest. In other words, *absolutely pure of heart and intention*. Illness makes us honest! Most people find it difficult to talk freely about their deepest problems, yet they talk about their symptoms in great detail. Symptoms is a way of telling others about ourselves. Their presence shows us just what we are lacking, what we are refusing to acknowledge. Symptoms show us that we have not solved the problem in question. It is illness that ultimately makes us heal-able. It is our turning point toward wholeness. Be Sincere, learn to hear and see what illness has to tell us. The symptom arose in the first place because part of our denial manifested itself in the body. Ask yourself, "What is the denial behind the symptom?" so it can be made conscious and finally released.

EMOTIONAL STATE GRIEF AND GUILT

DEFEATED

'To be overcome in a battle: and "to be deprived of something expected.

That's what we internalize, that's what we think about, that's what we're obsessed with. We fought to be acknowledged as important, as worthy of being cared about, and we lost. In an endeavor, negative self-talk starts in because we haven't the victory or the success we expected. We go into self-doubt and experience ourselves losing energy. If we stay with our goal, if we trust our plan, if we creatively think of how we can rather than give up, we may get an impulsive thought or a rush of an idea to change our attitude and stability toward our focus.

THE DESIRED STATE OF MIND EQUALITY

PRODUCTIVE

"Having the power of producing; generative, creative; producing readily or abundantly."

This is the bottom-line: what you intended to do, you have done—and you've done it well, whole-

hearted-ly and with positive intention. This externalizes in your every word, movement and attitude. Your life has demonstrated its true worth. Along with this productive achievement is also the fact that it didn't come without suffering from your mistakes along the way. If you don't feel yourself Productive, you're probably not making enough mistakes. Feeling Ruined, like you're at the end of your resources, is only telling you that you may be trying for too much security. We get exactly what we settle for, and if you're happy with your outcome fine. If not, don't settle for it.

THE DESIRED STATE OF MIND ATTUNEMENT

IN TUNE WITH

"On the same wave-length, in harmony with, turned on to."

This inner state synchronizes you with the object of your intention AND yourself. Our body is like an orchestra. When everything is In tune with the molecules of DNA a resonance arises between neighboring molecules. When energy travels from one molecule to another at just the right frequency to influence the other molecule to respond, the two resonate together resulting in the healing of the cells. When molecules are off-resonance—out of tune—they fail to communicate with each other and feeling out of sorts could result from their separation. Pessimistic negative thinking could create these molecular islands of separation within our cells.

EMOTIONAL STATE GRIEF AND GUILT

RUINED

"The complete loss of health, position, hope or the like; the downfall and decay of anything."

It feels like we're at the end of our resources. There's no reason to *try* to be "Productive" any more. It's so painful, so terribly depressing, that we surrender totally, rather than risk more pain. The focus is "out there" somewhere—authorities, friends, lovers. Now is your opportunity to look within, to listen within, to hear what is going on inside you with all your senses. Inside you is the only place you'll find answers if you desire to rise above your present self.

EMOTIONAL STATE INDIFFERENCE

PESSIMISTIC

The tendency to see or anticipate only what is disadvantageous or futile in current conditions or actions."

Nothing can possibly work out to our advantage; there's no hope for any positive outcome. Internalized, "Pessimistic" means "Fatalistic," too. There is an expectation of Failure and a Pessimistic outlook. "Pessimism in relationships and fatalism toward life in general, is based on *unwillingness to change*. "We're not "In tune with" anything—we're out of harmony with life. By only looking for failure, we're going to get it. This is also another way to exert power over the world around us. We want love—but are afraid to give it. Ask yourself, "In which areas am I trying to take without giving?"

THE DESIRED STATE OF MIND ATTUNEMENT

CONGRUENT

"The quality or state of agreeing exactly with, or conforming exactly to, or according exactly with something else." The Latin word root suggests "flowing along with, in complete harmony."

As an externalized behavior, others see us (and we are) moving smoothly in concert with events, relationships and situations. We're attuned to the people in our lives and to the activities of which we are a part. We flow with the moment, not against it. When we're not Congruent—not being our real self—people get mixed messages which can only cause confusion and mis-understandings. When we play a role we think is expected or wanted we'll eventually find ourselves immobilized in really finding happiness or a relationship that will accept us for what we truly are.

THE DESIRED STATE OF MIND ATTUNEMENT

IN BALANCE

"State of equilibrium or equipoise; mental steadiness or emotional stability; (we have the) habit of calm behavior".

We probably feel we're in balance when we're feeling attuned to life. We want it to last forever. No fears, no emotional depressions, no grief and guilt. To try and maintain that feeling is not possible for real balance. We need both polarities for balance and for our well being. We don't want to be stuck in either polarity. People who live in countries where it is light both day and night soon become restless and out of sorts. They are not experiencing the quiet restfulness of the night. Then when it becomes dark—both day and night— depression sets in and it is during these times that the suicide rate rises. Balance is movement and is not static. Balance is feeling the feelings from both sides of the Barometer. In balance is really the mid-line of The Barometer.

EMOTIONAL STATE INDIFFERENCE

IMMOBILIZED

"Unable to move or organize; deprived of the ability to move."

This position is the externalized manifestation of Pessimistic. Our "ESP" shuts down, we don't feel "Congruent" with our world, with ourselves, with our feelings. Nothing seems able to move us out of our INDIFFERENCE to positive change. What would happen if you stopped running? Stop and you'll see what it is you don't want to do that is giving you the feeling of being Immobilized.

EMOTIONAL STATE INDIFFERENCE

RIGID

"Inflexible, strict, severe, unbending and un-bendable."

This internalized state guarantees an inability to think, or to create new options or alternatives. We feel that the only way to stay "In Balance" is inflexibility. We must keep everything in rigid control. You might ask yourself if you really, honestly need to control. If you're holding a mental picture of being strong, it is just an image, nothing more, and will accomplish nothing. Let the image go and you'll find a real strength. Trees that don't bend in the wind, break!

THE DESIRED STATE OF MIND ATTUNEMENT

CREATIVE

"Having the quality or power of creating, resulting from originality of thought."

This is the creative position. Once we're "In tune with" ourselves, "Congruent" with the vibrations around us and "In balanced" within ourselves, we propel ourselves into the externalization of what we want to Create. At Three In One, we believe our main purpose here is to create, and to create we need to learn and this we do best through experiences. Neuroscientist Dr. Valayanur Ramachandran of the University of California at San Diego observed that the brain abhors a vacuum. It craves information. The brain knows what's happening in every part of your body. It is more powerful than any computer made now or in the future. If we feed it the information of what we want, then it should be able to come up with the correct information of how to get it. Look for and listen to the messages it is sending whether it be by intuition, dreams or talking to you through the body.

THE DESIRED STATE OF MIND ATTUNEMENT

PERCEPTIVE

"Having the power or faculty of perceiving; having or showing keen-ness of insight, understanding or intuition." Perceive: "to become aware of, know or identify by means of the sense."

Looking at things alters the quality of what is being looked at. If the denials are not looked at and remain in the darkness of the subconscious they remain fearful only as long as they stay in the

dark. Merely looking at the contents of the dark brings light into this darkness and is sufficient to make the subconscious conscious. We are so use to alter things that we find it difficult to think that all is required of us is to look. As long as there is anything that still disturbs us and we feel needs to change, it will remain in control of us.

EMOTIONAL STATE INDIFFERENCE

NUMB

"Deprived of (or deficient in) the physical or mental power of sensation."

Webster gives the example of "fingers numb with cold; a person numb from grief." This is the outer manifestation of inner Rigidity. We walk around like zombies. It's like being permanently in stress. Any desire to FEEL or to be "Creative" is doomed to fail. This numbness is a form of a denial expressing itself and in this way it becomes meaning-ful. The body does no more than express messages from our consciousness. Like a warning light in your automobile, this warning light of "Numbness" is an indicator to make us ask questions. What is this numbness really pointing out to us? Write down the answers you get.

EMOTIONAL STATE INDIFFERENCE

STAGNANT

"Characterized by lack of development, advancement or progressive movement; inactive, sluggish and dull."

As an internal state, we're like a stagnant pond; nothing comes in, nothing goes out. Nothing is worth the effort necessary to make it happen. We know this has taken place, but rather than make a move toward positive change, it's easier to avoid the idea—or to deny it altogether. We lack our "Perceptive" awareness. We've gone blind to possibilities. It's a painful state of mind—so painful that we take the next step to armor ourselves with further INDIFFERENCE against people. Why are people so ungrateful? You do something for them and they expect more. If this is so, what you give them they don't want. Behave as you are. Don't even try to influence, hold or win someone. You won't be real—and who wants a fake?

THE DESIRED STATE OF MIND ATTUNEMENT

APPRECIATIVE

"Capable of appreciating: feeling or manifesting appreciation."

The word "capable" is interesting here. It's as if (up to this point) we have NOT been capable of appreciating anything except our own sufferings and desires; we've had no real empathy to give anyone else. Now you have enough wisdom to appreciate truly the wisdom and the beauty and the goodness in the world around you. This is an external behavior, others see it and respond to it. Heavens, they may even show their appreciation of you!

The body also shows its appreciation. When you're hungry, doesn't the body show you appreciation by giving you a good feeling afterwards. When looking at a sunset, doesn't the body give you a feeling of awe because you shared this moment together. When you're in a warm shower, doesn't the body express the joy of the water against your skin. Our bodies work hard for our well being, our survival and our creativity. Expressing appreciation to it for what it does will only reward you with your body even doing more for you. When we ignore it, put it down and call it names it can only react in feeling separate from us.

THE DESIRED STATE OF MIND ATTUNEMENT

TENDER

"Easily moved to compassion; delicate in substance, not rough, hard, or tough."

An internalized awareness, this speaks to a tender regard for the people, events and situations of your life. Tears come in response to beauty, not sorrow. So many of us are running to get what we want and when we find ourselves going nowhere, we figure we're not running hard enough. Most of us are not being tender with ourselves. We live by *shoulds* and *musts* until they become compulsions. Compulsion is really slavery and what we really want is freedom. Be tender with yourself—you deserve it.

EMOTIONAL STATE INDIFFERENCE

UNFEELING

"Not feeling, devoid of feeling," therefore "unsympathetic (to the feelings of others), callous." The last word in the previous sentence gives the best image: callous, as in callused hands. When your palms are callused (thick, hard skin), you can't feel much with your hands. Unfeeling means you have a callused heart. When you avoid or deny positive change, you have to go "Unfeeling." How can you be truly "Appreciative" of anyone or anything? This behavior/state externalizes as "I don't care." We have built a wall around ourselves; what others suffer means next to nothing. In reality we feel we're protecting ourselves. This inhibits communication between body and mind. We may perceive any feelings as alien and therefore frightening. The only true allies we have is our whole body. Listen to what all your body has to say and appreciate it for the answers you receive.

EMOTIONAL STATE INDIFFERENCE

DESTRUCTIVE

'Tending to destroy; causing destruction or much damage; tending to overthrow, disprove or discredit."

When you're feeling Immobilized, Rigid, Numb and Unfeeling, the only way to prove that you're alive is to cause enough pain to others (or yourself) so that you FEEL something again. This is what's happening internally. We may not manifest it; on the other hand we might. If you can make others suffer, you can feel alive in (and through) their pain. 'Tender?' Not at all! Your own pain is masked by INDIFFERENCE to them and to yourself. We also create a Destructive force within ourselves and can create a reality we didn't bargain for.

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THE DESIRED STATE OF MIND ATTUNEMENT

GENTLE

"Kind, amiable (friendly); mild (in expression), not severe or violent."

Externally, your tender regard results in a gentle touch, a gentle embrace, and gentle attitude toward the people and events in your life. A gentle relaxation is our natural state, it's nature's state. Nature really doesn't ask anything of us, it gives what it is—and that is why we enjoy it so much. We don't need to create natural virtues that we already possess. Some of these are being able to love someone, to be pleasant, helpful and quiet.

EMOTIONAL STATE INDIFFERENCE

DISCONNECTED

'To sever or interrupt the connection of, or between; disjointed; broken; not coherent, seemingly irrational."

For people into INDIFFERENCE, it's easier to "pull the plug" than deal with a responsible positive change into ATTUNEMENT. The "not coherent" part of the definition is absolutely correct. No "Gentle" to externalized behavior: if we speak at all, we speak in disjointed, incomplete phrases. We "double-talk" and make our feelings (if we still know what they are!) as much a mystery to others as they are to ourselves. For the most part it is like hanging up the phone on someone. We're not into listening to what the other person has to say because we know they want us to change our viewpoint. Being Gentle also means being honest with yourself. Honesty does not mean that you change your viewpoints merely for the sake of change; it means you explore your viewpoint in order to get to the truth for you. Keeping this attitude in mind, if the person is important to you, reach out and communicate.

THE DESIRED STATE OF MIND ONENESS

QUIET

Многие кинезиологи считают, что вправе переделывать слова в Барометре на свои, не понимая, что во всех книгах используются эти термины из барометра 3в1 тел. 8 9104781863 Александр

"Free from disturbing thoughts, emotions, etc.; mentally peaceful; tranquil or peaceful; at rest, silent."

There's nothing left to talk about, no reason to speak. It's comfortable, a relief. Since this is an internal awareness, it's one of the loveliest places to be on the Barometer. It feels so incredibly free-ing. When we're quiet and not fighting confusion, answers come to us we can not get by always doing. Being quiet, doing nothing, with nothing to occupy our mind we begin to feel uneasy. We feel responsible for making our life go forward. We rush around to go someplace. What we don't realize is that we are already there. Stop, just stop. That's all there is to it.

EMOTIONAL STATE SEPARATION

UNCARED FOR

"Not cared for; no liking or fondness is felt or shown."

Having failed to accept responsibility for our own actions (or our own effect on those we blame), internally we whimper and cry and complain that "no one gives a damn about me." Our mind-chatter becomes the big issue here and it revolves around the "fact" that nobody cares. Our inner "Quiet" has been shot to hell. We can't stop reminding ourselves of our wretched state—and this can go on for a long time. If it continues, it can end up as a symptom in the body. And why? To get your attention of course. Quiet is your watch word. Any effort to change things will have the opposite effect. If you *try to* go to sleep, you probably won't. However, by being Quiet, and with no effort, sleep will happen by itself. Quiet represents the happy medium. Neither demanding or separating yourself will bring you your goal. Observe what's happening in your life. Personal change can then arise out of your increased awareness. Neither words nor events can be good or bad in themselves, it is purely the way you perceive it right now.

THE DESIRED STATE OF MIND ONENESS

SAFE

"Free from hurt, danger or risk."

Again the word "free." Isn't it interesting that "safe" and "free" go hand in hand. And how does someone who feels "safe behave externally? Smoothly. There's an easiness to life now; we expect no enemies to jump out of the shadows. And even if they do, they can be dealt with easily. Because we think, quite unconsciously, with memories of past pains we search for sameness so as not to be afraid. *Trying* to be unafraid is impossible. Going ahead while being afraid is what will remove the fear. Stop *trying* to be safe or you'll never feel safe. Freedom *is* of right now.

THE DESIRED STATE OF MIND ONENESS

CALM

"Free from excitement or passion" to which we add "or fear."

Knowing that we're Safe, it's natural to be (and maintain) inner calm. This is calm beyond Assurance. We are really free when we have no anxious thoughts about what happens to us. When we're not calm and running around in out confusion we'll only be making wrong choices for ourselves. Only in calmness does our intuitive self work for us and give us the answers which would be best for our highest good.

EMOTIONAL STATE SEPARATION

UNLOVED

"Unloved" means simply "Not loved."

No one loves us. Since this is an externalized behavior, we act-out "Unloved" - which is a body posture and behavior, as well as what we talk. Physically, our posture takes the form of overt dejection. We sigh, we're sad, despairing, in hopes that someone will notice and take pity upon our wretched state. We're not "Safe" anywhere, or with anyone. Nobody cares. If you didn't feel

Unloved, where would it exist? If you say it exists in the other person's attitude toward you, you might ask yourself "What have other people's attitudes got to do with *my* feelings?" It has nothing to do with you unless you permit it. In reality, you're the one with the power to make you feel Unloved, and you therefore have the power to feel loved. Try it, you'll like it!

EMOTIONAL STATE SEPARATION

UNACCEPTABLE

"NOT receiving the approval or favor (you want) and therefore NOT being able to respond affirmatively (or effectively)."

In your heart, nothing works. "Calm?" - forget it! You're in torment. You can't say "yes;" you can't say "no." This is perhaps the most stuck place on the Barometer. When Unacceptable appears it indicates that everything is Unacceptable. You are Unacceptable—to yourself and to others. Their actions and reactions are Unacceptable to you; neither are your own actions (or inaction). Nothing works. There's no hope anywhere, or in any direction. When we carefully examine our "Unacceptable" feelings you'll usually find them directed against some other person. Even in our being Unacceptable to ourselves we secretly or openly blame others. Do nothing for awhile. Don't try to change or improve or destroy—Just be aware. See yourself detached. This detachment is not a retreat from reality but a healthy perception of it.

THE DESIRED STATE OF MIND ONENESS

AT PEACE

"At" means "a certain place or point in time." Since "Peace" is generally seen as the opposite of War, Webster includes many definitions for the word, among which we have chosen "a state of mutual harmony between people" as well as "freedom of the mind from annoyance, distraction or anxiety."

When we are caught up in deciding between two or more desires our *anxiety* is "we don't know what to do-^too many choices." If this happens to be your self talk you might ask yourself, "Is it all right not to know?" We're really At peace when knowing that *not knowing* is no problem because whatever happens will happen. Only our silent self has our truth. Cool the war of conflict within you and you'll find harmony with others as well as within yourself.

THE DESIRED STATE OF MIND ONENESS

UNIFIED

"Formed into a single unit by the removal of differences; united, reconciled."

Knowing Peace fortifies the inner awareness of your unity within—spirit, mind and body are in harmony, a harmony you can contact with gratitude. It's a self-restoration place, a healing place. This is where you find the strength to complete old cycles or begin new ones-not out of pressure, force or deadlines but because you're unified with your heart's desire. However, for complete unity you must accept all. "AH" by definition includes everything. All feelings, positive or negative, all experiences good or bad. Accepting ALL removes all differences.

EMOTIONAL STATE SEPARATION

LOVELESS/UNLOVABLE

"Loveless" means "devoid of, or unattended with, love; feeling no love and receiving no love. Loveless means without love, and unlovable means NOT lovable."

All Barometric positions are a two-way street," they also mean that YOU have no love to give and that you are "not ABLE to love." This is an externalized state, so how do you act when you feel Loveless/Unlovable? Like life's victim, of course. There's very little "At peace" available; perhaps with pets, but not with people. You mope, you let your outer physical appearance match your inner feelings. You let yourself go to the dogs visually. You lose your verve and vibrancy. That's how

YOU act, and it's how others react to you. Others are, after all, only your mirror. Our outer attitude is merely a mirror of the inner. The secret of love resides in it not being conditional. If you feel you're unlovable as you are and start to make yourself loveable by becoming something, i.e., rich, clever, famous or having a 'body beautiful,' you'll start wondering if people who do love you are doing so because of your achievements. Ask your self, "What conditions am I putting on relationships that are important to me in order for me to love them, or for them to love me?"

EMOTIONAL STATE SEPARATION

UNIMPORTANT

"Not important;" therefore "worthless."

Internally, you feel like a door-mat. You don't count. Everyone else is more important than you are. You surrender to their wishes, opinions and desires no matter how you feel. You don't count, since you don't feel "Unified" within or with the world outside you. Hundreds to thousands of people come in and out of your life during your life-time. Ask yourself, how many of these people need to show you or tell you how important you are to them? All of them? Some of them? One of them? Your outer expression is what you inwardly are. Others are not going to make you feel "Unified," only you can do this.

THE DESIRED STATE OF MIND ONENESS

COMPLETED

"Finished, ended, concluded."

Nothing more remains to be done. The cycle is over, done. There's no more to do. The conclusion is complete, satisfying. Now the NEW can manifest if you let it happen without pushing and just roll with life. Our first responsibility is in understanding ourselves. Do less and allow more to happen in its own way. Allow relationships to be either close or distant. Let the relationship fall into its own place and enjoy it. Being a real person in it is your only responsibility and this will bring you a personal peace. With no preconceived expectations there are no shattered hopes to hurt you. Allow others as much freedom as you would like yourself.

THE DESIRED STATE OF MIND ONENESS

FULFILLED

""Filled- full. Filled, containing all that can be held, filled to the utmost capacity."

This word means much more than Completed. You can complete a task without benefiting from it. Since Fulfilled follows Completed in the ONENESS cycle, the Barometer says you have successfully completed a cycle, and in this completion you accepted and received the full benefit from that experience. By the way, this is the "perfectionist" position. In order to feel fulfilled we believe that every element of the experience must be perfect. Anything "less than the best" is not good enough. However 'to be perfect' must include the opposite polarity which then leads to Unity. It's been expressed in many forms: The Chinese Taoist philosophy refers to the two powers of yang and yin. The ancient symbol that is the staff of twin snakes represent the polar focus which must be united by the staff itself. In every religion you'll find the same truth.

EMOTIONAL STATE SEPARATION

MELANCHOLY

"A gloomy state of mind, especially when (this gloom is) habitual or prolonged; depression."

Depression, ugh! Everything we do, say, think or act-out is based on this Melancholy. We're seeking pity, and we act that way. However disgusting, it's the best we have to offer. Aggression which finds no outlet transforms itself into bodily pain and suppressed at the psychological level leads to depression. Aggression is merely a particular form of life-energy and activity. Repressed aggression represses energy and activity also leading to Melancholy.

EMOTIONAL STATE SEPARATION

MORBID

"An unhealthy mental or physical state." It comes from the Latin root for sickness, disease. Another meaning is "dying (body) tissue."

We put together all of Morbid's many definitions to create one of our own: *thoughts of death and dying*. This internalized state definitely is the bottom of the emotional pit. Morbid is the ultimate way of avoiding taking responsibility. Simply vegetating, we're more dead than alive. And we're just as afraid of living as dying. Living brings with it responsibility which the Morbid person is determined to avoid. Ask yourself, "What am I afraid to take responsibility for? What is the cost of allowing this emotion to dominate my life?" It is costing you a lot in the way of happiness.

THE DESIRED STATE OF MIND ONENESS

AT-ONE-MENT

"At one-ness with, the state of being at one with something else."

Some people experience this as a "cosmic consciousness" experience. More typically, it's an awareness of complete harmony with a person or an experience. This At-one-ment is a momentary awareness, however. We can't hold on to it, it doesn't last. From a moment of ONENESS we return to the business of life (left brain). Again we have a polarity—the right and left brain hemispheres. Depending on what activity we're engaged in, one of the two hemispheres is always dominant. Reading and writing and logical thought is a left brain function. Listening to music, dreaming, imagining is right brain. We as an individual should always have at our disposal both brains to be more whole. The two brain hemispheres need each other to mutually complement each other. All paths of healing lead from polarity to unity. Heal-ing means getting nearer to being whole or At-one-ment. 'Good and right' and 'evil and wrong' depends on the viewer. Since they are part of the whole, without them the whole would not be complete.

EMOTIONAL STATE SEPARATION

DESERTED

"Abandoned, forsaken; lonely."

Externalized, this means absolute dejection and depression. Now you know the truth: *they* have deserted you. Of course, that's not the truth. YOU have deserted them. Not that you realize this (in the depths of your depression), but it's true. You're the one who cares, you're the one who feels the "need." Yes, someone might actually desert YOU, but your own self-doubt (in the relationship) made that possible. If we whole-heartedly involve ourselves in a real relationship, one without a lot of expectations, it survives whatever obstacles present themselves. If you're wondering how you can get rid of this awful feeling, forget it. Just enjoy it while it lasts! Our compulsive desire to get rid of things only builds them up more making us un-whole. Seeing deserted for what it is makes us whole. Remember that an issue does not disappear merely because we look the other way. Every principle is neutralized by its opposite. If you're only trying to bring one pole into manifestation you're out of balance. The midpoint for Oneness is between the two poles. "Deserted" is only something you need to know about 'self in order to be whole.

THE DESIRED STATE OF MIND ONENESS

CHOICE

Either you feel you have a CHOICE or you don't.

Unity or wholeness is difficult to perceive or feel, really. Our conscious mind splits everything into pairs or opposites which creates conflict within us. We're then forced to come to a *de-cision*, a CHOICE, or a cutting-apart. When we say "I" we've caused a separation. "You" being the other polarity. 'Yes" or "No" also creates a polarity. The world appears to us in a polarity form, but it is

not the world, but only how we *view the* world. However, we cannot live without a polar opposite. When we breathe in, we have to breathe out. Polarities go together to make a unity and are dependent on one another for existence. In order to be whole we, in reality, lack nothing.

EMOTIONAL STATE SEPARATION

NO CHOICE

"NO CHOICE means only that we're not making one—we think".

Either we don't have the courage to make the CHOICE we want to make, or we don't know that we have a CHOICE to make. Regardless, the NO CHOICE position is the kiss of death. This position represents the built-in "escape clause" from responsibility, self-esteem and self-knowing. Some people live their lives at this level, ignorant of their power to choose. Religion, politics and the educational system all conspire to convince us that we have NO CHOICE, that (as individuals) of ourselves we are powerless, unimportant and of no consequence. But we are! When we realize that our lives make a difference, we are "born again" *by the power* of CHOICE. There is no way in which we can avoid making choices, for 'non-action' is a CHOICE.

THE BEHAVIORAL BAROMETER

Unique to us, the Barometer forms the spine of ATT, our work at Three In One Concepts. Daily, we find more and more appreciation for its power.

The Barometer is so exact, so incredibly specific, that it almost seems to have a life of its own.

THE THREE LEVELS OF AWARENESS

As you can see, the Barometer has three primary levels - Conscious, Subconscious, and Body.

CONSCIOUS means exactly that: we are Consciously aware of what's happening in Present Time/Right Now. Our Conscious mind is the most powerful in that it sends messages to the Subconscious either as a denial, affirmation or belief.

SUBCONSCIOUS represents the Past Experience that relates directly to how (and why) we react the way we do in specific Present time situations - based on our past history of denials, affirmations, or beliefs. The Subconscious has a direct influence on the Body level.

BODY refers to your entire life experience from earliest Childhood up to now — every microsecond of it. In effect, BODY is as close as we can come to a person's Essential Self, the genuine truth about that person's overall experience.

How we react in the Present (Conscious) relates directly to the CHOICES we've made in the Past (Subconscious) when similar events took place -as based on our overall experience of life from earliest Childhood (Body).

Each of these Levels of Awareness interrelates directly with the other two. Because of this three-level interaction, the Barometer always offers you a three-dimensional view of any issue.

Once you identify exactly where you believe you are on a Major Category of one level (Conscious, Subconscious or BODY), then identify the Subheading of that Major Category which defines most accurately what you're feeling. Where you are on one level tells you exactly where you are on the other two levels as well. This gives you the Barometer's "three dimensional" interpretation of your feelings, as well as what you don't want and what you do want, in that situation or relationship.

Многие кинезиологи считают, что вправе переделывать слова в Барометре на свои, не понимая, что во всех книгах используются эти термины из барометра 3в1 тел. 8 9104781863 Александр

That's right, the Barometer always gives you "three for the price of one."

**WHAT'S YOUR ISSUE AND HOW DOES THE BEHAVIORAL BAROMETER
DEFINE WHAT YOU DO NOT WANT AND WHAT YOU DO WANT**

You can pretty well discover where you are on the Barometer just by looking it over while you think about *any given issue that is causing you stress* because the Barometer's Major headings and Subheadings tell a complete story. Its words have a nearly magical significance.

So ... Right now, select an issue - or situation - or relationship - that troubles you in Present Time. It needs to be something you want to change for the better, or at least, you want to feel better in that situation or relationship.

With that issue in mind, take a good, close look at the Barometer.

Since this issue is a stressor to you, start with the MAJOR HEADINGS on the *right* side (the MAJOR headings under "Antagonism"). One of these MAJOR HEADINGS will attract you as being the right one.

Once you've found the MAJOR Heading, select one of its Subheadings - the one that most matches your own feelings.

Now, look in the exact same location on the other two levels for "more."

For instance: ANTAGONISM bounces down to HOSTILITY and HOSTILITY bounces down to INDIFFERENCE. Or . . . ANGER bounces down to FEAR OF LOSS which triggers SEPARATION.

Or. . . RESENTMENT bounces down to GRIEF AND GUILT which ends up in NO CHOICE.

That sums up what you DONT want, and we try to deny what we don't want. So what do you WANT more of? Take a look at what the "other side" of the Barometer tells you. **Checkout the related Major Headings and their "same position" Subheadings.**

If you don't want any more ANTAGONISM, what you want is ACCEPTANCE - which means you also want more ENTHUSIASM and ATTUNE-MENT (not Hostility and Indifference).

If you don't want any more ANGER, what you want is to be WILLING new options - which would give you more ASSURANCE and more of a sense of ONENESS with yourself and the others in that situation.

If you don't want any more RESENTMENT (and the Subheading you selected), what you want is to have more INTEREST in that situation and from the others involved in that situation - which would give you a sense of having more EQUALITY when you begin to create what you DO want - because you are now *respecting* your own poser of CHOICE!

Now put together all the information from all three Levels of Awareness and read it as a story. . .
START WITH THE Conscious LEVEL For example:

In Present Time you became involved with something or someone where your INTEREST led you. You wanted to feel that your INTEREST was "Welcomed." Alas, that didn't happen, so RESENTMENT overwhelmed you and you felt "Used/Abused and Confused." Based on your Past Experience, you know the kind of GRIEF that has caused - not to mention the GUILT which comes from not being interesting "enough" for others to find *you* of Interest!

Naturally, you felt that the whole situation was totally "Unacceptable." Once again, no EQUALITY. Another blow to your sense of being "Purposeful"!

And all of this is reinforced by your longtime track record from earliest Childhood of feeling that you had NO CHOICE in the matter - AND NO RESPECT FOR THE CHOICES YOU MADE. The result: You felt "at their mercy" and as if you were "their victim."

That's just an example, of course. Your story will read differently.

Barometer Insight

1. The little words give us our Belief System.

2. Body Level:

It is the body that is working the most. Once we leave the womb, the body is entirely in charge of the breathing, the digestion, the healing. Reality within your skin develops first. Many functions are already installed. When you buy some software for your computer, i.e. word perfect, Microsoft word or an accounting program for an example, this is already programmed to do a lot for you. It is the same when we are born. We didn't learn to breath, to digest, or to heal. It came with the package. Moreover, as with the software we purchased, we start adding more information. We learn speech although the ability to learn speech is already there. We learn to walk and to stay balanced in an upright position, but the ability to do this is already programmed in.

In the animal and insect community, they are programmed more than we are.

Example: In the wild, when an animal gives birth -no one taught it how to do that. There are even built in safety factors so that the offspring has a better chance of surviving.

A panda bear for example goes into a cave or secure place to give birth. The mother panda has to pick up the cub and turn it upside down in order for it to nurse from its breast. It wasn't taught to do this; it was already programmed in.

When bears get to be 2 years old, the mother bear sends them up a tree. Now the cub is not allowed to just climb a tree when it wants to and if it does, the mother bear calls it down. When an male bear comes around - as this is the cub's worst enemy, the mother bear then sends the cub up the tree. When the bear is 2 years old, the mother bear sends the cub up the tree and waits. The cubs don't see any danger, so they may start to come down. The mother bear firmly tells the cub to stay in the tree. Then she walks off and out of their lives. Eventually the bears get hungry and finally come down and are then on their own.

An octopus is programmed to build a wall of rocks to hide behind. Now if you give it glass blocks it will build its wall of those, hide behind this glass wall and think that it can't be seen.

A female wasp brings food to the entrance of the nest, drops the food, goes in and looks around, then comes out and gets the food and goes in. However, if someone moves the food back about 12 inches, the wasp finds the food, goes to the entrance of the nest, drops the food, goes in and looks around then comes out to get the food. If you move the food back about 12 inches, it will keep repeating the process.

It is true that we are not that programmed. At birth, our neurological connections are also not fully connected, and our conscious awareness is not as developed as it will be later on. However, we do have a consciousness, a subconscious and of course our body level which is in the process of developing and it takes five or 6 years for this to happen. Therefore, when we are learning to walk and becoming curious about everything, we're not frightened of anything. Playing with the flame of a candle is fun - until we are burned. Dropping toys or spoons from a highchair is helping us to develop our eye/hand coordination and when mother or father get tired of picking up for us they may be irritated and snap at us and we start building our belief system.

Многие кинезиологи считают, что вправе переделывать слова в Барометре на свои, не понимая, что во всех книгах используются эти термины из барометра 3в1 тел. 8 9104781863 Александр

Animals also have a conscious, subconscious and body level. For instance, a frog, which doesn't have much of a cerebral hemisphere, only sits around and when a bug flies by, it sticks out its tongue to catch it. If a shadow falls it may jump into the pond for it is aware that it has enemies.

A lion, on the other hand, has a larger cerebral hemisphere and its awareness level is higher. It will find a tree to crouch in or a high ledge and wait for its prey.

Man on the other hand has the highest cerebral hemisphere and when danger is about, may pick up a club to defend himself or build a shelter to protect himself. This awareness only comes about after years of experiencing life.

The workshop CHILDHOOD, SEXUALITY AND "AGEING" is mostly about our younger years.

When the body level comes up on the Barometer, you should be talking to the body. IN TUNE WITH means on the same wavelength, in harmony with, turned on to.

This inner state synchronizes you with the object of your intention and yourself, as well.

Our bodies are like an orchestra. When everything isn't IN Tune with the molecules of DNA, a resonance arises between neighboring molecules. When energy ravel from one molecule to another at just the right frequency to influence the other molecule to respond, the two resonate together, resulting in the healing of the cells. When molecules are off resonance - out of tune - they fail to communicate with one another and our feeling "out of sorts" could result from their separation.

In a world where our thoughts, feelings, beliefs and attitudes play such a vital role in creating our individual reality (so that we can learn from the resulting experience), negative thoughts are *very* destructive. If pessimism and negative thinking can create these molecular islands of separation within our cells, optimism and positive thinking can bring them back In Tune with the whole.

When on the body level, do frontal holding and for the back of the head, place your hands on the PHYSICAL STRUCTURE, just below the occipital protuberance. You have a body that is reacting because our Conscious mind has sent messages of indifference or separation to the subconscious that has transferred these emotions to the body level to help us regain balance.

BELIEVED REALITY

As we grow up, we're collecting data through what is said to us by parents, teachers, church, peers, etc., or the experiences we've had. Any message or experience with an emotion attached to it lives in our subconscious. Our body is completing neurological connections, and our communication sonar is already working by letting us know what feels good and what feels bad. We're starting to learn we need more protection for ourselves when we feel cold and discard our wraps, as we get warmer. We're also learning through our feelings to know sadness and happiness. Punishment can draw us into separation and a kind word or light touch can move us closer to a loved one or family.

We didn't realize that coming from a warm, protective womb where everything seemed safe and then being pushed or pulled from this protective home only to meet the world with bright lights, a slap on our backside, with noise and commotion all around. We feel very much afraid of the world.

As we grew, we learn to recognize a smile that makes us feel good and a frown that makes us feel bad. We enjoyed the good feelings and want to avoid the bad feelings that surge through our bodies.

Playing in a mud puddle encourages creativity. It's fun as we find we can build castles and make mud pies. However, as we show our prize possessions to mother - she throws the mud pies out and with a slap on the butt, she scolds us for getting our clothes dirty. Two days later, a car drives by and splashes mud on some new clothes we were just given. The body's emotional sonar turns on, a guilt feeling rushes through our body. No one else sees the mud, no one is around to scold us - but the anticipation that it will happen has already started our suffering. We don't want to feel this again, so our subconscious records this.

If these fused emotional experiences have to do with your performance or expectations from others, you'll be building a self-image about yourself. If when reading in front of a group your teacher criticizes you or your peers laugh at you and you blush as the feeling of embarrassment overtakes you you'll probably make more reading mistakes. When you repeat this reading activity, the emotional sonar will turn on and let you know that the last time you did this was not a good experience for you. Years later you may forget this incident, and only say "I can't read, especially in front of a group."

For any type of activity that has an emotion attached to it will be fused together. When the activity is repeated the body's emotional sonar will turn on to warn you that this was not a good experience for you.

Once we have accepted a Belief System for ourselves, we tend to reinforce it by only accepting input from others that agrees with our belief. We also reinforce this belief by role-playing it as if it were true. If Johnny thinks of himself as dumb, he will not accept anyone saying he is smart because he can point out all of the bad marks he has received in school. In addition, of course he will reinforce this by doing dumb things, because if he did smart things he couldn't keep the reality "of dumb" that he has accepted.

Sometimes the body in its attempt to protect us becomes confused. For example, someone eating shrimp gets some bad news that turns on the body's emotional sonar. The next time shrimp is eaten, the body warns something bad will happen and a negative feeling is felt. When shrimp is eaten again and this not good feeling is felt, the person just says, "I'm allergic to shrimp."

Marie Louise from Italy told a story of a boy 6 years old that was eating broccoli for dinner and got so sick that he was rushed to the hospital. Marie Louise found, when giving the boy a session, that when the family was eating broccoli several months before a neighbor brought in his dead dog that had been hit by a car.

Our Subconscious is informed by Conscious Awareness. We've programmed the Subconscious to believe that the past is the present and will be the future and because the Subconscious communicates with the Body Level, the body responds as if it were NOW. Therefore, the pains and sicknesses create a present time response duplicated from experiences when a similar experience is duplicated, i.e., the boy eating broccoli.

CONSCIOUS

A Conscious Forebrain CHOICE involves the synthesis of Future-Time desire with Present Time reality and Past Time experience. It's a process of weighing "either/or" considerations in the light of new—and better alternatives and options than experience suggests.

We believe we're making Conscious CHOICES all the time—although the truth is that we're merely projecting past preferences into Present Time. Because Conscious is still subject to Belief System programming, forebrain CHOICE reflects our human awareness up to now.

Positive or negative, a Conscious CHOICE does create a new reality. If the Conscious CHOICE is for Acceptance of positive progress, it triggers success-memories of Subconscious to which the Body Level happily subscribes. If the CHOICE is to deny awareness, past CHOICES program Present Time reaction, and both Body and consciousness must duplicate the past patterns and preferences prescribed by the Subconscious.

BAROMETER BASICS

The right side of the Barometer is EMOTIONAL, and gives a good indication of the Belief System.

The left side of the Barometer is STATE OF MIND. It is what the person wants.

If the person AVOIDS the emotional side, it denies the state of mind side and from there will go into depression. Depression is not an emotion, but a depression of the emotion.

The feelings from both sides need to be accepted 100%, or the person feels stuck. Going through the feeling is the way to learn what needs to be known and from there move on.

OUR SELF IMAGE

Everyone of us, adult or child, has an image of Self— what we are, what's expected of us and what we expect of ourselves. We create this image based on how we feel about "things," plus input from our peers, parents, teachers and people to whom we grant authority or influence.

Once we decide what is "true" for us, we then accept only the input that reinforces our self-image — an image which really may be a lie — and we act out this role as if it were true.

First - We talk to ourselves based on how we have felt about similar experience we have had already. How we judge an experience in the moment reinforces our Self-image: "This is good" or "This is bad," or "I'm good!" Or "I'm bad!"

Then we act according to what our Self-image is telling us.

Next, having acted, we judge our performance and talk to ourselves about it - which reinforces our Self-image and guarantees that we will act the same way in the future.

Round and round this Self-Talk cycle goes until it becomes a self-fulfilling prophecy. "Sure enough! If I do *that* then *this* will happen." If Self-image is negative and "acting out" brings failure, then "I don't do it well" becomes "I can't do that" which in turn becomes "I *wont* do that!"

So much of our Self-image is based on misperception and conditioned fears - most of which were not originally our own. When this is true, our Self-image really may be a lie, only a composite of beliefs based on the opinions we grew up believing. Whether our Self-image serves us profitably or not, we role-play these beliefs as if they were true. Now we accept only input that agrees with this Self-image that we have created.

Let's take this concept into the school system.

How children perform results from the Self-image they believe to be true about themselves. If this image of self becomes that of a poor reader, then they'll *continue* to read poorly.

Take this a step further: If you think of yourself as a poor speller, you'll look at words closely, remind yourself you have a problem with spelling, then try to "get it right" and because you have failed before, fail to do so now — which reinforces your Self-image as someone who "can't spell." Naturally, this can also influence your ability to read and you may convince yourself that you are "a poor reader."

Not being able to read or write well is embarrassing and, naturally, we don't want anyone to know we have a problem. So what we usually do is to AVOID reading and writing. In fact, we'll go to great lengths not to be put in any position which would reveal our ignorance.

Worse, to cover our tracks we DENY our embarrassment and "act out" being tough or a loner, or dumb. Alas! When we believe we're "dumb," we assume that everyone knows how "dumb" we are - so there is no need to hide it. We just give up and act "dumber."

From childhood, this belief carries on into our adulthood and the world as we see it becomes an exact reflection of what we have come to believe is true. Our projected thoughts, feelings and expectations guarantee this truth and justify our failures.

No matter how much we want to forget past traumas, no matter how we've repressed them, the memory of past events is still alive, stored in our unique memory system. In addition, even though we may not Consciously recall them when making choices in present time, those past memories unite with our present experience of life.

If we grew up expecting fear and failure, we will manifest it. And if we feel badly about ourselves, we have a difficult time liking or accepting ourselves. The Subconscious does not reason nor question the data we feed it. It merely processes it and reacts according to what we already put in it.

At Three In One, our job is to identify and to deactivate the unprofitable perceptions a person has about Self.

When Negative Emotion is disarmed* we lose the "magnetic" attraction which draws to us the experiences we do not want to have. We draw unpleasantness to ourselves only in response to what we've denied or judged. Any CHOICE to deny emotion (to "stuff it") gives an experience its unpleasant qualities. Locked into limitation, we can only reinforce what we already believe to be true.

DENIAL OF EMOTION ON THE CONSCIOUS LEVEL

PUTS A NEGATIVE JUDGMENT INTO THE SUBCONSCIOUS

AND IS MANIFESTED ON THE PHYSICAL LEVEL

To put it in other words: What we plant on the Conscious level takes root on the Subconscious level and eventually blossoms on the BODY level - all too often in the form of physical "symptoms, allergies or problems."

It's been our experience that the emotions we deny (or "stuff") crop up again as "physical problems". After all, negative emotional feelings on the Conscious level don't just evaporate because we "did not like the experience." This leaves the body to deal with the chemicalization of stress triggered by held-in emotions. Since the physical body ACTS OUT the negative emotional stress it is holding and illness becomes the only expression it has available for CLEARING ITSELF.

The medical establishment uses drugs and surgery to repress such symptoms. In fact, it views the body as a machine. If the body clogs, dope it up or use a roto-rooter. If that doesn't work, plumb around the blockage. Many doctors seem to view the body as if it was a watch: If something doesn't work- replace it.

To us at Three In One, that's pure insanity. If the CAUSE of the symptom is denied emotion -and in our experience, nine times out of ten it is! - at the very least physical symptoms are supported by, or aggravated by, our "emotional state".

Многие кинезиологи считают, что вправе переделывать слова в Барометре на свои, не понимая, что во всех книгах используются эти термины из барометра 3в1 тел. 8 9104781863 Александр

Too often, we forget that the body has an intelligence that far surpasses anything we could do consciously or scientifically for it. In addition, the body is in complete communication with itself. For instance: The heart communicates with all the cells in the body whether they are in the liver or the brain.

Experience is meant to teach us, to help us evolve. Repeated experience is only meant to go on as long as needed. When understanding comes, the repetition is no longer necessary and we are free to move on.

OUR POTENTIAL

We all have 100% potential for doing what we want to do, based on our genetics and awareness. Yet none of us is using 100% of our potential. And the only person responsible for this limitation is ourselves. We put these limitations on ourselves - maybe not intentionally, but we do. Then we usually pin a label on this limitation which reinforces it.

So if you believe you're a dumb person, you'll act dumb. If you believe you're an angry person, you'll act out your anger.

Once we identify and deactivate denied emotions at the Age of Cause, related Body "symptoms" most often vanish - as do the related Self-image "symptoms" (such as "dumb, angry or afraid"). With our negative emotion deactivated, we find ourselves free to make CHOICES that are more effective.

Deactivating emotion triggered in the past really can change the present, and since our feelings in the present create the future, we can change the future, too.

This is exactly what we do at Three In One Concepts.

OUR POWERFUL CONSCIOUS MIND

The Conscious mind is more powerful than the Subconscious mind because it's the ONLY part of our Awareness which can make a change.

For example: You get the spark of an idea. As you hold on to this idea, the imagination takes over and expands this idea into possibilities which triggers emotions in the body. These emotions can be either positive or negative depending on what your focus is. When emotions get strong enough, they turn on the hormones and the adrenal system. Once these chemicals are turned on, the body moves into action. Now, the action that results will be to your benefit or not, depending on what you imagined in the first place

CONSCIOUS

IMAGE

EMOTIONS

HORMONES ACTIVATED

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ACTION

So ... What is it that you want that you don't have now?

WHAT'S YOUR GOAL?

Our journey to full Consciousness and full awareness is the most exciting journey we will ever take.

The best way to have the tomorrow you want is to create it and live it today!

NEGATIVE EMOTIONAL STRESS and POSITIVE EMOTIONAL MOTIVATION

NEGATIVE EMOTIONAL STRESS = SELF DOUBT

Once you have identified an issue, as you think about that issue you can feel the Negative Emotional Stress coming up in your body. It's important for you to be aware of this negative feeling before corrections are made. You can then more readily recognize how much you feel differently after the defusion which is coming up.

For example: if you felt 100% NES (Negative Emotional Stress) prior to defusion and 0% NES after the defusion, then obviously the defusion made a positive change for the better. This reduction of negative feeling is the best indicator we have that "the work" *works!*

POSITIVE EMOTIONAL MOTIVATION = MOTIVATION FOR CHANGE

Positive Emotional Motivation (PEM) is your gut feeling that you have a greater positive motivation to change the circumstance or modify it. Your feeling is much more "Now I can handle it !" In every defusion, we're as interested in PEM as we are in NES because - once the negative emotion is defused - when similar issues come up in the future, the person is much more likely to make the CHOICE for *positive change*.

HOW WE "DEFUSE" NEGATIVE EMOTIONAL STRESS

"Fusion" is the melting together of two separate elements that then become a single, inseparable element. Usually this takes place as the result of great heat.

At Three In One, we redefine this as "the great heat of emotion" which fuses an *event* and the *emotion* we feel into our memories as a oneness.

Thereafter, anytime anything similar to that event takes place; we reexperience the same intense emotion. It blocked us then, it blocks us now.

"Defusion" means that we do a stress release process to release the intensity of emotion from that memory. Thereafter we remember the event without *reexperiencing* the emotion. Now, it's just a memory.
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memory - no longer the Past-Time cause of Present Time confusion.

While we've found a whole battery of skills to defuse Negative Emotional Stress from past

traumas, one of the most effective is Frontal/ Occipital Holding.

FRONTAL/OCCIPITAL HOLDING

An exceptional example of "doing what comes naturally", this defusion skill works wonders. How many times when we think of Present Time stress do our hands automatically go up to touch and hold our foreheads? When we experienced pain as children, how many times did our mothers hold us and stroke our foreheads? And it worked, too, didn't it?

Well, now you'll learn how to make use of that natural (and neurologically accurate) method to defuse stress.

By holding our foreheads, we draw circulation to the brain's Frontal Lobes — the part of the brain that "thinks up" new ways of dealing with issues and problems because this *area of the brain does not process emotion*. Neither does the Primary Visual Area, which is in the back-brain's Occipital Lobes.

The Occipital Lobes' Primary Visual Area deals only with images of light (which it then translates into recognizable patterns which relate to our remembered experience). Here again, there's no emotion involved.

When you hold your forehead and the back of your skull (right in die center and up from die base of die brain), you're drawing circulation to die two brain areas which process thought and visual memory *without* emotion.

Frontal/Occipital Holding permits you to review stressors "in the light" of Conscious thought-full alternatives based on an objective "vision" of past experience. It's an extremely calming, centering skill - one, which gives enormous power.

HOW TO DO FRONTAL/OCCIPITAL HOLDING

1. Think of a relationship diat troubles you and you want to get better.
2. Put one hand on your forehead and the other over the back-center of your skull (the Occipital Lobes' Primary Visual Area).
3. Breathe deeply as you do so. Continue to Hold and breathe as you mentally review the stressor issue.
4. HOLD, BREATHE, AND REVIEW until you feel the calm which means you have defused the issue.
5. Now recheck your feeling about the issue.

When you feel that NES is significandy less and PEM.is significantly more - the defusion is finished.

THE IMAGINARY DEFUSION

CREATIVE IMAGERY FOR "DEFUSION"

THE TELEVISION SCREEN When traumatic memory comes on-line, so does NO CHOICE. To assist in the defusion, the following exercise has enormous value. It lets you know what healing

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power exists in consciously choosing to restructure past memory — and assures you of a "safe" place to do that.

EXAMPLE: Instead of reliving more of the experience, "**go to a safe place** in your imagination. This could be a favorite room, a place in the woods or at the beach. Someplace where you feel calm and safe." Do Frontal Occipital Holding. Then the Facilitator might say something like: "Put a television set in front of you. It has a remote control and a videotape player, too. Now get really comfortable, then sit back and turn the set on. You're going to be looking at this experience on your TV screen. Remember, you have the controls in your hand — you can slow the picture down, bring up the volume or turn the set off any time you want to. Now, run the picture of that experience on your television screen. You may even add additional scenes of a similar nature; maybe the first day of school, high school, college, the service, marriage even issues that may be going on now. Let me know when you come to the end of the film by taking a deep breath."

When you are finished and you take a deep breath, your Facilitator will ask: "Did you run the movie in color or in black and white?"

If you ran the movie in color, now you will rerun it in black and white. If you ran it in black and white, this time run it in color — but this time, do crazy things with it such as making it jerky like a Charlie Chaplin movie. Have fun with it; change things. Amuse yourself. And when you have finished with this reran, take a DEEP BREATH!

Next, your Facilitator will ask you to run the video again — but before you do, mentally take the tape out of its cassette. Cut it up into little sections, toss the pieces up into the air and then put them back together in whatever order they fall. When you're finished, let your Facilitator know by NODDING YOUR HEAD.

Now, your Facilitator will tell you to: "Put the video back in the cassette and run it on the TV screen none more time, just as you reassembled it. A DEEP BREATH will let me know you've done it."

Once you have taken your DEEP BREATH, your Facilitator will suggest, "Now what if you took the tape out of the television and held it in your hands for a moment while you decide how to destroy it completely — permanently — so you'll never have to bother with it again, ever. Once you know how you're going to do that, DO IT. Destroy that tape so nothing is left — not an ash, not an atom. Get rid of it permanently, and tell me when it's finished."

When you know that it has disappeared forever, open your eyes, take a deep breath and then tell your Facilitator exactly how you destroyed the tape. But if you — or your Facilitator — feels that "there is still something left," take another excursion into your imagination and finish it off for good!

CREATIVE IMAGERY FOR "INFUSION"

Once you DE-fuse the major issue, the brain neurons, which held the record of that memory need a new "job description - something to replace the negative emotion with positive input. To do this, we use CREATIVE IMAGERY - an image or symbol that represents what you want.

This image/symbol can be anything - anything beautiful and encouraging, that is. For example,

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you might image a favorite color, or you might think of a jewel, a flower, and a beautiful sunrise. The best images take the form of something that activates as much sense input as possible. Imagine a ring, a bracelet, or a necklace of extreme value. Think of a place you've always wanted to visit - a Hawaiian beach, the sand still warm under your body, the surf sliding gently toward you, the fragrance of a rose hovering in the air as the clouds turn gold with sunset.

Once you've created that image that feels best take a deep breath as you see, hear, taste, touch, and experience that image. Sense Input anchors the image, makes it real in memory.

This positive image-anchoring process we call an INFUSION.

The Defusion and Infusion part is now complete. Then you will reevaluate your NES and PEM. Do you feel any change or release?

Now that you have the basics of how to go about defusing the negatives in your life, lets proceed with any Stress that we might have on the pages you just finished that were causing any stress.

Input from peers, parents, and teachers.

Our experiences, genetics, etc.

BAROMETER _____

NES ___% PEM ___%

DEFUSION: Work in partners. With your partner, while F/O holding, (*put one hand on the forehead and the other hand over the back center of the head*) have the person do the visual imagery exercise using the TV screen using one of the priority issues. Have the person become aware of the Negative Emotional Stress, the Barometric readout and the issue. When you feel a release in the person, usually a deep breath, the NES will probably be at 0% and Positive Emotional Motivation will be at 100%.

THANK YOU FOR ATTENDING!