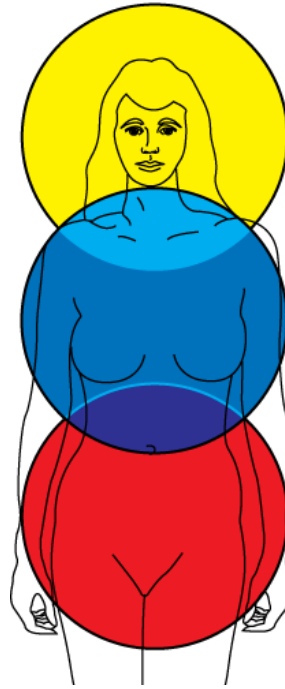


The Three “Worlds” of our Being

- Head World
 - Mind/Mental/Thinking
 - Parent, Superego
 - Mind
- Heart World
 - Heart/Emotional/Feeling
 - Adult, Ego
 - Spirit
- Gut World
 - Guts/Physical/Doing
 - Child, Id
 - Body



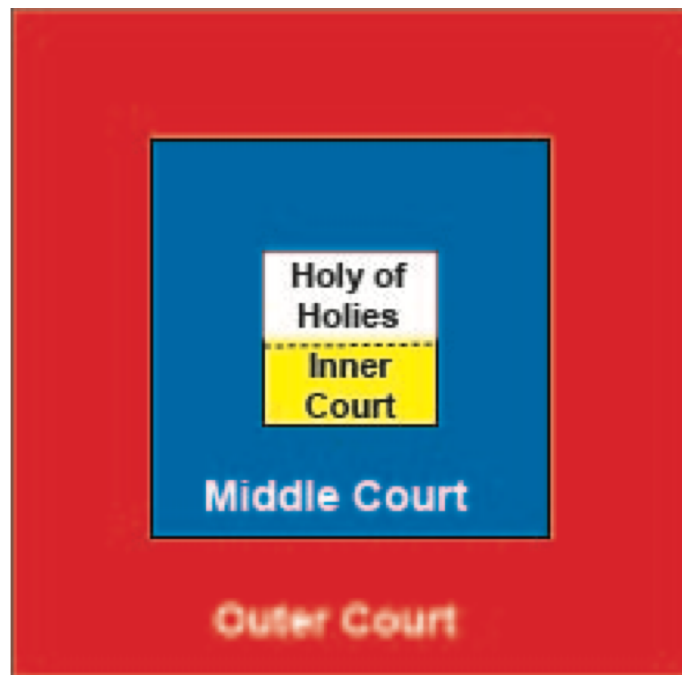
Equilibrium
Mental/Mind
Parent

Expansion
Emotional/Heart
Adult

Contraction
Physical/Body
Child

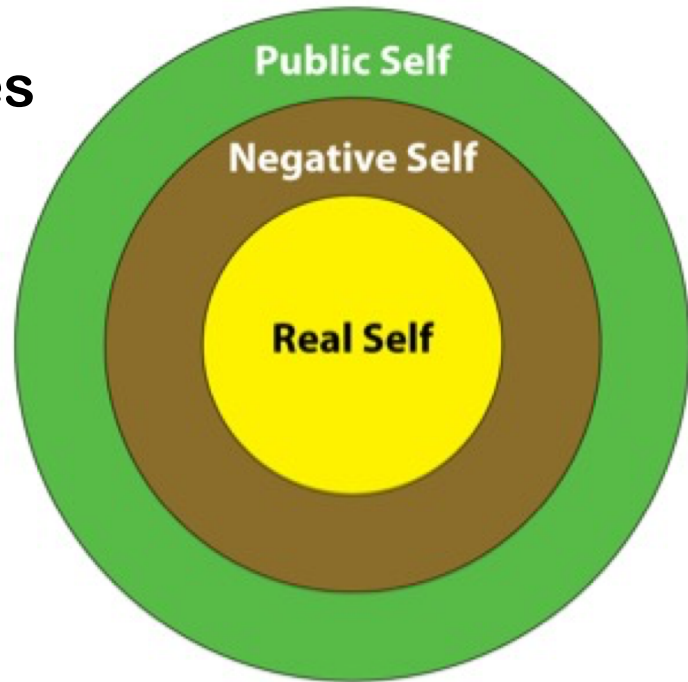
The Temple of Man

- Physical Body
- Emotional Body
(Soul)
- Mental Body (Spirit)
- The Father Within,
the Great “I AM.”

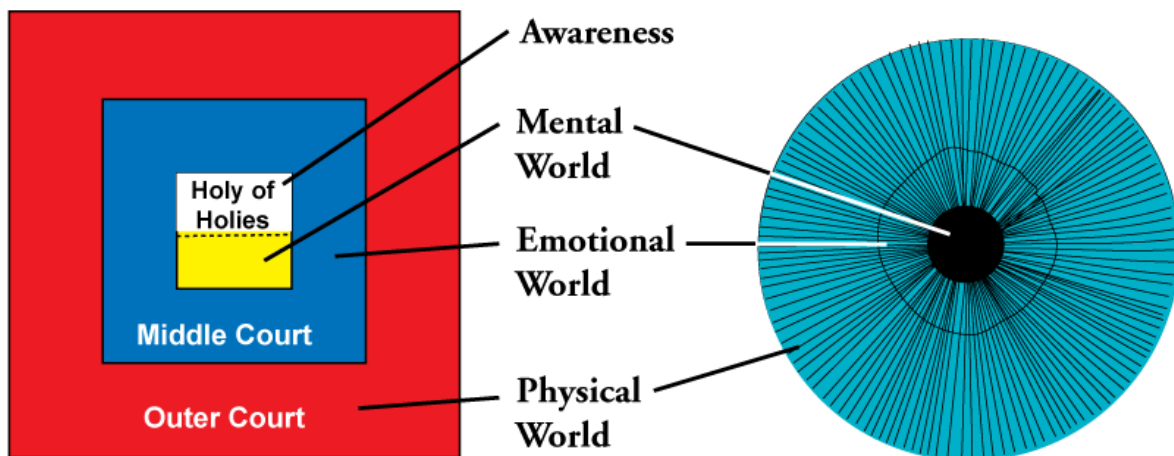


Our Three Selves

- Public Self (Body) – the way we seek to present ourselves to the world
- Negative Self (Soul)– the inner self where all our weaknesses (and strengths) and inner struggles (and confidence) is found
- Real Self (Spirit) – Our higher or spiritual self

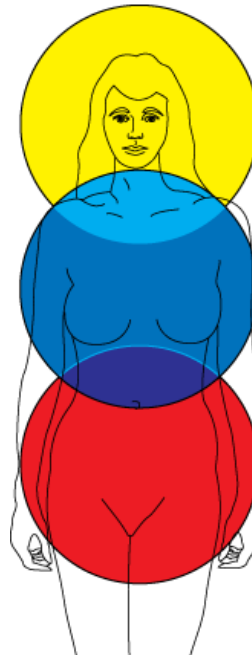


The Body Temple and the Iris

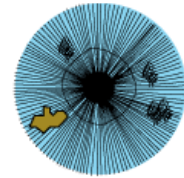


Basic Rayid© Iris Types

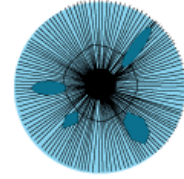
- Jewel
 - Mental type
- Flower
 - Emotional type
- Stream
 - Physical type



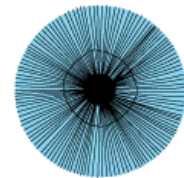
Jewel
Mental/
Visual



Flower
Emotional/
Auditory



Stream
Physical/
Kinesthetic



Three Primary Access Techniques

- Visual
 - Picture a hallway with many doors...
 - Remember that experience, go back and be there
 - Symbolic Journey
- Auditory
 - What are you feeling? Feel that feeling, be present with it.
 - What would it feel like if...?
 - Auditory processing and belief change
- Kinesthetic
 - Tune into [part of body], feel what you feel there.
 - Let yourself move with that feeling
 - Kinesthetic processing and tension discharge.

