The Power Model System™

Acquiring

Emotional - Mental,
Spiritual - Physical

Intelligence

Brief Overview
Living in Today’s World

- Social environment
- Educational environment
- Business environment
- Religious beliefs
- Family environment
- Genetics, brain chemistry
- Drugs and alcohol use
- Thinking disorders
- Learning challenges
- and many more.

How Do We Adapt and Grow?
Many self help programs books seminars and ....

Effects Don’t Last

Why ?

• Steve Covey
  – 7 Habits, and the 8th Habit
• Dale Carnegie
  – Human Relations, Teamwork Salesmanship, Leadership
• Tony Robbins
  – Power, Passion, Leadership, Health
• John Bradshaw
  – Family, Codependency, Addictions
  – The Secrets of the Millionaire Mind
• Terry Kellogg
  – Family, Parenting, Understanding, Healing
Learning the Forces Preventing You From Being You

- Environment
- Automatic Reaction
- Defenses
- No Boundaries
- Cover-up Emotions
- Beliefs

Illusion vs. Reality
Activities

Through activities, a simple one page human personal blueprint is created on how each individual uniquely identifies with themselves, other people, and the world – emotionally, mentally, spiritually, and physically.

This blueprint empowers the individual to be aware, accept, self-affirm, and take action in virtually any circumstance.

- Self-observation skills
- Environmental influences
- Childhood regression
- Defenses
- Boundaries
- Impulse control
- Authentic vs cover-up emotions
- Gifts of authentic emotions
- Spiritual connection (nature meditation, religion)
- Proactive vs reactive
- Stages of Maturity vs Immaturity
- Personal Blueprint
Begin by Knowing Yourself

- You are the Expert on You
- Self Discovery is the core technique
- Approach the whole human being
  - Emotional, Mental, Spiritual, Physical
- Affirming we all have different life experiences
- Asking questions to get answers
- Honoring the uniqueness that you and your Higher Power created together
- Simple step-by-step activities
  - Performed anywhere, anyplace
- Permanent changes from within
We are in a physical body with a sensory system that is experienced through emotions (which need to be identified and processed), thoughts (which need to be identified and understood), spiritual beliefs (which need to be chosen and practiced), and physical action (with conscious decisions and responsible behavior).
Becoming a Balanced Human Being

• EQ: Emotional Intelligence
  – Ability to perceive, control, evaluate, and express emotions

• IQ: Intellect Intelligence
  – Logical reasoning, exploring options, decision making, thoughts of self, perception of the world, quieting the mind

• SQ, MQ: Spiritual or Moral Intelligence
  – Know your beliefs, comfortable with other’s beliefs, Higher Power connection, how you fit in the world, integrity, compassion, forgiveness

• PQ, BQ: Physical and Body Intelligence
  – Listening to body signals, physical behavior, boundaries, care of self

An internal blueprint is made up of how these human components interact. You will discover your unique blueprint through activities.
Immature Human Response

Event

- Become Overwhelmed by Emotions
- Detach from a Higher Power
- Get Triggered and Become Defensive
- Ignore or Unaware of Options
- Blame Others and Re-Act

Loss of Self

Results in

- Emotional
- Mental
- Spiritual
- Physical

Resistance → Resentment → Self Righteous → Revenge

Can be very subtle

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With The 4 R’S You:

- resist the way you, people, places, and things actually are
- resent that you cannot control people, places, things, and that it is you that must change
- become self righteous and judgmental towards others and self
- enact revenge against yourself through addictions and become reactive towards others.
Imbalanced Human Components
Outcome

**Imbalanced**

<table>
<thead>
<tr>
<th>Emotion + Mental + Spiritual</th>
<th>Physically Reactive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotion + Mental + Physical</td>
<td>Spiritually Dissillusion</td>
</tr>
<tr>
<td>Emotion + Spiritual + Physical</td>
<td>Mental Control</td>
</tr>
<tr>
<td>Mental + Spiritual + Physical</td>
<td>Emotional Coverup</td>
</tr>
</tbody>
</table>

Each human component affects the others

Discovering Causes of Imbalance is Key
Five Stages of Immaturity

1. **Honeymoon in Resistance**
   - Expecting life to be perfect.

2. **Resentment in Reality**
   - Resent that life is not the way you want and that you must grow up.

3. **Power Struggle with Immaturity**
   - Begin to resist and control. Mental and emotional struggles dominate.

4. **Self Righteous with Addiction**
   - Begin to feel self-righteous and you justify your behavior/methods of relieving the pain.

5. **Self-Destruction through Revenge**
   - Begin to Self-Destruct resulting in loss/death of Self and/or hurting others

**Result of Imbalance**
• Without internal balance, conflicts dominate your life.

• How you process your human components influences your life.

• If your process is governed by your Defense System chaos follows. If your defense system is dominated by Flight, you play victim. If your defense system is Fight dominated, you fight to control everything. Either way, you are in Illusion, going through the 4 R's and the Five Stages of Illusion.
Mature Human Response

Event

- Reflect on Emotions
- Connect with Your Higher Power
- Make Defense System a Choice
- Consider Your Options
- Make Decisions and Act

Emotional → Mental → Spiritual → Physical
Awareness → Acceptance → Self Affirmation → Action

But How?
With The 4 A’S You:

• are aware of yourself and your environment
• accept yourself, others, and your environment for what they are, rather than what you want them to be
• self affirm yourself that you can change in a way that makes a real difference in your life
• are pro-active in your life and in any given situation.
Balanced Human Components

**Outcome**

**Balanced**

EMOTIONAL + MENTAL + SPIRITUAL = PHYSICALLY PRO-ACTIVE

EMOTIONAL + MENTAL + PHYSICAL = SPIRITUALLY CONNECTED

EMOTIONAL + SPIRITUAL + PHYSICAL = MENTALLY EMPOWERED

MENTAL + SPIRITUAL + PHYSICAL = EMOTIONALLY AUTHENTIC

**Result**

Each human component affects the others

Discovering Balance is Key

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Five Stages of Maturity

1. **Honeymoon in Awareness**
   - Early calm and harmonious period of a new experience, and you are aware of this.

2. **Acceptance of Reality**
   - You accept your weaknesses and turn them into strengths, and accept what you see in yourself, others, and the world around you.

3. **Power Struggle with Maturity**
   - Learning that change and giving up control is part of life.

4. **Self Affirmation with Higher Power**
   - Willing to change with the assistance of a Higher Power?

5. **Self Realization through Action**
   - You and your Higher Power commit to work together to create a new you.

*With balance you can progress through these healthy stages.*
How you process through your human components has a major influence on your life.

When you express authentic emotions, choose to not use your Defense System, apply appropriate boundaries, and connect to your Higher Power, and act responsibly you can have harmony in your life.

You do this by going through the 4 A’s and thus you can progress through the Five Stages of Maturity.
The Defense System

Accumulation of:
- Past memories
- Forgotten events
- Unresolved issues
- Vulnerabilities

Purpose:
- Protection against perceived threats
- Coping with stress

Types
- Fight (anger)
- Flight (fear)
• Do You Own Land?
  – How much did you buy?
  – Where does it start and end?
  – Who takes care of it?
  – What defines trespassing?

• Do You Own Your Body?
  – Of course you do; so the same questions apply.
Impulse Control

The First Step for Setting Up Boundaries

- Learning impulse control starts around two years old.
- Learning to tolerate emotions and connect with thinking.
- Learn how to communicate and negotiate.

No Impulse Control → No Boundaries → No Balance
Replacing an authentic emotion with a cover-up emotion prevents you from experiencing the gifts of authentic emotions, which in-turn causes imbalance.

The circle center is your Life Spark. The inner ring represents authentic emotions. The middle ring represents cover-up emotions. The outer ring holds rewards of authentic emotions.
Internally, you can identify with a place that provides peace and safety.

You can make a conscious choice to intervene, connect to a Higher Power, and become centered.

And do it Anywhere, Anytime.

Visualizing your SSP helps create balance.
Your Personal Blueprint

Defense System
Your top ten defenses

Cover-up Emotions
How you cover-up authentic emotions

Spiritual Safe Place
How you connect to your Higher Power

Boundaries
Applied/Broken Boundaries

Interaction of your Four Human Components
How you create harmony/conflict between your components

Activities assist in discovering all of this.
Your Personal Blueprint

Blueprint Chart
Guides Your Process
emotion
mental
spiritual
physical

Life Spark Chart
Authentic/Cover-up/Gifts
Emotions

Spiritual Safe Place

Print on a double sided sheet of paper to use anywhere - anytime

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Five Steps to Centeredness

With Your Personal Blueprint In Place You Can Be Authentic In Any Situation

Event
- Reflect on Emotions in Spiritual Safe Place
- Connect With Your Higher Power
- Make Defenses a Choice

Action
- Consider Options

With your blueprint you can progress through these stages quickly.
Life Pyramid

Summary of the Power Model System
<table>
<thead>
<tr>
<th>Component</th>
<th>Self</th>
<th>Connection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional</td>
<td>Private</td>
<td>Childhood issues/secrets</td>
</tr>
<tr>
<td>Mental</td>
<td>Personal</td>
<td>Personnel relationships</td>
</tr>
<tr>
<td>Physical</td>
<td>Professional</td>
<td>Persona in the world</td>
</tr>
<tr>
<td>Spiritual</td>
<td>Spiritual</td>
<td>Knowing yourself</td>
</tr>
</tbody>
</table>

*How your human components predominantly relate to you*
See how a few internal changes from within can affect your whole life?
SPIRITUALITY IS DEPENDANT ON WISDOM

• Without balanced emotions, thinking, and spiritual beliefs we cannot pierce through all the noise and have consistent healthy behavior.
• Without consistent healthy behavior we cannot learn what works and what doesn’t, and thus can rarely acquire wisdom.
• Without wisdom we rely on random events and what others believe.
• What we believe feeds back into our emotional, mental, spiritual, and physical behaviors.
• This becomes a viscous cycle that affects families, cultures, societies, and the world for generations.
Propagation of Wisdom

- Birth
- Learning
- Awakening
- Realization
- Radiating
Power Model System™ Review

- Know how your emotions, mind, spirit, and behavior affect the body.
- Discover how the environment affects you and how you react to it.
- Learn why your responses or reactions (4 R’s) are often based in Illusion.
- Realize how you go into these Illusions as if on Auto Pilot.
- Learn The Five Stages of Immaturity
  - Illusions are fed by your Defense System, which is based on fear/flight or anger/fight.
  - Being aware of your defenses gives you more options in your environment.
- Learn why being Mature is transitioning from Illusion to Reality.
- Moving into Reality requires setting boundaries on yourself and others.
- Discover your Life Spark by discovering how you suppress Authentic Emotions with Cover-Up Emotions, and what gifts authentic emotions brings.
- By establishing a Spiritual Safe Place within yourself and connecting to a Higher Power, you can stay grounded in any situation.
- By combining your Defense System, Life Spark Chart, and Spiritual Safe Place you have a Personal Blueprint on how you work internally and how you can grow.
- With your Personal Blueprint, you become aware, accept, and move into appropriate action in virtually any situation (Five Steps to Centeredness).
- You can constantly monitor your growth by tracking your ability to stay in Reality and be truly happy there, through the Life Pyramid.
- Learn that Wisdom comes from knowing your Personal Blueprint (knowing yourself)

Eighteen Activities Guide individuals through the Power Model System
Summary

- Environments affect human growth
- Negative effects are perceived as an invisible force holding back growth, keeping people in illusion
- Sixteen Actives assist the individual in self-discovering how one gets into illusion and how to transition into reality
- To become whole, the emotional, mental, spiritual, and spiritual must work together.
- The entire process is based on a foundation where the individual becomes the expert on themselves.