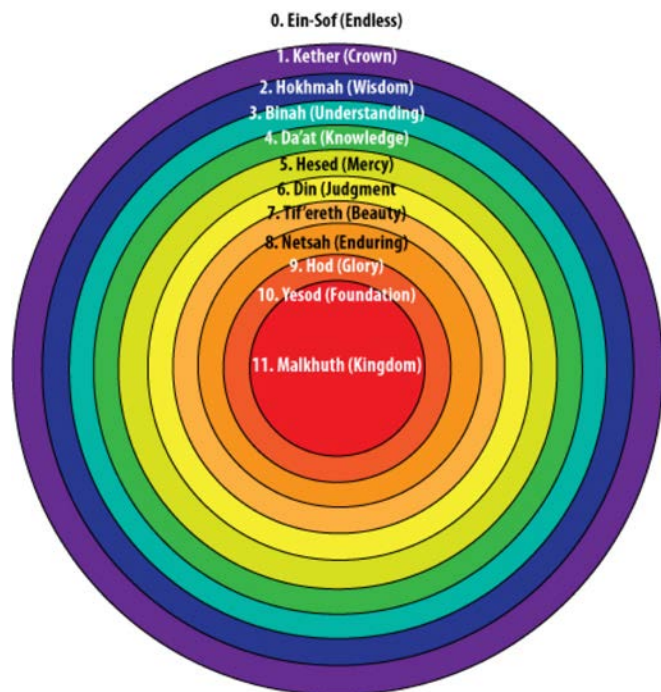
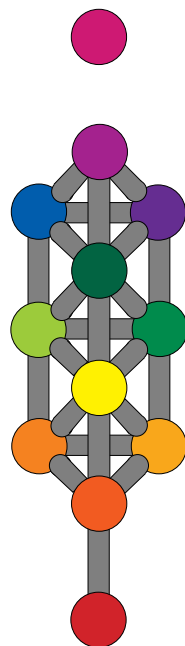


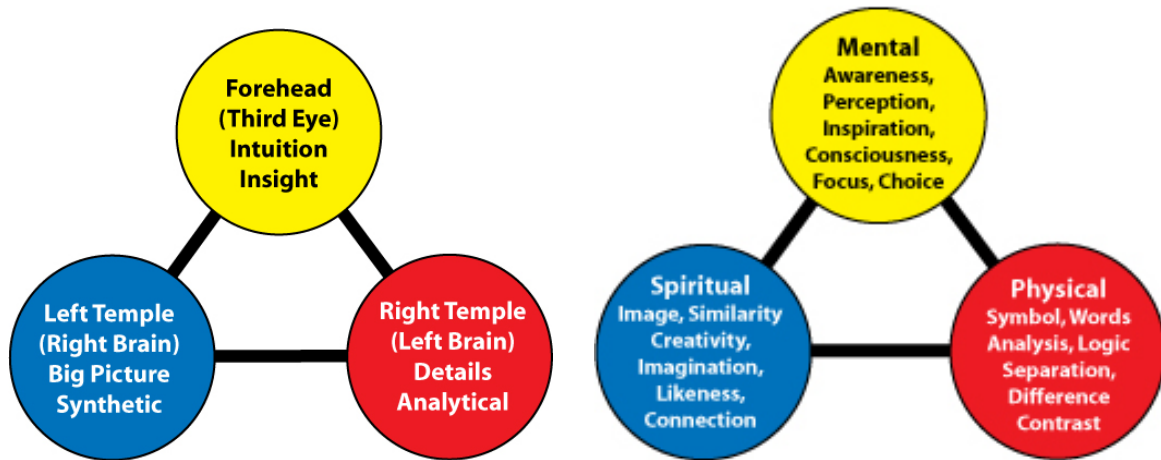
Consciousness and the Inner World



Spheres



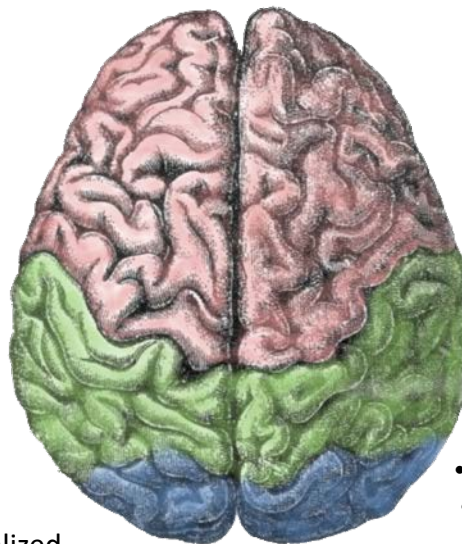
Head World



Brain Functions

Left Brain

- Logical
- Sequential
- Analytical
- Verbal
- Language
- Rational
- Practical
- Scientific
- Mathematical
- Strategic
- Past Oriented
- Compartmentalized



Right Brain

- Intuitive
- Holistic
- Creative
 - Visual
- Symbolic
- Imaginative
- Impetuous
 - Artistic
- Philosophical
- Possibility Based
- Future Oriented
 - Associative

Right-Left Brain Balance

- A good balance between right and left brain function helps a person see both the “forest” and the “trees.”
- They are able to use both reason and intuition and thus have a high capacity for both learning and creativity



Language and the Left Brain

- The concept of naming things is a property of sphere 3 of the tree of life (Understanding)
- It is the idea of taking things apart and assigning labels (words or symbols) to each part
- This generates understanding, the ability to see how one thing is different from another



Language is Symbolic

- Language is entirely symbolic
- Words are symbols we use to represent both abstract and concrete reality
- Unfortunately, symbols can also create lies and illusions because they can be used without reference to reality



Words are Just Labels

- Being able to label something gives us the illusion of knowing something
- It also allows us to dismiss people, situations and things without ever really knowing them.
- Memorizing words is not the same as experiencing the reality they are supposed to represent

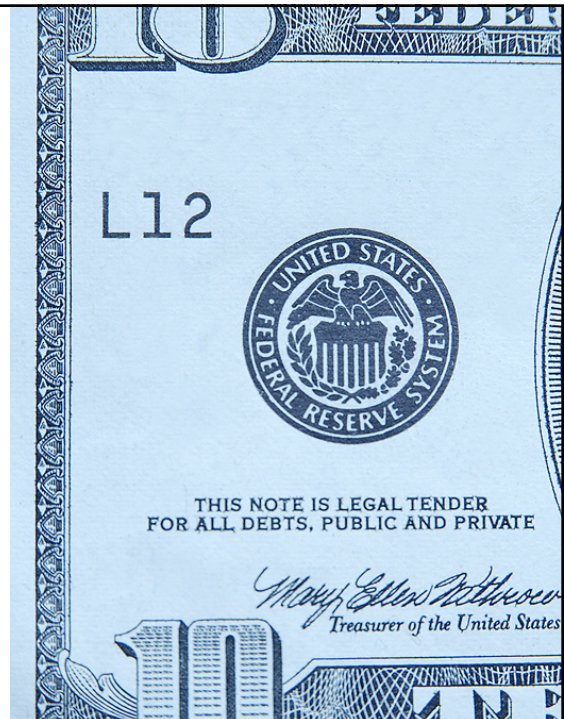
Meaning and Communication



- “Meanings aren’t in words, meanings are in people.”
- Words are symbols and symbolize different experiences to different people
- To create understanding you have to go beyond words

Symbols Become Dangerous When...

- They lose their connection to the meaning they represent
- Money is a prime example
- Our money has NO real value, it only represents value as long as we all agree that it does



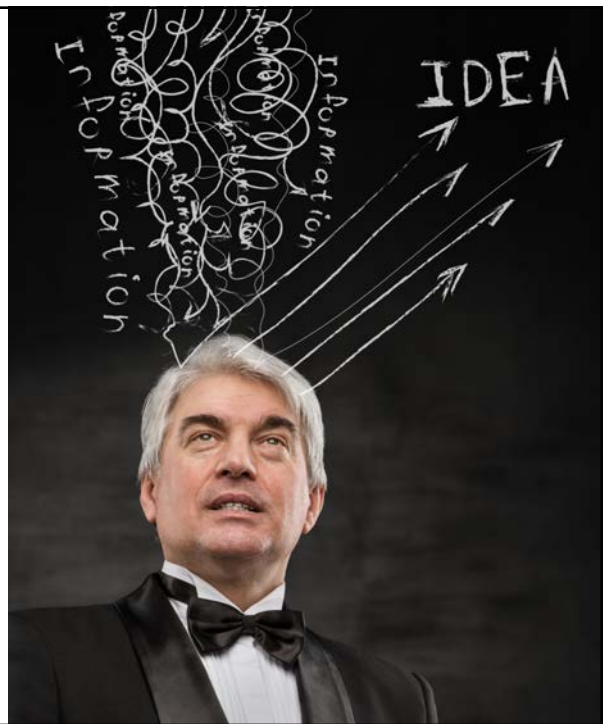
Creative Essence

- Creativity is the opposite of analysis, it is synthesis
- The essence of creativity is to put together or see links between previously unconnected ideas
- It is also to see opportunities where others see challenges



Wisdom

- Wisdom is the ability to apply knowledge to real life in a constructive way to new and changing situations
- Wisdom is also the ability to see how things are connected (part of a greater whole), rather than separate



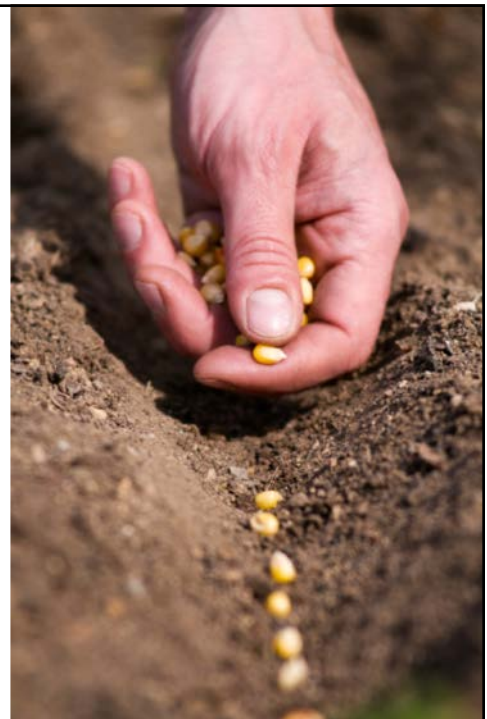
The Word

John 1:1-5

1. In the beginning was the Word (logos), and the Word (logos) was with God, and the Word (logos) was God.
2. The same was in the beginning with God.
3. All things were made by him (the logos); and without him was not any thing made that was made.
4. In him (the logos) was life; and the life was the light of men.
5. And the light shineth in darkness; and the darkness comprehended it not.

The Word (Idea) as a Seed

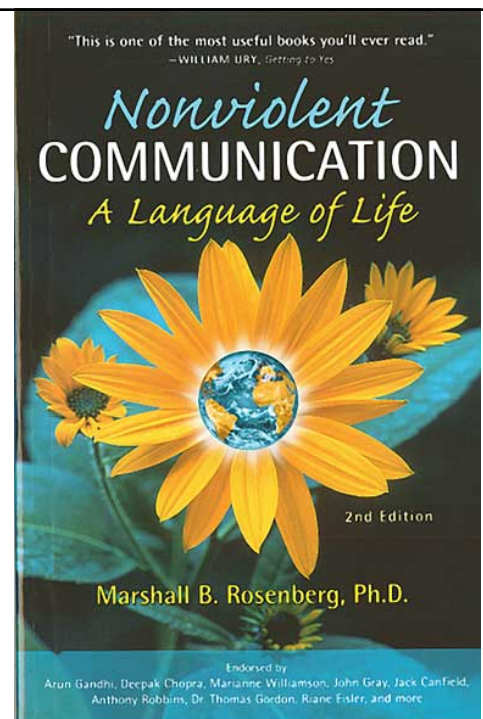
- We can have one of four reactions to an idea
1. We can completely reject it and refuse to even entertain the possibility it is true
 2. We can think it sounds like a good idea, accepting it initially, but then talking ourselves out of believing (accepting it)
 3. We can accept it, start to use and apply it, but give up on its application and go back to our old ways of thinking and acting
 4. We can nourish the idea until it becomes a part of us, yielding it's fruits (results) for us to enjoy and share



- Once when the Master spoke of the hypnotic power of words, someone in the back of the room shouted, “You’re talking nonsense! If I say, ‘God, God, God,’ will it make me divine? And if I say “Sin, sin, sin,” will it make me evil?”
 - “Sit down you bastard!” said the Master
 - The man became livid and screamed a torrent of abuse at the Master.
 - The Master, looking contrite, said, “Pardon me, sir, I was carried away. I truly apologize for my unpardonable lapse.”
 - The man calmed down immediately.
 - “Well, there you have your answer. All it took was a word to give you a fit and another to sedate you,” said the Master.
- **From *Awakening: Conversations with the Masters* by Anthony De Mello**

Non-Violent Communication

- Four Steps
 - Observation of facts
 - Statement of feelings
 - Statement of needs behind the feelings
 - Request to needs fulfilled
- For more information see:
www.cnvc.org



Asking versus Demanding

Demanding

- Believing that we are “entitled” to have our needs met and that others are “obligated” to fulfill them
- Punishing others through attack or neglect when they fail to fulfill our requests
- Feeling the other person should do what we want even if it requires sacrifice on their part with no benefit for them (win/lose)

Asking

- Accepting the vulnerability that the person we ask may not fulfill our request
- Implies that the other person has the right to say “no” to our request without fear of retaliation or punishment on our part
- Being willing to understand the other person’s needs and help them understand how our request will benefit them (win/win)



Principles of Persuasion

- Honor and respect the other person
 - Be unwilling to emotionally manipulate or force the other person to do something they did not voluntarily chose to do
- Understand the other person’s frame of reference
 - Other people do not process information the same way you do
- Learn how to communicate both intellectually and emotionally – to express both logic and feeling
- Steven K. Scott says that 90% of motivating change is primarily helping someone to:
 - Understand what you understand
 - AND feel what you feel
- The last 10% is to ask for the change

What's the Difference?

Manipulation

- Using any means necessary to motivate or force a person to do something that fulfills your need or desire, whether it is in the best interest of the other person or not

Persuasion

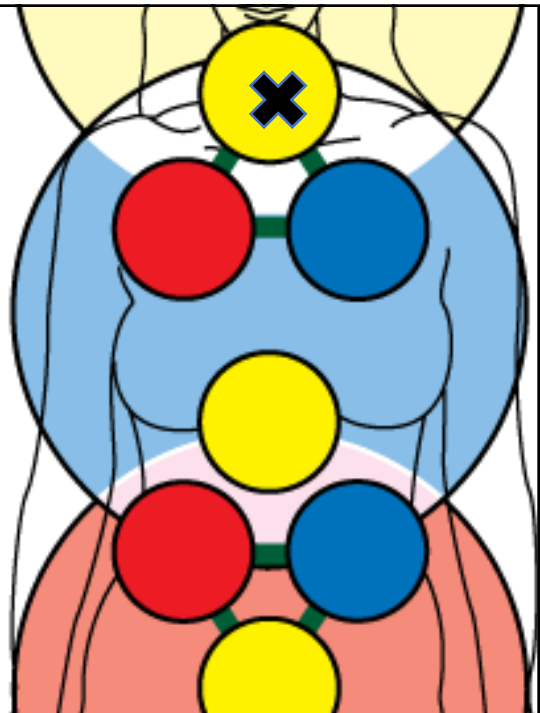
- Guiding a person with information and understanding to help them make a logical choice about what is in the best interest of the person being persuaded

When you communicate are you seeking to manipulate others (self-centered communication) or to persuade others (other-centered communication)?



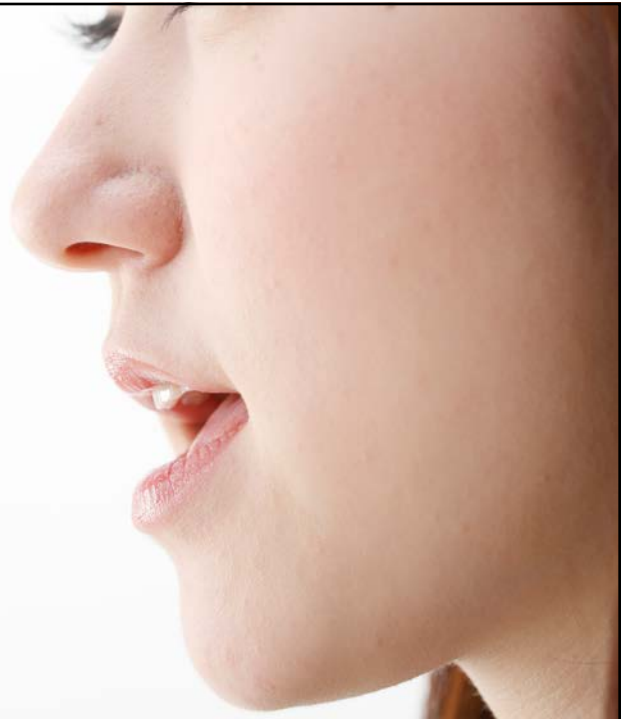
Throat Center

- Physically is the home of the thyroid and voice box, connects the head to the chest
- Energetically represents the ability to communicate, to connect reason with emotion, to express one's thoughts and feelings to others
- Emotional seat of the sense of communion and "knowing" someone



Sources of Throat Energy Wounds

- Suppressed communication, feeling unable to express oneself, not being given a “voice” by others
- Difficulty connecting thoughts and emotions, unable to connect with feelings
- Being “split” as a person, causing one to live in one’s head and avoid connecting with the body
- Deceit, lying to oneself and others



Throat Energy Physical Issues

- Low or high thyroid function, Hashimoto’s thyroiditis, Grave’s disease, etc.
- Laryngitis, sore throats, tonsillitis
- Stiff neck
- Difficulty swallowing
- Other problems with the throat and neck



Throat Emotional Issues

- Schizophrenia or “split personality” tendencies
- Shy, quiet, afraid to speak up, soft-spoken
- Feeling shut down, unheard
- Inability to be honest about what one feels, often even with oneself



Throat Center Affirmations



- I am able to express what I think clearly.
- I am able to express my feelings clearly.
- I am aware where I am at in my life and where I am going.
- I am able to reconcile my feelings and my logic.
- I can speak freely.

Throat Center Essential Oils

- Chamomile
- Clary Sage
- Fennel
- Helichrysum
- Honeysuckle
- Lemon
- Lemon Balm (Melissa)
- Mandarin
- Peppermint/
Spearmint
- Pine (pictured)
- Tea Tree
- Violet
- Ylang Ylang

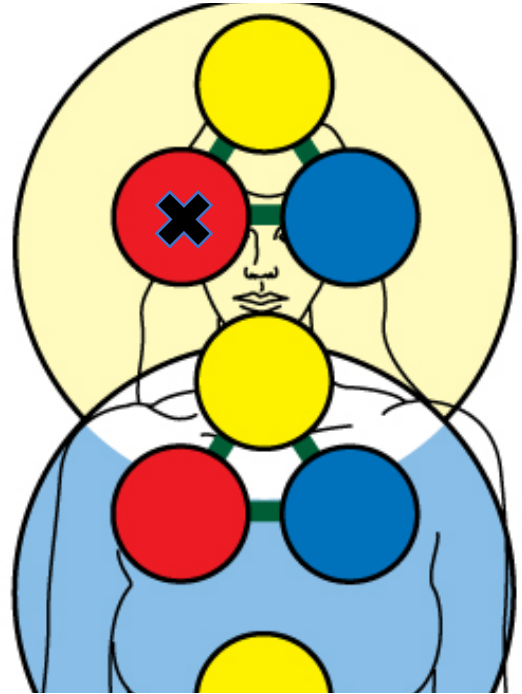


Flower Essences for Throat Energy

- Calendula (FES): Tendency to use sharp or cutting words, argumentative.
- Cerato (FES): Doubting self, uncertainty.
- Cosmos (FES): Unorganized, unfocused in communication.
- Forget-me-not (FES): Lack of awareness of spiritual connections to others.
- Heather (Bach): Overly talkative in self-concerned manner.
- Larch (FES): self-censorship, lack of communication.
- Larkspur (FES): Self-aggrandizing leadership.
- Mullein (FES): Inability to hear the inner voice of conscience, lack of integrity
- Snapdragon (FES): Verbally abusive and hostile.
- Trumpet Vine (FES): Lack of vitality or force in self-expression

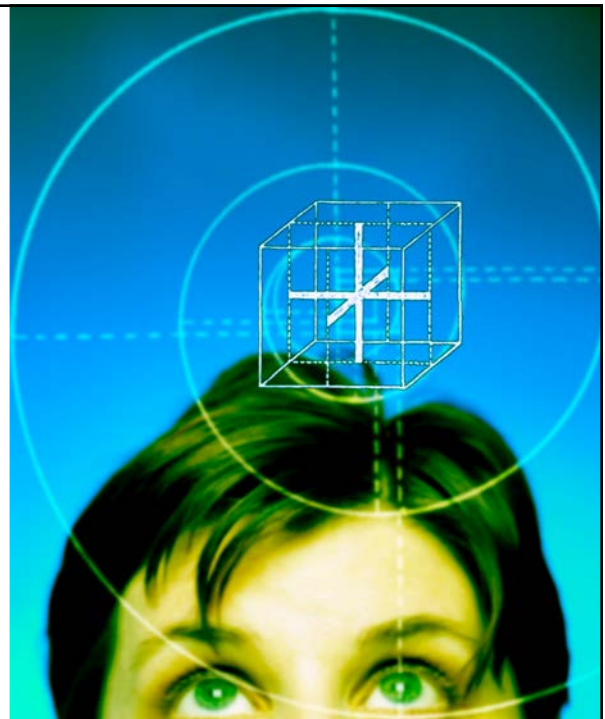
Right Temple (Left Brain) Center

- Same energy as liver or thymus centers on the intellectual plane – it allows us to reject ideas that don't work or serve us
- This is the ability to “take things apart,” recognize and “label” and/or “classify” the pieces
- Abstract reasoning and the ability to creatively reassemble things (engineering, design, etc.)
- Left brain energy can also aid optimism and faith by allowing for the control of one's thoughts



Positive Left Brain Energy

- Related to the function of the brain and pituitary gland
- Language and mathematical ability
- Ability to exercise discernment, logic and reason
- Ability to classify and organize information
- Ability to create plans, set goals and priorities and mentally organize our lives



Sources of Left Brain Wounds

- Public school
- Humiliation, fear, intimidation, etc., associated with learning or memorizing
- Being made to feel “stupid”
- Pushing for verbal and language development too soon



Left Brain Center Affirmations

- I am intelligent and can learn whatever I want to learn.
- I am able to perceive and work with parts and details.
- I love and appreciate science and mathematics.
- I am logical and reasonable.
- I am good with language and words.

Left Brain Essential Oils

- Amber
- Atlas Cedarwood
- Black Pepper
- Clary Sage
- Coconut
- Eucalyptus
- Jasmine
- Lemon Balm (Melissa)
- Lemongrass
- Mandarin
- Oregano
- Peppermint/ Spearmint
- Rosemary
- Thyme

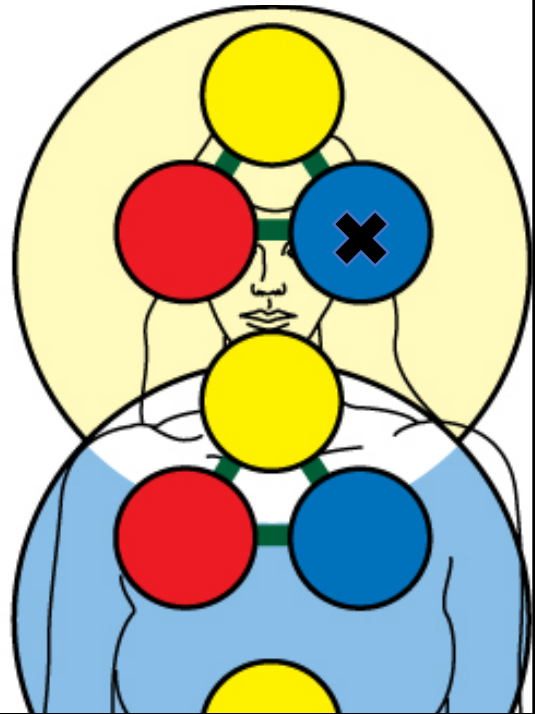


Flower Essences for Left Brain

- Blackberry (FES): Enhances ability to take action on one's goals.
- Bush Fuchsia (Bush): Dyslexia, difficulty reading, stuttering.
- Chestnut Bud (Bach): Repeating errors, unable to learn from experience.
- Cosmos (FES): Inability to focus, integrates thought and speech.
- Indian Pink (FES): Easily scattered, emotionally volatile
- Isopogen (Bush): Difficulty recalling previously learned material, or learning from mistakes.
- Madia (FES): Overcomes distraction, helps a person pay attention to details.
- Peppermint (FES): Promotes general mental alertness and focus.
- Rosemary (FES): Enhances memory and focus, aids presence in the body.

Left Temple (Right Brain) Center

- Physically is the home of creative thought, artistic and body skills, the ability to see connections, emotion and intuition
- Energetically represents the ability to see the big picture, how things are connected, to receive new information and ideas
- Allows one to see patterns and relationships, how things fit together into the greater whole
- Sees likeness and similarity
- Deals with concrete, “sensual-based” reality



Positive Right Brain

- Related to the function of the brain, hypothalamus and limbic system
- Ability to see associations or connections, which is the essence of creative thinking
- Athletic ability, body awareness
- Artistic ability
- Spiritual awareness
- Relationship and emotional skills



Sources of Right Brain Wounds

- Lack of education, training and experience in right brain activities
- Humiliation, fear, intimidation, etc. associated with art, dance, gym classes, etc.
- Being made to feel “uncreative,” awkward or uncoordinated
- Lack of spiritual development

Right Brain Center Affirmations

- I am wise.
- I am creative.
- I am artistic.
- I am open to new ideas.
- I love and appreciate art, music and literature.



Right Brain Essential Oils

- Chamomile
- Clary Sage
- Coconut
- Jasmine (pictured)
- Lavender
- Lilac
- Mandarin
- Neroli
- Orange (Sweet)
- Mandarin
- Peppermint/Spearmint
- Rose
- Rosemary
- Sandalwood
- Violet
- Wintergreen



Flower Essences for Right Brain

- Aloe Vera (FES): Feeling burned out from intense activity, overuse of creative energies.
- Beech (Bach): Critical, intolerant and judgmental, can't accept imperfection.
- Blue Flag (FES): Bugged down by life, lacking inspiration.
- Filaree (FES): Nit picky, obsessed with details.
- Hound's Tongue (FES): materialistic view of the world, combines thinking and imagination, helps a person use both hemispheres of the brain.
- Indian Paintbrush (FES): Enhances creative energy, brings vitality to creative expression.
- Nasturtium (FES): For those who tend to be overly dry and intellectual.
- Rabbitbrush (FES): ability to master handling many details at the same time.
- Sage (FES): Unable to see higher meaning/purpose/wisdom in life, need wisdom.
- Shasta Daisy (FES): Enhances ability to synthesize ideas into a meaningful whole