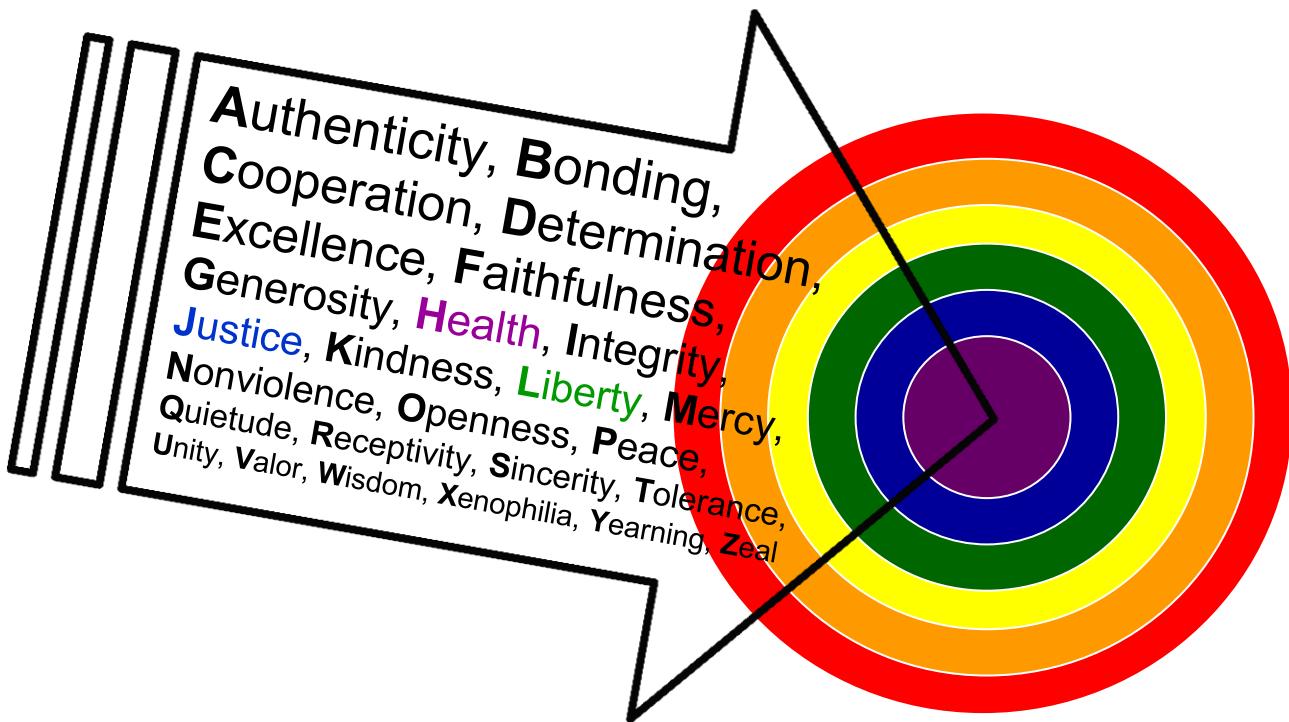


The ABCs of Love

for

Health, Justice & Liberty for All Life



Our Heart's Wisdom
Points Us Beyond
Personal Violence & Planetary Exploitation

By Art Nicol

TOOLKIT FOR THE ABCs OF LOVE

Illustration 1 – I-Zone Chart

Illustration 2 – Wholeness Archetype (a/k/a WA)

Illustration 3 – Healthy Emotions Map (a/k/a HEM)

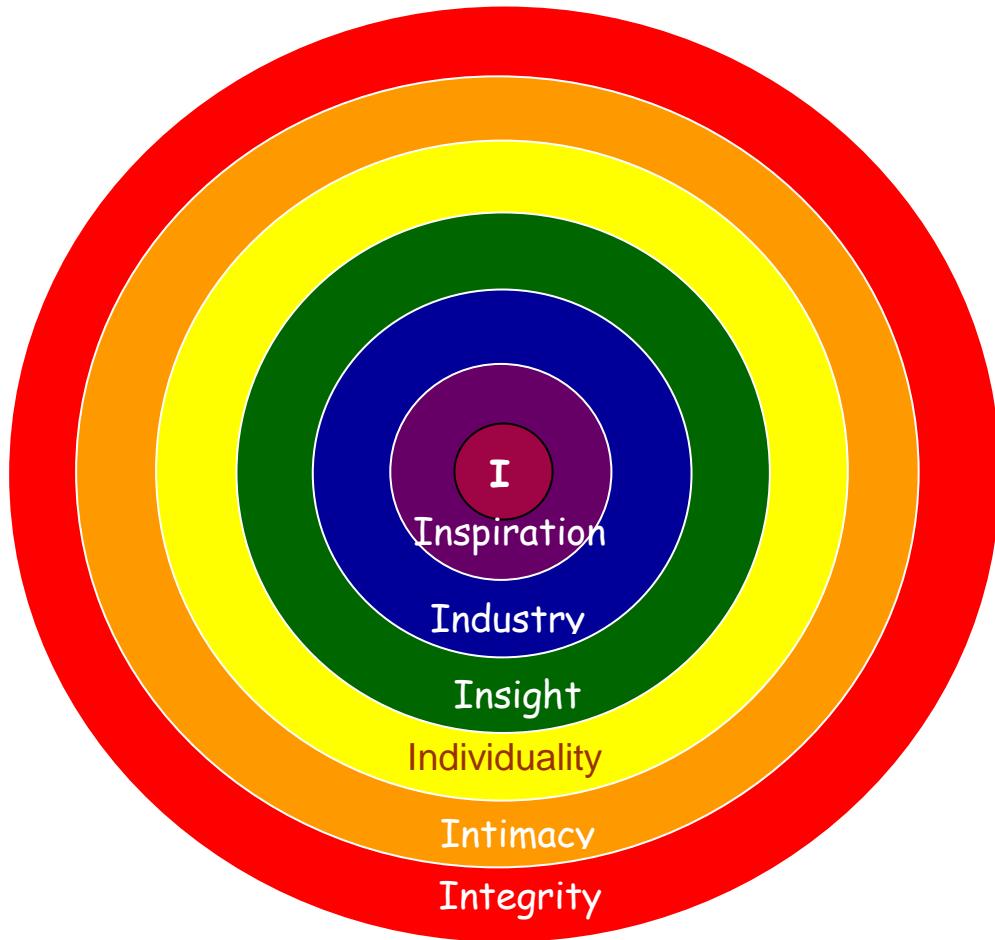
Illustration 4 – Core Life Orientation Wheel

Illustration 5 – Energy of Bonding

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I-Zone Chart

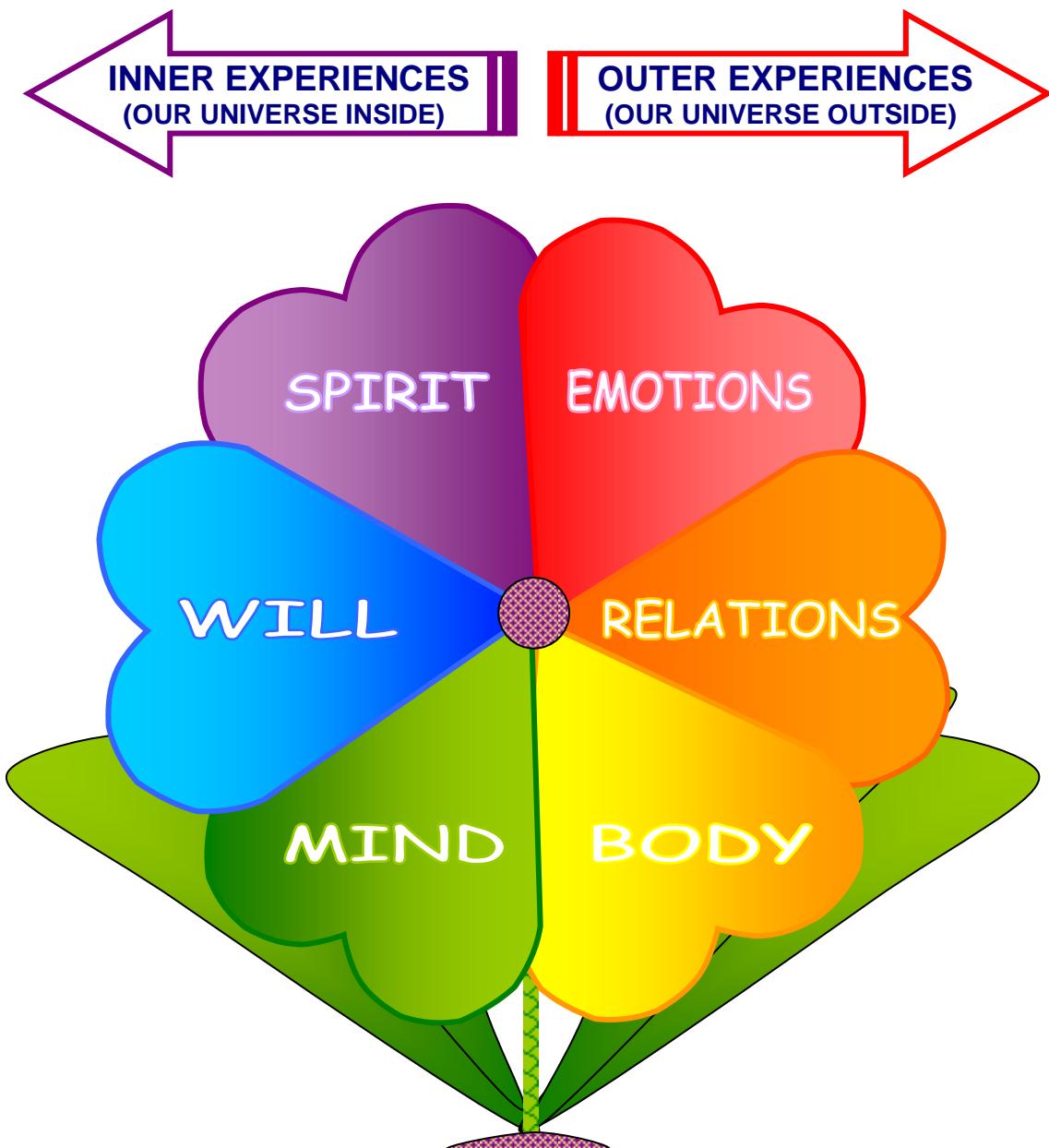
I-Zones are interactive facets of our multi-faceted lives that we can examine to accurately assess our current qualities of character and take steps to upgrade them. The “I” in I-Zones can stand for Inventory, Investigation or Inquiry when we are evaluating their condition. The “I” can also stand for Innocence when we want to be reminded at all times that we are innately innocent - each as a guilt-and-shame-free child of the Universe or whatever else you may call the source of Life and Love that our hearts desire. The goal of our evaluation of our I-Zones is to rediscover and re-experience our Innocence, not to indulge our inner critic or ego in judgment and reproach of self and others. The Spirit of Love calls us to identify, appreciate as valuable and nurture all facets of our nature from positive perspectives and let go of habits of using our analytical mind to endlessly find flaws and faults and never focus holistically on the gifted well-being of our wholeness.



The I-Zone chart fosters our health by guiding us in our intentional self-examination and personal transformation. At the bulls-eye's center is the essence of the whole person we each are – our distinctive expression of being an “I” while also being an essential part of humanity’s collective “we.” Our “I” of Identity is no longer mistakenly defined as “ego” but instead set free to be a “whole person.” For purposes of investigation only, the I-Zones identify separate aspects of our lives to evaluate. Although from time to time we may find that we are more satisfied with some facets of our lives than with others, at no time do we actually cease to be a whole, integrated person. The point is not to compare ourselves with other people or chastise ourselves for facets we find we want to upgrade. The point is to increase our self-awareness and capacity to purposely nurture ourselves – with self-awareness, self-acceptance and self-understanding – towards the goals we’ve set for our own growth and development. Using the I-Zones compassionately and wisely results in our maturation beyond ego-centered social norms and our renewed satisfaction of knowing that we’ve given our best towards co-creating what MLK Jr. called the “beloved community” that we are all glad to share together.

WHOLENESS ARCHETYPE

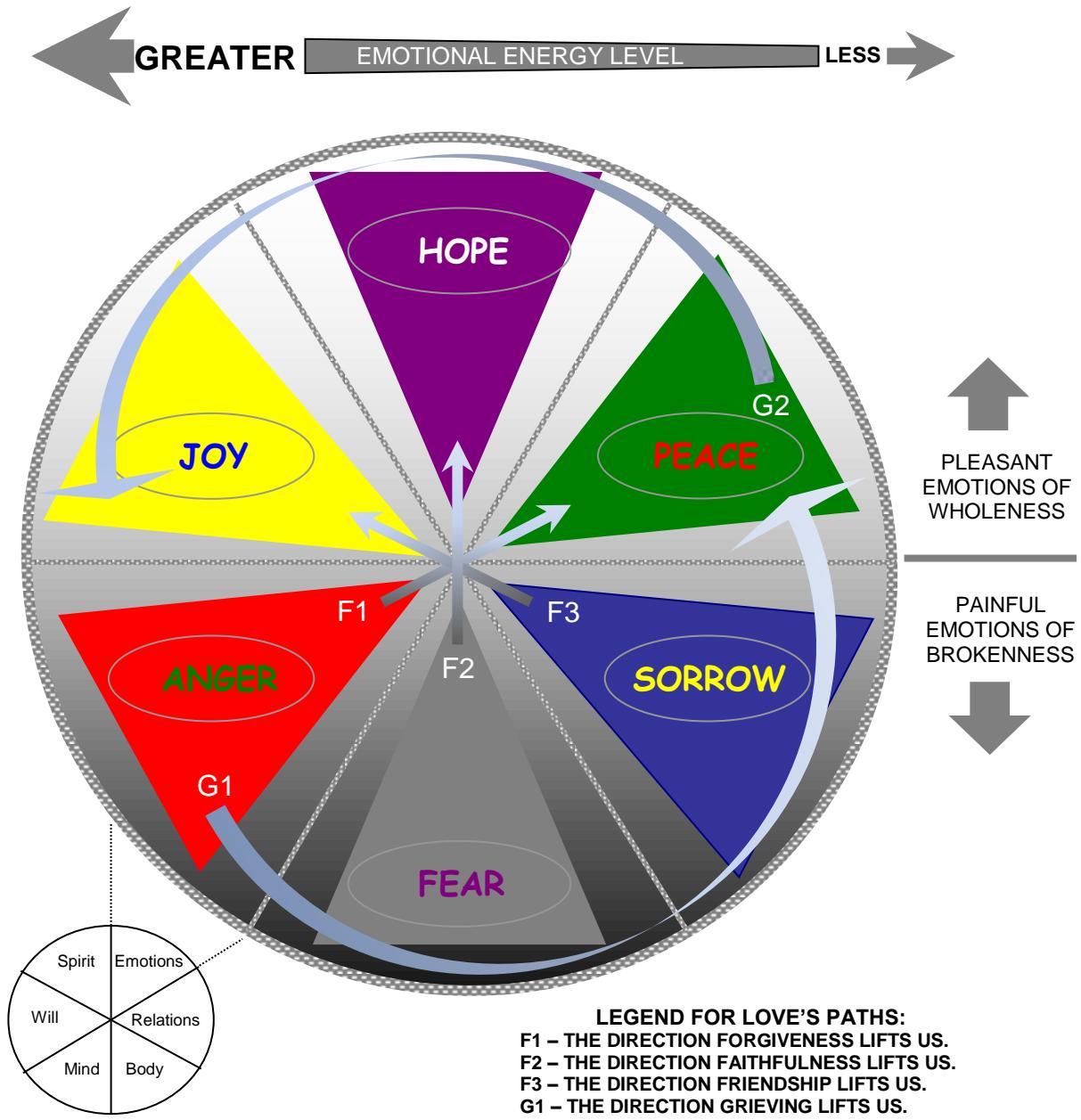
UNIVERSAL HUMAN NATURE BLUEPRINT



The Wholeness Archetype (WA) is a universal blueprint for human nature. Our wholeness is like the pattern of snowflakes that simultaneously makes snowflakes alike in their basic structure while allowing each snowflake to express that structure in uniquely diverse ways. The inner experience of our wholeness consists of our Spirit, Will and Mind. The outer experience consists of our Body, Relationships and Emotions. Together these six fields of human nature unfold as we nurture them throughout our life experiences. The more we nurture all six fields to unfold fully according to love's design, the more naturally we experience healthy intimacy with each other and Nature. When we nurture all fields adequately we experience being fully human while filled with limitless potential. Wholeness' multifaceted, flexible nature allows wide latitude for diversely individual expressions of it within our shared Oneness. Wholeness < Oneness > Wholeness = WOW!

HEALTHY EMOTIONS MAP

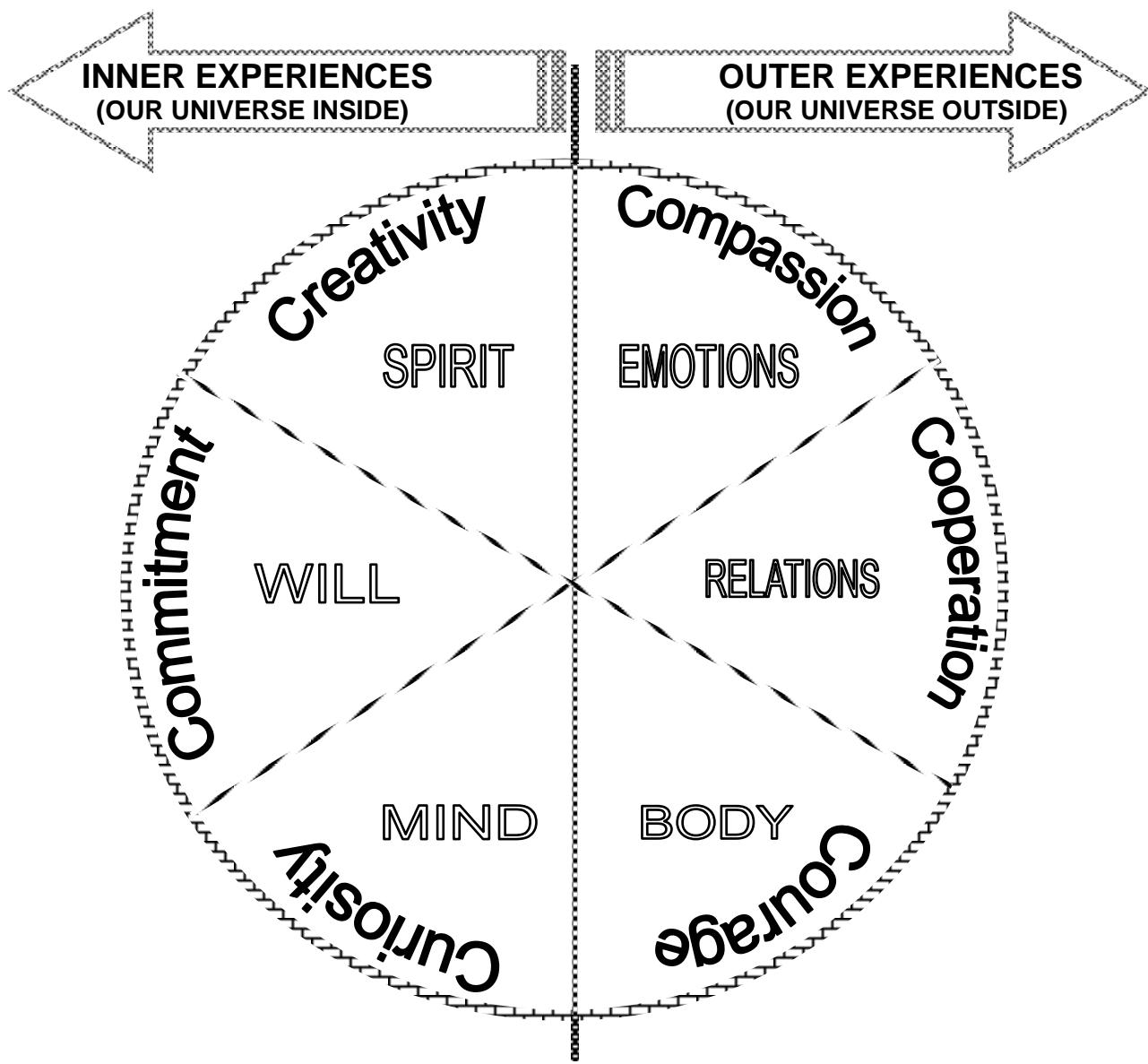
A MODEL FOR MASTERING THE ART OF FEELINGS
BY CHOOSING THE EMOTIONS WE PREFER TO EXPERIENCE



Relating to emotions is a learned art. Like ballroom dancing, it is a set of skills acquired by regular practice with one or more partners who join in listening to our hearts and in moving in unity. Each partner takes turns leading and following the melodies, harmonies and rhythms of the other's heart. As children, we learn to limit our sensitivity to and expression of emotions. Eventually, we may learn to deny emotions and feel numb. Mastering the art of healthy emotions requires us to learn again to feel and accept all emotions and practice expressing and receiving them. At first, we may feel uncomfortable as we reacquaint ourselves with emotions – both ours and those of others. Soon we'll be enchanted with the graceful music and dance of emotions.

Illustration 4

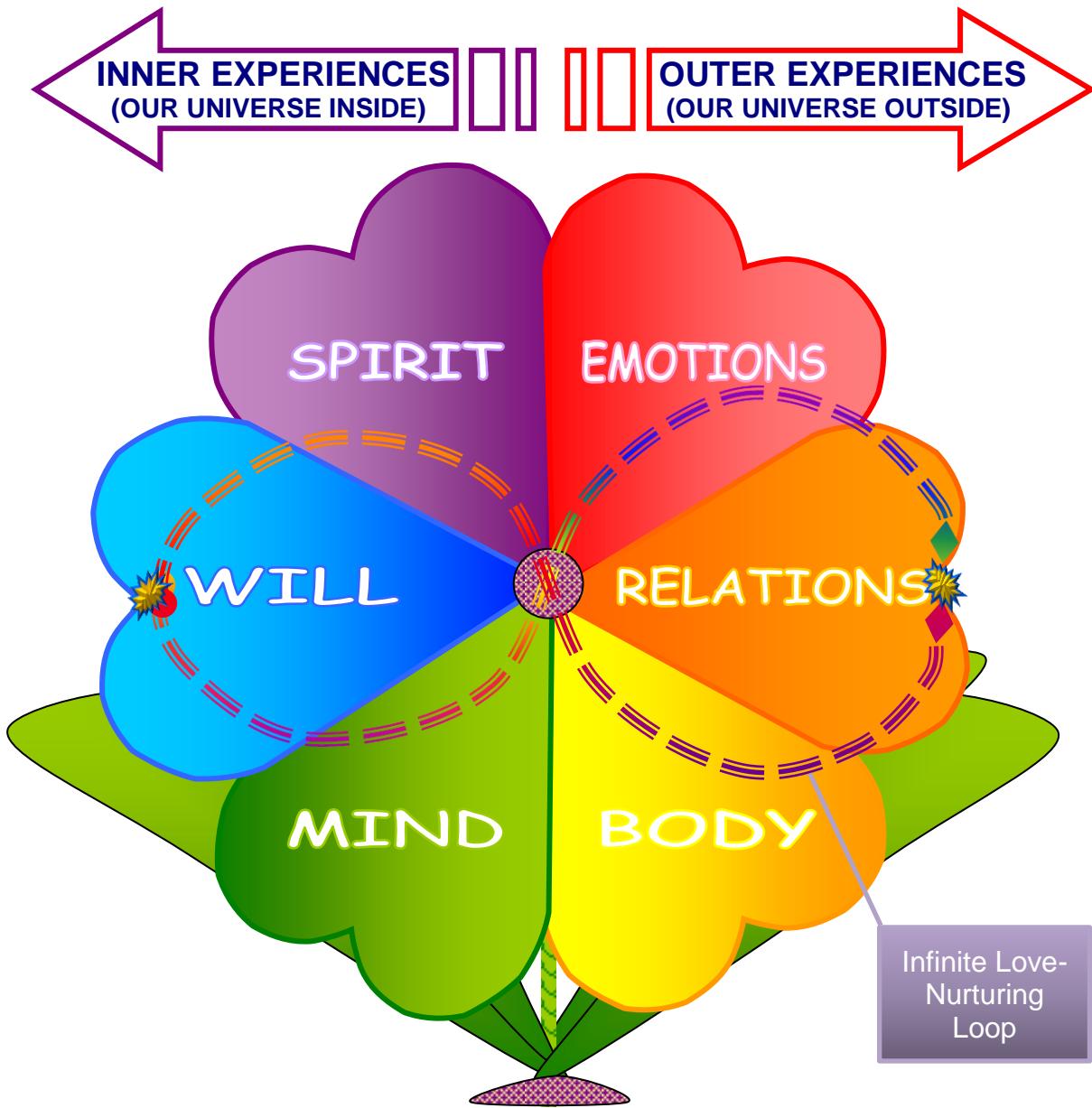
CORE LIFE ORIENTATIONS ASSOCIATED WITH WHOLENESS ARCHETYPE



Core Life Orientations inherent in the nature of Wholeness guide the development of human life at every stage when not overshadowed by pressures to conform to fear-based social norms. These life orientations are the "High Cs" of childhood: Creativity, Commitment, Curiosity, Courage, Cooperation and Compassion. They are native qualities of every child. Each Core Life Orientation is associated with a field of human development, the integrated combination of which makes up each whole person. A person is whole at every stage of development to the extent that the core life orientations are guiding the person's development. When fear-based (ego-focused) socialization steers a person away from his/her natural development into an artificial path, inner core life orientations decline in influence and external social norms reinforced by social approval increase in influence. Externally focused socialization arrests natural development, which will resume when Core Life Orientations resume dominance. The mind's curiosity naturally seeks to understand what the spirit's creativity wants to address out of compassion for the general welfare of humanity. The development of Wholeness and its preeminence as life's main purpose requires courageous commitment to full cooperation with every person's best interests.

ENERGY OF BONDING

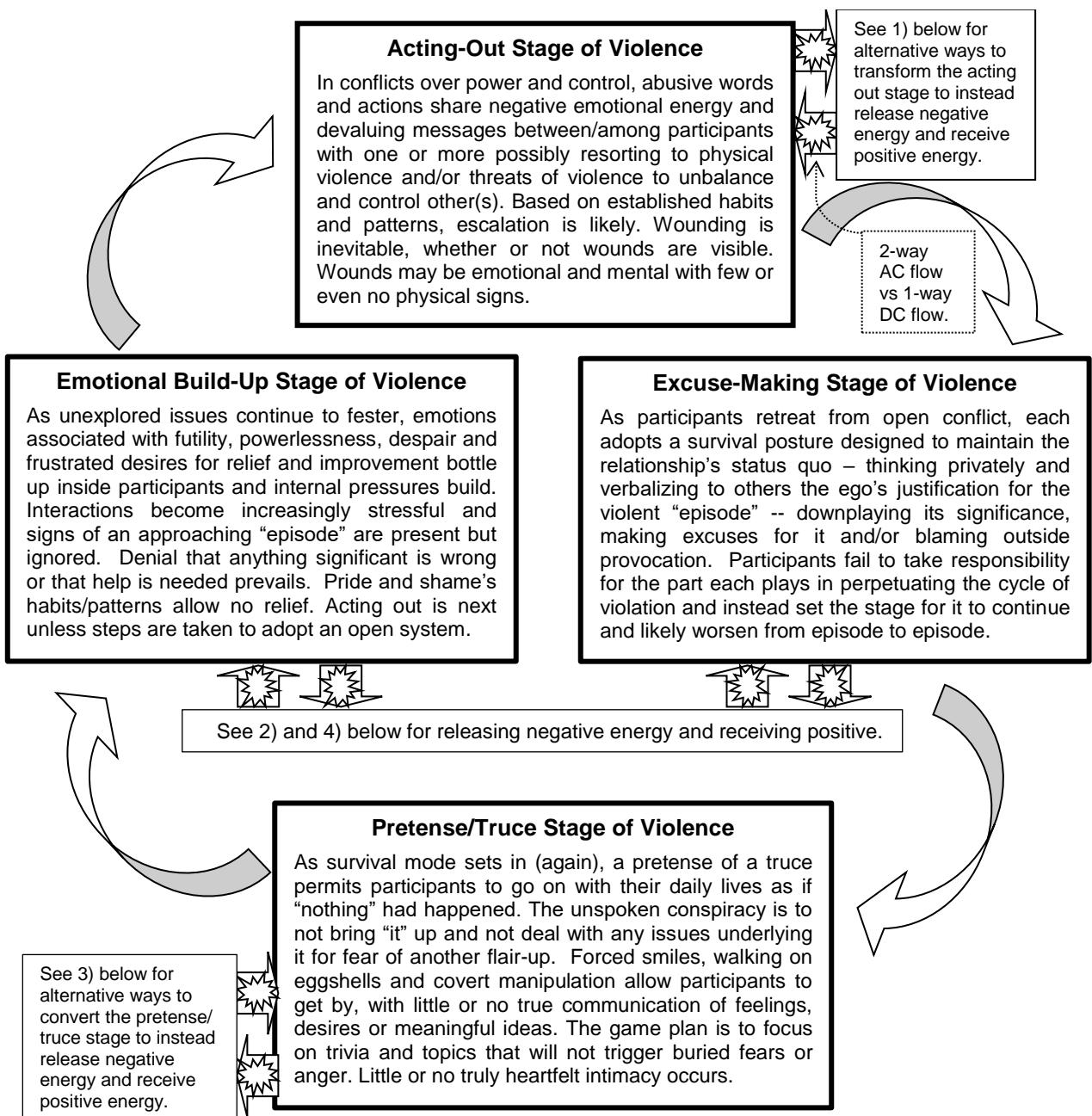
THE FLOW OF LOVE THROUGH WHOLESNESS



Through Wholeness the Energy of Love flows with increasing freedom and efficacy the more we align our lives with love as it seeks to flow into and inspire every relationship in our outer universe. High ideals like the Golden Rule guide us to discover their deeper wisdom. In our Authenticity, we have the privilege of sharing unconditional love within every relationship as a continuously radiant spark of energy transmitted along an oscillating wave. We have the capacity to share love on earth to empower all of us. As Illustration 5 shows, love flows from our innermost nature into, through and beyond us along two paths. One leads through our spirit into our body to express as the bodily formatted energy of affection. The other path leads through our mind into our emotions to express in the attitudinally formatted energy of empathy and compassion. In this way, our body and emotions serve love's purpose that all of us be reminded of our identity as members of the human family within which each of us is welcome.

Illustration 6

Cycle of Mutual Violation with Transition to Cycle of Mutual Appreciation (As Closed and Open Energy Systems)



Opportunities to Intervene, Disengage and Transition from Cycle of Violation to Cycle of Appreciation:

- 1) In Acting-Out Stage: Use de-escalation orientation & self-awareness to reduce risks of harm & disengage.
- 2) In Excuse-making Stage: Use positive self-talk to regain balance; stop, listen and learn; spot opportunities to engage in meaningful discussion of issues and not participate in cover-up; tactics may vary depending on whether or not other participants seek to create more peaceful relationships. Self-stewardship is vital.
- 3) In Pretense/Truce Stage: Use support relationships to process emotions and identify issues and options; develop and use alternative communication skills to share positive energies when possible; keep real issues on the table whenever safely possible; explore expanded peaceful life opportunities. Self-stewardship too.
- 4) In Build-up Stage: Continue as 3) with awareness of opportunities to de-escalate build-up within self and encourage others to de-escalate and release emotions and tensions more constructively. Self-stewardship. Functioning in an open system of love allows negative energy to flow away and positive energy to flow in.