2.3 Creating Optimum Well-Being

Integrating Aspects of Personality, Stages of Development

The Wondrous Sojourn to Deeply Explore Self

Rough Draft

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Click Any 'Pedal' on Symbol to Explore Subject

Click for Synthesis Chart of Well-Being (Left Brain Overview)

Fulfillment in the Age of Imagination



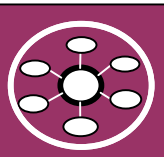
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MEN'S LIFE ARCHITECTURE

2. Men Designing their Life Architecture

Provisioning the *Prince* for Authenticity and Significance

Living One's Vision in All Our Roles



The Wondrous Sojourn

2.3 Creating Optimum Well-Being

Integrating Aspects of Personality Through Stages of Development

Nourished, Nurturing while Being at Cause with Freedom & Choice

"Optimum Wellbeing... Symbol's Details Chart"

Rough Draft

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Click Any 'Pedal' on Symbol to Explore Subject

Stages of Integration,
Integrating Body, Mind & Spirit
Levels of Optimum Well-Being
Integration & well-being based on Choices that expand capacities or contract into self-limitation

Click for Synthesis Chart of Well Being (Left Brain Overview)

Basic Human Needs & Universal Themes
Maslow's Hierarchy of Needs, Rosenberg...

Transformational Living
Healing the Cause to Being at Cause
Transcendent Being
Ever in the Moment and at Choice

Exploring, Experiencing, Expressing
Your Incredible Depth & Breadth

Stages of Development - Pschology
Maslow's Hierarchy, Erickson, Wilber's Spectrum of Consciousness ...

Transforming Life's Challenges
Grief Recovery; "Reclaiming the Heart;" Compulsive Behaviors; Mate Challenges; Children Difficulties; Family Systems/Dynamics; =Disabilities; Life Threatening & Chronic Illness
Radical Forgiveness ...

Wheel of Life,
Being One's Full Potential
Expanding Domains of Expression

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2. Men Designing their Life Architecture

2.3 Creating Optimum Well-Being

Integrating Aspects of Personality Through Stages of Development

MEN'S LIFE ARCHITECTURE

Our Life' Roles

The Wondrous Sojourn

Nourished, Nurturing while Being at Cause with Freedom & Choice

Rough Draft

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Well-Being Synthesis Chart
(Left Brain Overview)

A. Stages of Personality Integration

Integrating Body, Mind and Spirit

Physical & Health

1) Physical - Wellness & Optimum Health
H.Q. Health Quotient
Nutrition, Cleansing, Rest, Exercise, Environmental Quality

Mental & Emotional

2) Emotional - Optimum Wellbeing
E.Q. Emotional Quotient

3) Mental – Wisdom Quotient W.Q.
Praxis: Applied Intellect
(Common Sense)

Social & Cultural

4) Relationship/Social - Authentic & Fulfilling Relationships, Connectedness Quotient - CQ

Spiritual & Ethical

5) Spirituality, Ethics, Values, Ethics - S.Q. Soulful Quotient
Spiritual Awakenings
Building Character

Loving Service

6) Service - Life Purpose, Mission, Vision
U.Q Univeral Quotient

Levels of Optimum Well-Being (Woolf's Holodynes)

Integration & well-being based on Choices that expand capacities or contract into self-limitation

1) Physical Wellbeing
Choose to live
Vitality, Abundance, Health, Strength, Energy

2) Personal Wellbeing
Choose to unfold
Creativity, Confidence, "I am OK."
Self-discovery

3) Interpersonal Wellbeing
Choose to commit
Intimacy, Friendship, "We are OK," Mutual Respect

4) Social Wellbeing
Choose to act
Synergy, Teamwork, Open Trust, Comradery,

5) Principled Wellbeing
Choose to become
Integrity, "I am," Fair-care-share, openness

6) Universal Wellbeing
Choose to Extend
Oneness, Knowing, Empowered, Loving, Attuned

B. Transformational Living: Healing the Cause to Being at Cause

Anatomy of our Personality
Persona & Sub Personalities
Basic Polarities of Personality:
Pleaser, Rebel, Judge; 7 decisions
Opposite ends of behavioral

Healing the Cause v. Sick Cycle
Symptoms & their Causes

Tracing Patterns to Their Cause
Incident/Decision, > Sabotaging Pattern > Compensation > Benefit

Owning & Transforming Core Programming
Hiding in and from our core game
Sample Games: Money, Sex, Power

Being at Cause and Creating Choice
Freedom From - Freedom To
Going beyond the game, being at choice
Aligning the left & right brain: Think & Feel

Transcendent Being
Being - Doing - Having; Being in Now;
Awareness V. Thinking, Awakened Doing

C. Transforming Life's Challenges

Grief Recovery
"Reclaiming the Heart"
Compulsive Behaviors
Mate Challenges
Children Difficulties
Family Systems/Dynamics
Disabilities
Life Threatening & Chronic Illness
Radical Forgiveness
...

D. Domains of Full Potential Expression

Wheel of Life - Full Potential
Physical & Wellness
Mental & Educational
Social & Cultural
Family & Home
Financial & Career

Expanding Domains of Expression
Individuals & Families
Groups and Organizations
Institutions & Systems
Neighborhoods, Communities & MetroPlex.
States & Regions
Nations & Globe

E. Stages of Development - Psychology

Maslow's Hierarchy:
Catatonic
Opportunistic
Conforming
Conscientious
Self Actualized

Erickson:
Trust v. Mistrust
Autonomy v. shame-doubt
Initiative v. guilt
industry v. Inferiority
Identity v. Isolation
Generactivity v. stagnation
Ego Identity v. Despair

Spectrum of Consciousness & Related Therapies: Wilber
Persona Level: Personal - Shadow
Ego Level: Ego - Body
Total Organism - Environment
Transpersonal Bands - Unity Consciousness

F. Basic Human Needs We Share - Universal Themes

Maslow's
Physical Needs
Safety, Security, Order
Love/Belonging
Esteem
Self-Actualization
Self-Transcendence

Our Common Desire - Heritage
(From M. Rosenberg's, "Non Violent Communication")
Autonomy
Celebration
Integrity
Interdependence
Physical Nurturance
Play
Spiritual Communion

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