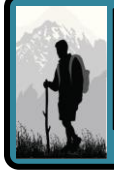
Men's Life - Journey, Architecture & Legacy



MEN'S LIFE JOURNEY



1. *The Hero's Journey* – Archetypal Quests of Destiny
1.1 Men Healing & Transforming
The *Magi's* Pilgrimage Inward

Our Life Transformed

Overview: *Expanding* by*Healing the Cause – *Manifesting* by Being at Cause

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Rough Draft

Dear Cohearts, Fellow Journeyers, Heart Warriors, Light Workers,

This first part of *The Hero's Journey* is *Men Healing & Transforming* is about the context and process of men healing so they may be in truly 'know themselves and be true' while gaining 'Self Mastery'.

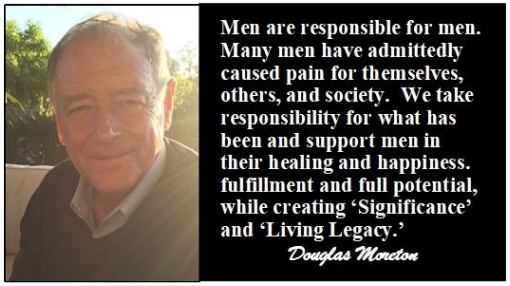
While these parts of the Journey will inevitably be the introduction to Men's Transformative Living, the initial and core focus is *Men's Life Architecture*. *Life Architecture* creates a mosaic of men in their full-potential in all their roles and domains. Its insights and resources are intended to interest men of all backgrounds at all stages of our lives. These sections on the Hero's Journey are more my insights from a life time of exploring Transformation.

The Parts, Sections and Chapters hinted in the sample 'Table of Contents' is a very first drafts of what is forthcoming over this year. It will evolve as the content unfolds. The following page is an overview of some core components of 'Transformational Healing and Living' and utilizes the mobius model of 'Expanding and Manifesting' to introduce key concepts.

The Chapter that follows is the *Two Ends of the Stick of Judgement* which is a sample draft from the writings that are easy to 'complete' and prime the publishing process. I want to get this content out of me, hence it's being shared as a draft, without being in the completed order.

Thank you for taking this journey with me. Happy musing.

With Will, Light and Love, Douglas

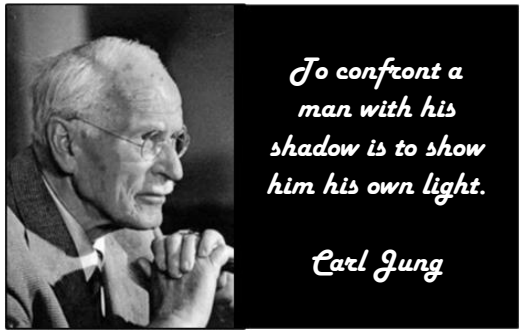


Acknowledgement for these insights highlights 10 years with Kalos Institute (Kalos Seminars)

Table of Contents

This is a sampling of the evolving content.

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What is Transformational Healing and Living?
How We Can Go Beyond Our Core Programming to Transformational Living?



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Insights Into Our Prime Attitude Game
Basic Polarities of PersonalityPleaser/ Fear-guilt V. Anger/Blame -
Two Ends of The Stick (This Chapter)
Hiding from Our Game - The Whammy
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Discovering Your Prime Attitude Game – Methodology
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Prevention (before) is Easier than Processing (after)
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Overview: *Expanding* by*Healing the Cause – *Manifesting* by Being at Cause

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Symptomatic Consequences and their Systemic Causes. *Every problem has a cause. And every cause has an answer.* *Rough Draft*

*** Kalos.org**

Dear Explorer, Magi, Healer,
Welcome to Life's Journey's in Transformational Healing & Living. The Infinity Sign symbolizes Life's eternal expansion of our full potential by exploring, experiencing and expressing. We learn and apply, discover and design. Knowledge comes from study, wisdom comes from experimenting with implementation. This is the process of Transformational Living through Expansion and Manifestation represented by the Mobius. This is the movement from Purpose's pure essence, to Mission's compelling intention, to fulfilling this in vision's form. It is the movement of 'Being' to doing and having.

A. Core Programming
Most of our behavior comes from the subconscious. Our two basic core issues or unmet needs are: *Feel* Being Accepted, (Right brain's not Feeling Loved) and *Think* Being Good Enough (Left brain not feeling Understood.)

B. Our Basic Polarities (Stemming from Core Programming) In our childhood as we experience emotional difficulties it is suggested in Psychosynthesis that three subpersonalities are formed, first the Pleaser who tries to win mommies' and daddies' attention, then the Rebel who reacts to this conditional love and next the Judge who admonishes the Rebel. For most people the personality then has a core pattern: Pleaser/Fear-guilt V. Anger/Blame. As part of dramatizing this and hopefully moving to healing opposites attract, i.e. the Pleaser attracts the Anger/blame personality

C. Perpetrations
are false judgments the mind makes in emotional stress. 'The mind would rather be right than happy' and will continue to fabricate proof in new situations. *Going back to heal the cause so we can go further forward. It is Truth that still sets us free by discovering the deeper patterns to our problems.* The mind is a great servant & terrible master.

D. The Perpetration-Compensation Game
is the underlying programming that affects all parts of our lives. Whenever there is an upset, it is there. Whenever we feel, "I knew it wouldn't work for me," it is working well, the Perpetration Game, that is. *Our individual core game is the core separation from others (& Spirit). The greatest problem will be your greatest gift to Others (& Spirit)* Next is a sample of steps in discovering and resolving a Perpetration.



Freedom From & Freedom To
When we begin seeking *freedom from* a problem it is like backing into the future. Unless we are consciously transforming our lives we will constantly re-create related problems. These tempests in a teapot, however uncomfortable, are for some people safer than the unknown. It is the invitation of "*freedom to*" that moves us from simply gaining skills in healing problems we've unconsciously precipitating. We move from 'getting well' to 'being well'

Complaint i.e. "I can't have it the way I want."
Ploy – i.e. "So I have to control others."
Payoff – (What does that get you?) i.e. "I feel right & make them wrong. I'm strong not being controlled."
Cost– i.e. "My health, self worth, contentment…"
Compensation & Benefit (How does all this work a benefit?) i.e. "I take charge of life… a good leader…" The timid kid who becomes motivational speaker.
Choice & Declaration i.e. "I am in charge of my life. Others are in charge of theirs."

Clarify, Choose, Commitment
To want to is a good start; to choose to aligns your will with your intention; to commit empowers your choice with disciplined action. The Universe doesn't fully respond to our stated intentions, until add emotions "feeling self in vision", feeling affirmations.

Being Single Minded
When you are thinking one way and feeling the other you need to align Double Mind for success. Many people think consciously they want something, but don't subconsciously they don't feel they want it. You can use MRT Muscle Response Testing, i.e.: I *think* I want to be happy; I *feel* I want to be happy; I *think I can* be happy; *I feel I can* be happy. If all four questions test strong you are single minded to be happy. If all four test weak your are single minded to be unhappy. If *think* is strong and *feel* weak then consciously want it but subconsciously don't. …

Emotional Dyslexia (unrelated to learning) Happens when the mind makes a judgment under emotional stress. Then around similar situations it can go blank, get hyper-emotional (right brain dominance) or super-logical (left brain dominance.) The left and right brain and poorly connected around this issue or problem.

Two Ends of Ego Defense Stick
Both ends are ploys that mask,i.e.: self-deprecating v. self-aggrandizing; denial v blame, self v. other anger… Many time we just switch polarities orwe can heal the core programming and get off the stick.

Hiding from Our Game - The Whammy
The 4 Ds - Deny, Deflect, Defend, Defame (counter attack)
The Whammy – (denial) "Come on, what game?"
Double Whammy – (deflect, defame) Hiding within one's Game. "It's not about denial I don't have a game." Being in your Game about Your Game. "I wasn't angry but now that you said that I am." "See how you have made me feel."
Triple Whammy, Being Emotionally Dyslexic, while in the Game. "I'm so upset now I can't even think."

Chapter # ____, Two Ends of the Stick of Judgement

Rough Draft

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The Stick of Judgement is a where we can see how the surface behavior expresses underlying unhealed aspects of oneself. There is in all of us old programming based on perpetrations, decisions we made as a child and have since 'proved' right. In the Picture of Man/Woman presented in the book a *New Day In Healing* the development of our core personality dispositions was introduced. In the previous Chapter # ___, our 'Core Personality' was further elaborated.

You cannot remove these predispositions, Anger v. Fear-Guilt, Blamer v. Pleaser, but you can create it to go away. You cannot resolve the basic judgements related to these predispositions, "I'm not enough" and, 'I'm Not Loved' but you can create it to disappear. It's much more than adjusting to these paradoxical opposites. It's much more than coping with the resultant defense mechanisms and surface separation in symptoms - blaming others, blaming self. Once we discover the decisions in our own life that we are compensating for to prove they are not true. We can heal our core perpetration games by seeing the truth and creating choice.

DISPOSITION STICK (Basic Personality Orientation, see, Picture of Man/Woman):

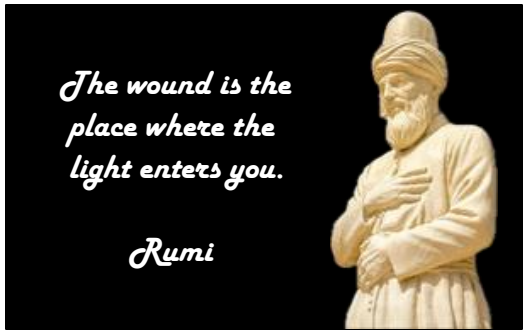
PLEASER/RESENTMENT	V. GET MY OWN WAY/ANGER BASED
I'm Not Lovable	v. You're Not Enough
Forget Myself and Serve You	v. Forget You and Serve Me
I'll have to try harder	v. You'll have to try harder

In the psychology that supports us to adjust to the circumstances we are encouraged to observe when we are acting like a scolding, dictating parent or the resentful, rebellious, demanding child. There is no communication between these two opposites, only the comfort of familiar predictable and reactions. We are invited to notice when we slip into the parent or child role and then choose the adult conversation, thus opening the possibility of speaking adult to adult. We learn to stay more in the center of the 'Stick of Judgement' we can take charge of our behavior and avoid slipping into old patterns of dysfunctional behavior.

There is an inherent invitation in 'Transforma-tional Healing' to discover and heal the early decisions that drive the habitual behavior being acted-out in immature parent-child exchanges. It is possible to go outside of the 'Stick of Polarities' into a deeper or higher reality and respond out of mature ego state choices.

EGO-DEFENSE STICK (A coping mechanism stick and acting out stick):

Arrogance	v. Self effacing
Isolation	v. Dependence
Domination	v. Subservience



We can act-out our basic fear and insecurity in opposite ways, i.e. Pleasing v. Demanding. They are opposite expressions of unresolved feelings and unexplored perpetrations. The opposite polarities attract each other the 'Pleaser' and 'My Way' person can get enmeshed in relationship. Below the surface behavior both consider themselves half a person, so one end of the stick needs the other. They are ½ a person so in order to be a whole person they need to be enmeshed with another ½ person. One ½ person controls the other ½, so the controlling ½ manufactures wholeness by controlling and the other ½ gives up their ½ so they can be free of any responsibility.

These surface separations (opposite symptoms) can reverse themselves. It is not uncommon for the self-effacing when have achieved fame to be conceited. The shy can demand the center of attention once a modicum of fear is overcome. The irony is that they are not really opposites they just have temporarily opposing symptoms. Many times, the journey to full-potential moves one from the one end to the other before the judgements can be left behind. 'What ever we judge, we become." Healing is on the stick, transformation moves us outside the stick of dualities.

Chapter # ____, Two Ends of the Stick of Judgement

Rough Draft

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The Stick Of Co-Dependent, Dysfunctional Dualities:

- I'm not enough so you can't be enough either.
- I am enough AND If you can't see that then you're not enough.
- I accept myself AND if you can't accept me then you are not accepted.



UNDERSTANDING YOURSELF AT THE END OF THE STICK
Symptomatic coping behavior - *compulsive needing and demanding.*

1. Take the first steps of Healing - *see it the way it is*.

2. Own Hidden Motivation, i.e. - *want to get what want, when you want, the way you want*

3. Experience dysfunctional result, i.e. - *dependence feeds rebellion against pleaser*

4. See Contradiction - actually you might not like yourself because you think you are selfish and yet it feels like you never get what want even though others spending time serving you. ('More, better, different' - always in operation.)

5. Observe Irony - Go beyond denial and face the manipulation - that the pleaser is in control. Whoever asks for the most is in control. (Like sick people controlling the house from the sick bed.)



6. Understand the Paradox - That actually you are independent and using dependence as a ploy to control. Usually, the belief is that you are dependent and so you compensate by a proving you are free.

THE STICK OF CO-DEPENDENT DUALITIES, i.e. PLEASER
Symptomatic coping behavior - *compulsive pleasing*

1. Taking a Second Set of Steps in Healing - *face that (some) giving is driven by unmet needs (not altruism)*

2. Own One's Hidden Motivation - *Giving is Based on Getting (for example getting Acceptance, Appreciation)*

3. Experience the Dysfunctional Result - Your resentment at not being able to say what you feel and ask for what you want. You're giving away what you would want.

4. See Contradiction - You are resentful that they aren't playing the game and won't give you the appreciation and recognition you want (And this is a receding horizon, e.g. need more, better, and different).

5. Observe Irony - In fact you are likely to get attacked for being controlling.

6. Understand the Paradox - You are dependent on their approval, even though feel independent and superior to their needy demanding.

CHANGING POLARITIES ON STICK V. GETTING OFF THE STICK OF JUDGEMENT

It's just change, It is not Transformation, even when it feels good, like swapping False humility for Arrogance.

I must be different	v.	they must be different
I'm not enough	v.	they are not enough

- One person dresses up for security v. the other dresses down for security
- Self-centered "What have you done for me today." V. Self-sacrificing by pleasing others. Habitually giving to others the very things you want.

This pattern becomes healed when one can serve others AND Ask for things the way you want it. This is fair, share and care.

Chapter # ____, Two Ends of the Stick of Judgement

Rough Draft

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Then in turn when Transformed, paradoxically one may serve in self-abandonment. "I serve Spirit in you.",
'Remember not what I did for another, but what Spirit did through them for you.'

Transformational Healing Is About - Going Beyond the Stick Into Self Acceptance - Choice – Interdependence
Sovereignty, Self Reliance AND Deep Connectedness

HEALING THE CAUSE - Is about healing the cause of the decisions made that created the dysfunctional coping behavior. Everyone has challenges, Own, Accept and Transform Them!
1. Identify your biggest challenge or complaint.
2. What is your payoff? (Identify the hidden motivation.)
3. What is it costing you? (Identify the consequences.)
4. Is it worth it? (Ask yourself this.)
5. How do you compensate for this? (What do you compensate for believing as you do about yourself and others.)
6. What is the truth (reality).
You always have choice.

BEING AT CAUSE - is knowing the cause then choosing to observe the behavior and then choosing to live beyond the dualities of the stick.
Through Spirit I am capable of accomplishing all things (v. arrogance)
I'm interdependent on those I love and dependent on Source (v. dominating)
Do my best and all leave the rest to Source (v. trying)

