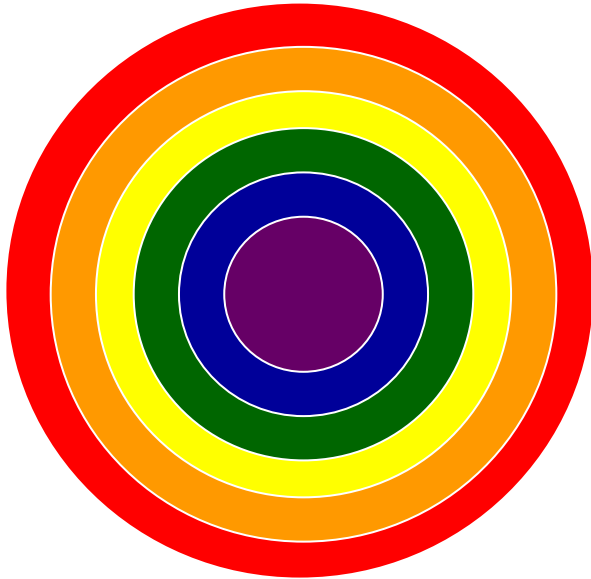


**An Introductory Summary**



**Aim for  
Integrity to  
Share Life,  
Liberty, Grace  
Justice and  
Prosperity  
for All**

## **A Heartbook of Healing Wisdom**

**by Art Nicol**

## Introduction

Although an owner's manual is typically called a "handbook," I call this book a "heartbook" to emphasize its main point. It's about reclaiming ownership of our own hearts and establishing heart-to-heart connections with each other. We must master this lost life skill if we are to set ourselves and others free to enjoy sharing grace, justice and prosperity. Unless we own and connect with our hearts, we cannot connect within to our integrity nor connect with the hearts and integrity of others. I dedicate this Heartbook to all who want to take back ownership of our lives as compassionate, caring human beings and stop squandering the golden opportunity that citizenship in a free society affords. To do so, we must no longer allow the shallow, media-hyped, marketplace mentality of the modern era to pre-occupy our minds in place of sanity. This book helps us regain our naturally free state of wholehearted connection within ourselves and with each other so that the content of our character, individually and collectively, may stand up to the scrutiny and judgment of others as we learn to let go of the fears and prejudices that otherwise color our judgment.

"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."  
Martin Luther King, Jr.

This owner's manual is about how to reverse the effects of centuries during which we've internalized social training to deny our emotions, disregard our hearts and judge ourselves and others by external factors. Only by re-examining our past training and regaining a balanced perspective that honors both our minds and our hearts will we cure our society of the violence that increasingly plagues us in many forms. This manual teaches how to regain that balance and create teamwork between our own hearts and minds and wholeheartedly among ourselves so as to lift us out of the quicksand in which we've become deeply entrapped. So long as we flail away only with our minds, insisting that we can figure it all out "scientifically" or "logically" without resort to faith in our more intuitive and tender-hearted nature, we will not recover our natural resources of life, liberty, grace, justice and equitably shared prosperity. We must aim for integrity to value and uphold these neglected hallmarks of civility and freedom.

As a society we are gradually learning that violence is merely a symptom of deeper issues not yet adequately addressed. One premise of the Heartbook is that violence is a symptom of our declining capacity to honor ourselves as valuable individuals and to honor others as likewise valuable members of our families and communities. We've gradually stopped valuing ourselves and each other according to our true worth. Why is that? The reason lies buried in how we process and express (or don't express) our emotions. Processing emotions is "pre-cognitive." We acquire emotional orientation and training before we overlay it with mental and social lessons and forget that we'd learned how to handle our emotions years earlier. Our lessons in handling emotions are buried beneath our memories about learning other things. This manual helps each student to revisit those buried lessons (now with other students and no longer alone), come forth with insights about our emotional capacities and bring our emotions more effectively "online" and caringly expressed to aid us rather than allow them to remain "offline" and shamefully repressed where they secretly sabotage our decisions and our relationships.

Escalating violence reflects our continuing effort to deny our hearts and avoid the truth about how we feel inside. Those who lash out violently on the streets act out the frustrations we all feel. Their form of "spontaneous street theater" mimics the cruel cold-heartedness that reigns behind closed doors within many families. It reflects a lack of integrity masked by placid public images behind which private realities churn with fear and anger. This emotional dishonesty is the root cause of a wide variety of dysfunction, including addictions that are acts of self-directed violence, crimes against others and fear-driven, off-balance reactions with which people respond to addictions, crimes and other forms of unhealthy behaviors.

"Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing."  
Abraham Lincoln

We must address and heal the emotional self-deception that is leading progressively to our collective, society-wide self-destruction. Escalation of private and public violence signifies the advance of our progressive disease as a self-deceptive society. This progression began in each of us when we deceived ourselves and others by pretending that we were OK emotionally while actually feeling scared and alone with our fears. Our progressively more deceptive process caused us each to build up walls or "mental defenses" to protect our hearts from additional painful emotions. These walls or defenses are our egos. Our egos lack integrity. They are deceitful disguises behind which we hide for lack of courage to be honest. In our lack of courage to be honest, we come to hate ourselves and then thrust

our self-hatred outward as if others are to blame. So long as we mistake our egos as our true identities and rely upon them to protect us from harm, we will continue to participate unwittingly in our society's escalating violence and decline. To overcome harmful habits by which we sacrifice life, liberty, grace, justice and equitable prosperity, we must become honest about our emotions and embrace integrity.

In short, we must now substitute emotional honesty as our best local as well as national policy. It is time to do on a national scale what Claudia Black\* teaches we must do on a personal scale if we are to regain our well-reasoned, warm-hearted sanity and stop resorting to addictions and co-dependency to survive amid our self-inflicted violence. To thrive, we must "trust, feel and talk about things that matter" at all levels of our society – within all of our conversations – within our talks with God and our talks within families, friendships, schools, businesses, nonprofit agencies, governments, social organizations, spiritual and religious communities and everywhere throughout our neighborhoods and nation.

One of the Heartbook's purposes is to teach its users to learn again to appreciate who we each really are as whole, authentic human beings – whose hearts desire to cherish life, liberty, grace, justice and equitable prosperity. We are not meant to live dehumanizing lives as we pretend to be someone we are not while failing to be true to ourselves. Unwittingly, gradually over time, we've allowed our society to become increasingly enamored with artificial concepts of what it means to be human. This slide from authenticity to artificiality started out being seductive. It promised so much ease and comfort – and to be so much fun! It promised that our lives would travel along easy roads if only the whole crowd would fall in line to want the same things and live the same way. These were and still are false promises – scams.

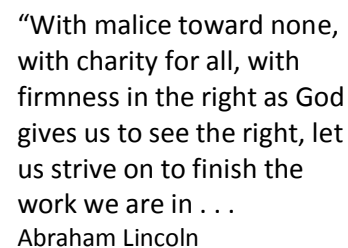
Crowd-pleasing conformity is now killing us. It has promoted our pursuit of popularity and escapism regardless of long-term side effects. We revel in shallow, entertaining diversions that sap our money, energy and other resources as they draw our attention away from things that really matter – from opportunities to invest our energy and resources not only in more responsibly oriented lifestyles but also in more promisingly productive social upgrades. By believing seductive false promises and diverting attention away from their harsh consequences, we sacrifice the lives of future generations to false gods.

Another purpose of this owner's manual is to invite its users to regain perspective about how life really works and draw upon wisdom gained from our harsh experiences with trying to avoid the truth about life. There may not be much fame and fortune to be gained in retraining ourselves to be sane but there's room for everyone to voluntarily become part of the solution. If Narcotics Anonymous is correct that "Insanity is repeating the same mistakes and expecting different results," then here's an opportunity for each of us to reach into the core of the emotional habits by which we've mistakenly learned to live and instead live life afresh from our hearts outward. To co-create a better future, we can choose not to repeat our past mistakes. If you're ready to help revise how we live together as a society, read on!

Read on to be right on target to help create a culture of integrity as the true alternative to the culture of violence we are experiencing. You have a part to play! It may feel awkward and unfamiliar at first, but you'll get the hang of it soon enough and realize that it comes naturally to you. What else could actually be more natural than to be your naturally caring self as you've always wanted to be free to be?

Together, let's step off the merry-go-round of seduction, manipulation, exploitation, oppression and other hidden agendas inherent in the ego's spiraling cycles of violence and instead build a renewed way of sharing life, liberty, grace, justice and equitable prosperity. It's based on ancient principles and practices common to all benevolent paths of faith, summarized in the Golden Rule. Let's truly do unto each other as we want others to do unto us and thereby be the change in the world we want to see.

Our nation will bind up and heal our wounds and find a path of unity amid diversity as we walk forward together as a people of faith in a divine love that includes us all. Let's pay close attention to the heartfelt Spirit that is calling us together as one people, under God, with liberty and justice for all. We are the People who have the power to transform ourselves into a more perfect union that welcomes each of us to engage peacefully in the pursuit of life, liberty, grace, justice and prosperity. Surely high ideals! But without a grand vision we forget who we are and why we aspire to vibrant lifestyles of freedom. Our destiny is calling us together in harmony as one unified human race. Let's stop running around like chickens with our hearts cut out trying to establish bogus pecking orders and unite as one race capable of sharing power and prosperity.



"With malice toward none,  
with charity for all, with  
firmness in the right as God  
gives us to see the right, let  
us strive on to finish the  
work we are in . . .  
Abraham Lincoln

\*See, It Will Never Happen to Me, 2<sup>nd</sup> Edition, by Claudia Black, Hazelden, Center City, MN, 2001.

## **MUTUAL APPRECIATION PARADIGM**

### **FOR CREATING AND SUSTAINING RELATIONSHIPS DEVOTED TO EVERYONE'S PERSONAL GROWTH, FREEDOM AND JOYFUL SELF-EXPRESSION AS PARTICIPANTS IN EQUITABLY SHARED PROSPERITY**

The Mutual Appreciation Paradigm's capacity to fulfill its function and perform according to its promise is rooted in its purpose. That is why its purpose is stated up front, in the title line, and repeated as necessary throughout this introductory presentation. It bears repeating because it is essential to keep in mind. The "why" question is answered so that the "how" questions are addressed most faithfully and effectively from the perspective of the "why."

Why would anyone want to participate in a culture or society patterned after the Mutual Appreciation Paradigm (MAP) outlined here? Because the MAP pattern is designed to and will in fact function to promote the best interests of all participants if all participants are willing to agree that their best interests are to promote each other's maximum experiences of love, truth, integrity, personal growth, self-discovery, self-expression, freedom, joy and ultimate capacity to live a life worth living and reap the life-enriching rewards of their devoted participation. A MAP culture or society promotes the best interests of all of its participants because everyone in it serves as part of everyone else's emotional support and guidance system. In this manner, all MAP participants "pre-serve" life for all participants because each participant's healthy, open, honest and wholeheartedly devoted contributions are vital to the welfare of the whole community.

Participating in a MAP is an act of will – an act of intentional goodwill – as well as of wholehearted desire. It expresses our heart's universal desire to be free "to love and be loved in return," as the movie *Moulin Rouge* puts it. But it is more than a mere "wish." It is "desire" blended with "will" into a passionate commitment to peace and prosperity among all peoples of goodwill – a purposeful decision made with resolve to overcome whatever obstacles may seem to arise to hinder fully rewarding participation. Obstacles will arise because a MAP differs from the social conditioning most participants endured growing up. It is likely that, to some degree, all participants learned to relate to themselves and others differently from the way of a MAP. For this reason, a MAP differs from the comfort zone or familiar territory from which we are moving when we move into a MAP. To move MAPward, we must agree to change our ways of thinking, feeling, deciding and relating as necessary. The mutual support we share (give and receive) pro-actively within a MAP aids us in our transition from the relationship culture or paradigm in which we were socialized (raised) into our new MAP of choice, a wholly alternative culture. The MAP is a model for a culture of peace and prosperity offered as the alternative to the culture of violence and deprivation plaguing modern societies. By our mutually encouraged acts of free will, we can sustain such an alternative no matter how utopian it may appear. In fact, there is no realistic alternative available to turn the tide of self-destruction now running swift and strong to erode what remains of our better future.

Every socialization process is designed to help a participant become comfortable with filling roles within the subculture into which he or she is welcomed. As infants, we trust our parents and others who influence us to train us to belong within our society while occupying the set of relational roles that is best for us. Many are not happy with the outcome of this investment of our trust – our most precious commodity. Our hearts are not satisfied. Our relationships turn out not to be as fulfilling as we'd hoped and allowed ourselves to expect. We often find ourselves asking privately "Is this all there is to life and love?" Our minds sometimes spin in circles searching for clues that will lead us to the "more" our hearts desire. The MAP is designed to intentionally open participants to experience increasing clarity about that vaguely sought-after "more." What is "it?" Experience will show "it" to us for all it is. To move into "it" we have to remove our trust from former targets of trust and risk refocusing our trust on other targets. For this reason, we aim for the bulls-eye of integrity.

To move from any existing relationship paradigm into a MAP requires living intentionally, not haphazardly or unconsciously. A MAP is a culture of conscious awareness of matters that previous cultures taught us to ignore as not worth our attention. On the next page are some examples of the shifts in focus and orientation that a MAP calls us to make:

Fear's Critical/Competitive/Comparative Paradigm	Love's Mutual Appreciation Paradigm
I must look outward to others for my best guidance	I may look into myself for my best guidance
I cannot trust myself to know what's best for me	I can trust myself to know what's best for me
I am basically unworthy of love and must earn it	I am born worthy of love and can share it readily
The most valuable aspect of my life is what I do	The most valuable aspect of my life is who I am
I am here to make others happy at any cost	I am here to be joyful and share my joy with others
I cannot afford to be too honest	Honesty is the only way I'll be free to be and like me
The best years of my life are behind me	The best years of my life are ahead of me
Sharing my feelings is too risky and safer to avoid	Sharing my feelings caringly creates my best life

There are many other ways to compare and contrast a MAP with the paradigms in which most of us are currently doing our best to get along – and survive, but rarely thrive. A one-sentence summary of the difference is contained in the subtitle of Anodea Judith's book Waking the Global Heart. Her book is about "Humanity's rite of passage from the love of power to the power of love." So, too, is the MAP. The MAP implements the insights contained in Dr. Judith's book and in the best teachings of myriad other authors who have written about the transformation that occurs in human evolution as people rise up to help bring out the best in each other. One of the most challenging features of a MAP is equitably shared power in contrast to hierarchical, top-down, coveted-and-fought-over power. Because people tend to share power more readily under circumstances infused with compassion, it is vital that all participants in a MAP view themselves and each other with compassion (in contrast to the critical, judgmental way most of us learned to relate to ourselves and others). The best way to do that is to realize that all of us feel powerless deep inside when we are living within competitive paradigms of power-grabbing rather than within cooperative paradigms of power-sharing. Within power-grabbing paradigms, we never feel secure about how much power we have, so we crave more. Within a MAP, since power is shared readily within mutual trust, there's always enough power for everyone.

Typically people are more likely to set aside their differences and have compassion for and help each other when faced with a common disaster or enemy. Once the common disaster or enemy has disappeared, the motivation to remain mutually supportive and helpful fades and many people fall back into their former ways. Essentially their former ways were based on the assumption that people are separated into different groups by whatever demographics count most in each person's way of thinking. In short, the assumption that some people are part of "us" and the rest are part of "them" pervades the thinking that keeps us in our former ways. When there's a common threat to our well-being, only temporarily do we set aside our fears of strangers, of the unknown and of what appears different or out of our control. Once the threat is over we tend to unconsciously reinvest in our former fears. The MAP focuses on intentionally, consciously setting aside such fears (and any other fears) not temporarily but permanently so as to create a courageous community that is hospitable to all people – current participants and newcomers alike. In sum, the MAP is based not on fear but on unconditional love, not on our faith's investment in fear's illusion of power that causes competitive divisions but on our faith's investment in love's reality of unlimited power that we can share equitably as a united people.

Vital to the health and welfare of any MAP and all of its participants is faith in a Supreme Being from whom unconditional love flows bountifully to all people inclusively, without exception. This component is necessary in order to have a reference source of definitions and standards for such key elements as "unconditional love," "freedom," "joy," etc. It is also necessary to preserve the flow of shared power by referencing all beneficial power as flowing in infinite supply from the Supreme Being directly to each of us, not through any one or few people. As the following description outlines, the MAP is not about what "I" think. It's not based on one person's opinion (or even a few people's opinions). It's about and based on what "we" think and feel and the "we" includes the Supreme Being who created all of us to know the experience of "life, liberty and the pursuit of happiness" as a challenging and rewarding adventure shared with each other to our mutual benefit. The MAP invokes ideas that arise from the same Source as the words "We the People . . . in order to form a more perfect union, establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish . . ."

The MAP implements the values articulated in the US Constitution by intentionally honoring their Source and never forgetting that all people of faith in a universally benevolent and eternally forgiving Supreme Being are welcomed and empowered to participate. Others who define their Supreme Being differently or profess to have no such faith are welcome to join in the MAP whenever it occurs to them that they might want to explore open-mindedly the possibility that such a faith orientation generates benefits not otherwise available to humanity. Every MAP invokes and sustains the highest ideals on behalf of the good of all. For that reason, it is an organic, sustainable social environment for every member of humanity no matter how oddly diverse an expression of humanity that person may appear.

Another way to understand the difference the MAP offers by experience is a “judgment shift.” Most of us have been taught well to exercise our judgment about what is right and wrong and to expect that “what is right/good” will be rewarded and “what is wrong/bad” will be penalized. Based on our experiences in paradigms of reward and punishment, we’ve developed habits of thinking about “right” and “wrong” so as to maximize our rewards and minimize our penalties. Definitions of what is “right” and “wrong” and what are “rewards” and “penalties” may differ from one family, social group or culture to another but we tend to subscribe to a social system by which rewards and penalties of some kind are dispensed based on socially established criteria for “rightness” and “wrongness.” Beneath our consciousness the expectations of such a system guide us like railroad tracks we’ve forgotten we laid as children on which to operate our trains of thought. To transfer our allegiance from our culture of upbringing to our MAP of new choice, we will draw upon the wisdom of Rumi’s poem: “Beyond ideas of wrongdoing and rightdoing, there is a field. I will meet you there.” The MAP maps that field’s terrain.

We are inherently creatures of faith. Whatever other orientations we may claim, since we cannot escape our innate faith-based orientation, we are wise to accept it and act in harmony with it. We act upon our beliefs, which are ultimately grounded in whatever we place our faith in. We need not necessarily place our faith in a spiritual Supreme Being. We may place it in something else, such as “Science,” “Religion” or what a group or individual believes (perhaps largely unspoken) that we adopt as our beliefs. To transition into a MAP, it is essential to develop the capacity to re-examine all of our beliefs to which we’ve consciously and unconsciously pledged our allegiance and be willing to let go of beliefs that we discover are not helpful to our full participation in our MAP of choice.

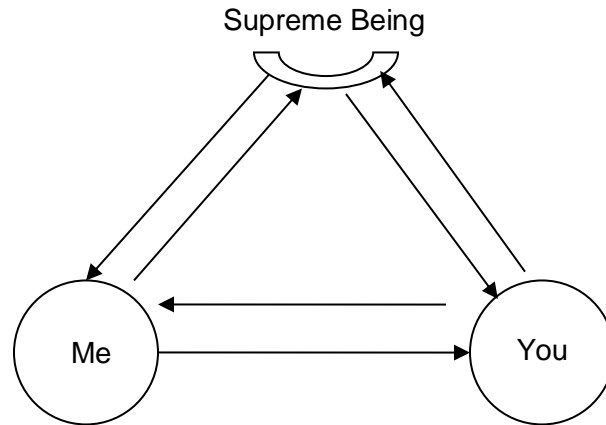
While honoring our natural faith-based orientation, the MAP encourages us to re-examine all of the track we’ve laid to guide our habits of faith and judgment and consider tearing up or rerouting some track, and perhaps even laying new track, to connect more effectively with inner spiritual guidance so that our minds let go of judgmental ways of thinking and adopt more universally accepting and appreciative ways of thinking. The MAP is not based on the realm of cognitive development in which “reward and punishment” reigns and rules harden inflexibly as we seek to guarantee our “right” to receive praise and rewards and to be protected from criticism and penalties. Those of us who have discovered that such hardening of the arteries of thought do not serve us well when we engage others from different cultures and backgrounds will be motivated to participate in the MAP.

Our capacity to engage in a “judgment shift” is worthy of our exploration because it opens the door to building a culture of peace and equitably shared prosperity alongside the prevailing culture of violence and widespread mass deprivation while offering it as an alternative for others to join. The MAP is like a bridge extended from a rescue vessel to the Titanic while the ice-berg stricken vessel is still afloat. The HMS Integrity is a viable alternate to the RMS Titanic for sailing life’s high seas. Those still wedded to the “reward-punishment” paradigm will find it challenging to explore and consider adopting this judgment shift. They may prefer to stay aboard the Titanic and fight over seats at the captain’s table and dance to another tune at the ball. Such privileges will ultimately prove to be of no great value.

The MAP does provide rewarding experiences, not as judgments of praise, but instead as natural fruits of our faithfulness to a universally benevolent, eternally forgiving Supreme Being who encourages us to be universally benevolent and eternally forgiving towards others and ourselves as well. Relief from guilt and blame, pride and shame and other painfully bedeviling offspring of judgment will motivate many participants to become and remain devoted to the MAP. Not yet ready to be liberated from negative orientations, others may resist participation in the MAP and, for a season, prefer to remain in more familiar territories where denial, guilt, blame, pride and shame still rule and preserve their prerogative to dispense praise and/or endure disgrace-laced punishment while clinging to their ego-based identities.

## Essential building blocks of the Mutual Appreciation Paradigm

To build a functional MAP that works for all participants, it is necessary to begin with the basic building block or “unit of participation.” Unlike many other social paradigms, the basic unit of participation is not an individual. It is a three-way partnership, a divine love triangle. The partnership always includes two or more people and the Supreme Being. Here’s how that basic MAP unit looks in a diagram:



Every building block consists of “me” partnered with “you” (plural or singular “you”) within the context of each of our relationships with the Supreme Being. The pairs of arrows pointing in opposite directions between each member of the partnership represent the two-way relationships that are intentionally cultivated between each partner. The arrows can stand for various concepts of relationships. For example, the arrows can stand for the two-way function of effective communication consisting of listening and speaking or more broadly receiving and transmitting. In a more universal sense, the two-way-arrow pairs symbolize the giving and receiving nature of healthy relationships. The flow of power of all kinds is kept intentionally two-way and open to flow. This dynamic nurtures the flow of energy at all levels within a partnership. Flow prevents stagnation, purges toxins and continuously introduces personal revitalization, creativity and growth along with corresponding community benefits.

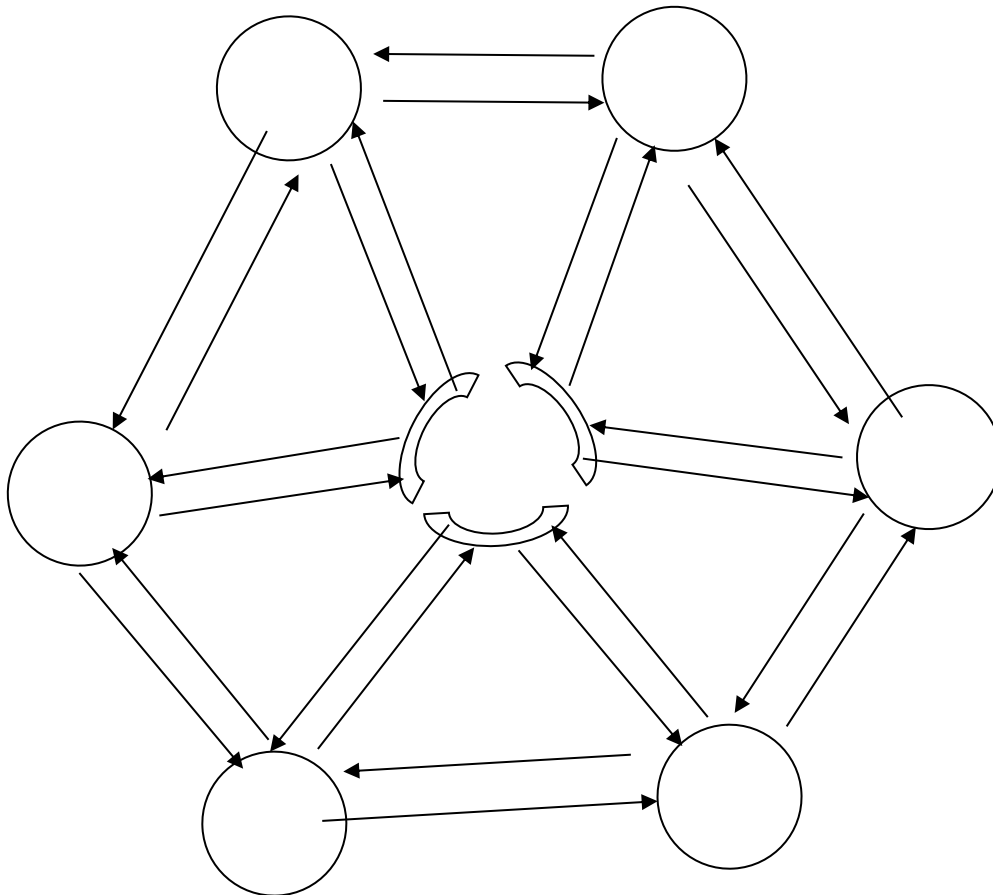
A primary purpose of this partnership concept is to overcome the common misconception that each of us is “on our own” here on earth and that independent self-reliance is life’s peak achievement. The MAP model emphasizes that interdependence and mutual reliance offer the highest qualities of human life. It is a state of caring sharing that honors 1) all human participants as independently capable individuals of great value, 2) the Divine Partner’s bonding role and 3) the truth that a love-bonded, interconnected and integrated whole is greater than the sum of its parts. Empathy is the human trait that permits each partner to sense intuitively the heartfelt bonding potentials present in a partnership. Love is life’s revitalizing and bonding energy that flows within the partnership, sourced from and shared with the Supreme Being and shared between (or among) the human partners. To aim for integrity within interdependence challenges us all to be our best and to excel. Instead of promoting the dysfunctional assumption (illusion) of separateness or uncompromised independence among human beings, a MAP promotes the functional assumption (reality) that we are all interconnected through and because of our relationship with the Supreme Being. We all thrive when we intentionally honor our interconnectiveness openly and enjoy the fruits of unity (solidarity or oneness) as the Supreme Being originally designed us to enjoy. To aim for such integrity we focus our hearts and mind on God as The Integrator of Integrity.

To build a community using this basic block or unit of participation, we can assemble groups within the MAP of any size based on the symbolic diagram shown on the next page. Note that this schematic reveals irregularities typical of human relationships. Although it fails to identify “me” and “you,” the circles remain to represent the wholeness of humans engaged in this group. Who is “me” and who is “you” has become less important to identify than the fact that each human being is a whole person connected to the Supreme Being who created him or her.

The juncture with the Supreme Being looks a little messy, doesn’t it? The relationship arrows are a bit untidy, too. One has to imagine additional arrowed lines linking participants all across the figure. The gist of this interlocking community is what matters. All elements are in place to be nurtured for their

maximum functionality. Form empowers function as every member of the group is positioned to listen in on the continuous conversation with God that Neale Donald Walsch (author of the Conversation with God series, Tomorrow's God, etc.) reminds us that we are all capable of experiencing. Walsch is not the first person to observe that the Supreme Being is always transmitting inspiring ideas and impulses of divine love to each of us. Mystics of many paths of faith confirm this truth by their experiences. The purpose of this MAP is to encourage us to become better receivers and sharers of these divinely inspiring energies. We all have the capacity to develop into apprentice mystics and relationship wizards.

General schematic for a small MAP:



It is also important to note that the gaps and irregularities in this diagram suggest that personal growth is expected. Space is allowed for growth. In fact, the provision of space and irregularity suggests that growth is expected to occur naturally, not to be analyzed against inflexible standards but instead to be celebrated liberally in light of gracefully inviting ideals. This MAP is a liberating paradigm. It defies perfectionism by its very nature. It even presents the Supreme Being as a never completely defined Mystery. The creative process expands eternally. This MAP helps us humans to accept continuous maturation as it flows creatively from the Source of Life that is always living, breathing and engagingly leading us on a collective adventure into the as-of-yet Uncreated (heretofore greatly feared "Unknown").

Another feature of this diagram is its adaptability to groups of varying sizes. Some groups may be best represented by an octagon or more multisided figure. Other groups may be best represented by clusters of variously sided polygons linked together like atoms forming a molecule. The diagram readily morphs from a two-dimensional figure represented in a plane into a three-dimensional figure with multiple planes and perspectives. As the graphic representation grows, it may become difficult to represent the connection with the Supreme Being clearly. That's OK. For visual simplicity, the original diagram of the basic building unit misrepresents this connection. Our Connection with the Divine is not actually outside of us as represented in the diagram of the basic partnership unit. Each of our connections is within us as well as around us in fields of energy.

This inner locus of connection corresponds with Eastern teachings that the heart chakra is the central intake portal for energy flowing into our hearts as Love, Chi or some other term for **Life's Original Vitalizing Energy**. Christianity and Judaism encourage us to "trust in the Supreme Being with all our heart and lean not upon our own understanding" (paraphrased). Some may call our capacity to link up "empathy" and "intuition." Every path of faith in a benevolent, merciful Supreme Being who creates and sustains Life directs its followers to look inward to sense guidance and draw sustaining encouragement from the Mysterious Divine. This MAP is rooted in the truth that all that is Divine flows to each of us continuously to share with one another as if each is essential to the success and happiness of humanity as a whole, which we each in fact are. We sink or swim together. This MAP is designed to teach us how to float, swim, dive, cavort and be productive while swimming in the Ocean of Love the Supreme Being creates for us to enjoy together. As beings of energy, we are that Ocean and its Co-creators.

### Basic Dynamics of the Mutual Appreciation Paradigm

A MAP relies upon healthy group dynamics to support each individual participant in the community to thrive by developing and expressing a life worth living. A MAP is not about merely surviving. It's about thriving, a dynamic condition beyond surviving. Socrates said, "The unexamined life is not worth living." Socrates rendered this famous line at his trial for heresy. His community disapproved of his teaching others to think beyond the conformist thoughts approved by his community. In short, Socrates was tried and condemned for thinking outside the box ("heresy") and for encouraging others to do likewise. A MAP is heresy in contrast to paradigms that offer hierarchical power structures, promote competition, embody shallow, media-hyped values and priorities and protect the status quo instead of embracing compassion-motivated creative change directed toward human progress. By aiming deep for integrity, a MAP transports us into its visionary yet practical paradigm of love. Resistance to engaging fully in a MAP will be based on fear of change and related fears such as loss of control or not being approved of by participants in our former paradigm. Social approval will be a two-edged sword. Each potential participant in this MAP will be faced with deciding from what source to seek and draw social approval.

Approval comforts us as humans. We crave it because it reassures us that we belong to a group and are not alone. Social approval is available within a MAP in terms of encouragement from each other to continue to evolve as human beings, embrace personal growth as a lifelong goal and undertake liberation from bondage to fears so as to enjoy greater freedom of self-discovery and self-expression. Together participants in a MAP will welcome the *joie de vivre* available when we live as authentic beings based on intentionally focusing on our spiritual nature as our true identity instead of allowing our material aspect to deceptively dominate in defining our identity. To one degree or another in the past we typically allowed our craving for social approval to imprison us within paradigms of judgment by which approval was dispensed as a reward for "good" (read "socially approved") thoughts, words and actions and was withheld as punishment for "bad" (disapproved) thoughts, word and actions. A MAP empowers us to overcome the trap of social approval/disapproval and instead grow free of social approval's power to chain us to the former paradigm beyond which we now seek to grow.

A MAP is based on simple principles for healthy relationships. These principles acknowledge that participation in social groupings involves our taking up social roles but that our identities exceed those roles. As adults we may choose to enter into, refine and master roles of friend, spouse, lover, parent, sibling, child, employee, employer, entrepreneur, teacher, student, leader, follower, servant, co-creator, collaborator, consumer, producer, voter, rebel, competitor, entertainer, artist, etc. Yet, it is important that we not lose track of our true identity ("personhood") as we strive to perform each role as best we can. Our authentic identity as individual children of the Supreme Being matters most. In fact, only as we learn to love ourselves in the light of our authentic nature and honor our integrity as whole persons are we able to fulfill our various social roles all the more gracefully (distress-freely) with excellence.

In her book entitled It Will Never Happen to Me, Claudia Black discusses basic principles for healthy relationships within all roles. (Her book's first edition was addressed to adults recovering from being raised in families impacted by alcoholism. Adopting a broader focus, her second edition addresses adults who are recovering from being raised in family systems impacted by any of a variety of emotional dynamics that distorted the health of relationships and taught less than healthy assumptions, attitudes and skills for relationships.) Principles for healthy relationships deviate from the rules of less healthy relationships. As Black writes, the rules of less healthy relationships are "Don't trust. Don't feel. And

don't talk about things that matter." Conversely then, the rules of healthy relationships by which personal growth beyond the former paradigm is encouraged are "Trust, feel and talk about things that matter." It's really that simple. As participants in a MAP master the art of trusting, feeling and talking about things that matter and overcome their resistance to doing so, they will emerge beyond guilt, blame, pride and shame to enjoy life fully as innocent children can do.

The group dynamics of a MAP include commitment by every participant to be wholeheartedly devoted to active participation in a small group support system beyond the other operational groups of the MAP. These groups are "Integrity Groups." Their purpose includes:

- 1) To support each person's transition from his or her former paradigm into this MAP as a new "normal" cultural orientation from which he or she derives rewarding experiences.
- 2) To maintain the MAP culture as a mutually beneficial experience for all participants.
- 3) To download from the Supreme Being divine ideas, values and priorities and insure that those ideas, values and priorities are shared and promoted throughout the MAP.

If Socrates is correct and if we've not been living lives as worth living as we might, we need encouragement to conduct self-examination that is just, reasonable and compassionate towards ourselves, especially in light of the high ideals that we discover the Supreme Being holds out for us to attain. Many of us have avoided such a process because we are too hard on ourselves and tend by habit of upbringing to judge and condemn ourselves harshly, oft times more severely than we do other people. Because of the bottled up feelings of guilt and shame we carry in the secret caverns of our memories, we fear that others (and God) will judge and condemn us as harshly as we do ourselves. As a result, we often become either obsessively perfectionistic or utterly undisciplined. A MAP intentionally interrupts the self-fulfilling prophecy of such cycles of self-abusive or neglectful judgment to free us from their subtle power to dehumanize us, steal joy and deprive us of our destiny as mutual helpers.

The function of Integrity Groups is to intervene in this cycle of self-condemning self-imprisonment by involving each of us in setting others free of guilt and shame so that we can be free ourselves. As we encourage others to emerge from beneath these habits of fear-laden self-judgment, we discover greater permission to emerge ourselves. The work of emerging beyond fear is ours to do, just as the work of contemplative, introspective self-examination is ours to do. Yet a MAP can intentionally establish and maintain an emotionally safe, supportive and compassionate environment that encourages and validates such an unlearning-relearning process. All we need to do as a community within a MAP is value this process highly, continuously view each other with compassion and appreciation and recognize each other's progress in mastering the new way of relationships that makes all the difference to our individual lives and to the health and welfare of the communities in which we participate.

Integrity Groups will consist of six to twelve participants. Each participant will be linked with two or three other participants in "Personal Growth Partnerships" (PGP). At least one of the participants in each PGP will be a MAP-mentor or MAP-mentor-in-training with responsibility to oversee and steward the process shared by the PGP's participants. In this manner, each Integrity Group will consist of two to four PGPs. The members of PGPs will relate to each other on a daily basis and as needed to encourage and support each other as "intentionally healthier friends." Each Integrity Group will meet at least monthly and may meet formally or informally more often as the group decides. The composition of Integrity Groups will be re-arranged periodically (perhaps annually) to insure that the whole MAP is supported by interactive relationships among all participants as they get to know each other more intimately and trust builds along a multitude of two-way avenues. The MAP will intentionally not permit cliques and other exclusive social groups to form. Natural friendships will, however, be honored.

### Basic Elements of Wholeness

A MAP will nurture wholeness in all participants in light of the developmental capacities of each participant. Since a MAP encourages personal growth, developmental capacities within devoted participants tend to emerge and expand naturally. The following material summarizes the concepts of human wholeness that a MAP uses. Effective communication among all participants requires that each learn the vocabulary and experience the meanings, values and priorities that wholeness encompasses. Words are merely empty forms until they are given substance by experience. Moving from a former relationship paradigm into a MAP is, in many ways, like immigrating from one culture to a distinctly

alternative culture and mastering a second language. Diligence in mastering new self-disciplines will be necessary. Because homework in heartwork is neglected in competitive, primarily head/mind-oriented paradigms where emotions are devalued, mastery of heartwork is given priority in a MAP. A MAP offsets this neglect by emphasizing the vital role of our hearts and making the healing of emotional wounds a normal feature. A MAP honors every heart both for the emotions it processes and the wisdom it possesses. It also supports healthy teamwork between the left brain's capacity for analysis and verbal communication and the right brain's capacity for visioning, synthesis and intuitive/empathetic communication. A MAP opens opportunities for blending masculine and feminine human qualities and provides time and space for reconciling all aspects of humanity within the freedom integrity affords. A MAP aims for integrity as expressed within unfolding wholeness by ensuring that existing members as well as newcomers feel welcome to share their hearts openly in safety. A MAP encourages everyone to belong on healthy terms of emerging wholeness in contrast to previously submerged brokenness.

### Whole Person Archetype

A Wholeness Archetype (WA) diagram appears on page 16. Like all of the Heartbook's diagrams, the WA presents a blend of words and drawings to empower learning by literal and metaphorical means. Words on each diagram guide but do not stifle imagination. Drawings encourage students to use their imagination to coax meaning from each diagram as they apply it specifically to their lives. Each conveys abstract generalizations that every student is responsible for applying in concrete ways to life.

The Wholeness Archetype shows that every human being has common core features organized into wholeness in a similar pattern. This generalization is true and helpful even though every human being is nevertheless unique. Snowflakes are an apt metaphor for our human capacity to be simultaneously uniquely different as individuals while also being fundamentally similar. Each snowflake is a six-sided crystal of water and yet its details are unique to it. Similarly the common features of humans include six developmental facets or fields: spirit, will, mind, body, relationships and emotions. While the substance of snow is water, the substance of human wholeness is developmental or creative energy (our "water of life") within which we grow ourselves as multifaceted crystals of love. Among our developmental facets, the first three listed are inner experiences while the latter three refer to our external experiences. That emotions are healthy when expressed outside of ourselves is one of the WA's key points. When we use our willpower to force ourselves to not express our emotions openly and honestly, we train our minds to deny our emotions by unconscious habit and bottle them up unexpressed in the interior of our minds. In time, the accumulation of bottled-up emotions becomes toxic, causes a range of emotional disturbances in our mental functioning and enables all forms of addictions and mental/emotional imbalances, including co-dependencies that develop in place of healthy interdependency. Authenticity as whole people is the only true alternative to living as egos. The choice is ours to make and maintain.

MAP participants learn about wholeness' nature and how to use the WA and related teaching tools to emerge beyond ego through self-examination and self-care. Fully discussing the process of emergence exceeds the scope of this Summary Introduction. Suffice it to say that one of the main benefits of participation in a MAP is that every participant has abundant opportunities to learn about human wholeness, practice living as a whole person and understand more completely how to nurture his or her own continuous development (personal growth) in a life beyond ego. A MAP serves as the laboratory within which concepts learned by study can be tried out experimentally and experientially. To renew the endless process of one's personal growth is to revive the flow of passions and re-initiate the unfolding of the innate genius and creative giftedness of one's own life. Revitalizing ecstasy grows as one becomes re-acquainted with one's own natural capacities to contribute with increasing efficacy and satisfaction to the welfare of humankind while enjoying life fully as a rewarding, ego-free experience.

### Healthy Emotions Map

Also included in this Summary Introduction is a Healthy Emotions Map (HEM) on page 17. Here a six-sided diagram is again instructive, this time to represent healthy emotions. It serves as a helpful tool for re-acquainting ourselves with our emotions and learning how to identify and express them caringly. MAP participants will learn how to free emotions from the ego's imprisoning habits of denial and honor our hearts. Opportunities to practice will arise in every basic building block of a MAP within which the rules of "Trust, feel and talk about things that matter" will encourage re-awakening of our hearts and expression of our feelings. Although expanded discussion of the HEM will appear in other materials, it

is worth noting here that using the HEM frees us to grieve through the emotions we had previously bottled up when we were striving dutifully to perform up to standards and please others within non-MAP ego-based social orders. Mastery of the art of caringly expressed emotions will enrich our lives, freeing us to have the grace to accept our need to mourn our earlier losses as a natural part of developing a future that is brighter than our past, not merely a repetition of the past. By awakening our own hearts and encouraging the hearts of our fellow participants to awaken, we will join in the awakening of the “global heart” described by Anodea Judith and move forward together with people all around the world who are engaging in the next evolutionary phase of human life. This transformation is essential to the welfare of the planet because out of it will arise creative new ways through which humans can relate to Nature and learn to live in harmony with it as its steward instead of as its steeper. We must aim for integrity to learn how to no longer waste the planet’s resources to cook our own goose egg of ego.

### I-Zones

Another tool included in this Summary Introduction on page 18 is a diagram of I-Zones. MAP participants will be introduced to the I-Zones and practice how to use them. Expanded materials will present an in-depth understanding of the utility of the I-Zones and their use. I-Zone teachings present the highest education omitted from high school and higher education. Through the use of the I-Zones, participants will be exposed to opportunities to gain deeper understanding about themselves and about life in general through their self-directed, independent study and application of these materials. Together with the Wholeness Archetype and Healthy Emotions Map, the I-Zones are tools that allow each participant to gain mastery of the grand adventure of life to whatever extent each wants to achieve such mastery. Each tool is based on developmental concepts related to the evolution of human consciousness and the application of free will with which the Supreme Being endowed each of us at our creation. Each tool helps to point the way to unlimited personal growth and the experience of more deeply satisfying lifestyles. Although no teaching tool guarantees such growth automatically, each of these opens doors for participants to walk through and investigate to his or her heart’s delight. The benefits each participant reaps from using these tools will depend upon the investment each makes in mastering their use through self-discipline. Each participant will reap as he or she sows. Expressing integrity from the core of our being outward is the ultimate goal of the I-Zones. I = Identity = Integrity. Mastering the use of I-Zones will protect their users from wandering confused for lack of clarity about their own true identity. Users will learn how to prevent loss or even theft of their true identity. Highlights of the I-Zone diet published on page 19 summarize major benefits of gaining disciplined use of I-Zones.

### Core Life Orientations

Core values associated with a MAP are shown as Core Life Orientations on the diagram included on page 20. This diagram also reveals how these Core Life Orientations relate within the Wholeness Archetype. These core values express holistic themes that naturally motivate the healthy growth of individuals and communities of all sizes – partnerships, families and beyond. These values often come into play in pairs matched across opposite facets of wholeness. For example, when people exercise their wills to commit to always cooperate within their relationships, strongly bonded communities form as participants work through and reconcile differences of perspective and resolve emotional frictions to their mutual satisfaction. Or when people exercise their curiosity about how to act with compassion in a situation or use creativity courageously to resolve an issue, the opportunities to promote everyone’s well-being expand because the problem-solving system remains open to new possibilities rather than confined to recycling only traditional, known or “tried and true” approaches to which only some members of the community may be wedded. By pairing an inner, eternal value with an outer more time-oriented value, people in community with each other stretch their hearts and minds to envision a wider range of ideas and opportunities so as to permit more positive energies to flow in.

As humanity seeks to occupy Earth in ways that honor multiculturalism within a global village, it is vitally important that participants in all communities remain open-minded as well as open-hearted, ready to ask of each other, “How do you see this challenging situation and what do you suggest might work to resolve or celebrate it?” Within the value orientation offered by wholeness, the experiences of multiple cultures can be considered even by those who were not raised within such cultures. In this manner, the multicultural wisdom of the ages as carried forward by many traditions and perspectives is available to be tapped as one of humanity’s most creatively resourceful natural resources.

## Hourglass of Choice

The next diagram, Hourglass of Choice on page 21, illustrates the primary choice we each have in the exercise of our free will. As we choose to be lighter hearted or heavier hearted, we accordingly ascend upward in a spiral pattern in time's Hourglass or spiral downward. By the power of our free will as guided by our heart's state we become increasingly aware of unconditional love's energy field while experiencing the earthly realm of time and space or become decreasingly aware of love's energy field – a confusing time that seems like hell on earth but is merely the illusion that love is absent when fear dominates our minds to block awareness of love. Time and space can become our training ground in the exercise of free will, empowering us to learn to live by Eternal Guidance even while aware of Time.

## How and Why a MAP Heals Our Hearts while Defusing Violence – Journey of Human Development

A MAP defuses violence at its origin within hidden emotional wounds that pressurize us inside. Buried emotional pain is like the lava that flows beneath the earth's surface and forces its way upward as volcanoes and earthquakes. A MAP releases the internal pressure of such emotional lava, allowing molten emotions to surface less destructively and cool off before exploding violently. A MAP functions as a healing environment precisely because it functions in harmony with our nature as human beings and draws power from the insights we've gained over the years from studying ourselves and Nature. Now we can intentionally apply our increasing wisdom to reduce the likelihood of our resorting to violence due to pressurized emotions and instead redirect both the energies used to keep emotions under wraps and the energies of the emotions themselves into constructive channels. Within MAP's dynamics, emotional lava's energy can form new paradise islands and uplift the human condition.

When our lives feel chronically flawed, frustrated and futile as if irredeemably worthless, we endure as best we can yet eventually need to express the resulting emotional pain. Violence reflects our chronic loss of meaning, purpose, direction and connection relevant to a path of realistic hope. This Heartbook aids in reducing violence and creating an alternative culture of peace to the extent that individuals and groups use it to aid their self-examination so as to live emotionally healthier, realistically hopeful and meaningfully connected lives. It introduces corrective concepts and tools by which to restore a sense of life's worth, meaning, purpose and direction for all who adopt and implement them wholeheartedly.

A Growth Chart for Human Potentials (GCHP) appears in this Summary Introduction at page 24. It depicts a theoretical, model timeline for developing our human potentials. When we are developing our potentials approximately according to this timeline, we feel good about ourselves and are at peace with ourselves and others. The more our development is stymied or deviates from its natural timing and multi-staged dynamics, the more we feel out of sorts with ourselves and others and the more likely we are to participate in violence – to initiate it and/or volunteer to be subject to it. We use violence as a way to try to voice, explain and justify our pain when we cannot express our pain in any other way. That is the motivation behind all cycles of violence. A MAP replaces such injurious cycles with healing ones.

A MAP helps us to understand the origins of our past as well as current emotional heartaches and no longer allow such pain to remain buried and ungrieved so as to exert unhealthy influences upon our current thoughts and actions or our future expectations and experiences. Buried emotions shape our expectations towards life and color our reactions to people and opportunities. As the GCHP illustrates, emotions are pre-cognitive experiences that occur beneath the awareness of our minds. We learned the "social rules" by which we handle our emotions before we reached the phase in which developing our mental potentials became our primary task. As adults our beliefs about ourselves, life in general and handling emotions become a web of confusion that exacerbates how poorly we often process and express emotions. At any time along our journey through life we can revisit and revise the rules we first learned for handling our emotions. We can revisit and revise them to learn more helpful, healthier rules. A MAP is an ideal social environment within which to examine our personal rules for handling emotions and revise them to operate less harmfully and eventually serve more helpfully within our relationships.

## Healing Dynamics of the MAP

For a MAP to serve fully it must be capable of helping participants transition from their previous cultural orientations into a fully committed MAP orientation. All alternatives to a MAP are based on competitive dynamics developed under the assumption that resources and experiences that participants value and desire are scarce. In fear of not having enough, participants compete with each other and yet the

portion each acquires always feels inadequate to fully satisfy them. For this reason, non-MAP cultures spiral out of control in endless competition to accumulate that which ultimately never feels like “enough.” Because nonMAP members mistakenly believe that what they accumulate is the same as the adequacy of their personal power and identity, they chronically feel inadequate, keep their emotions secret and allow false feelings of inadequacy to drive them towards ever increasing competition. This irrational scramble for social approval, pseudo-power, pseudo-security and pseudo-adequacy based on accumulated tangible resources and intangible experiences generates violence as some people come to view others as threatening competitors to be subjugated if not extinguished instead of valued and honored. A MAP reverses this perception by seeing every participant as a contributor to the more completely satisfying experiences of all. To empower all participants in a MAP to transition from their previous culture into the MAP, participants must learn to convert cycles of competition and violence into cycles of cooperation within which to release the healing balm of mutual honor and appreciation.

#### Cycle of Mutual Violation with Transition to Cycle of Mutual Appreciation

On page 22 of this Summary Introduction is a diagram of how stages of a cycle of violence/violation can be converted into stages of healing and reconciliation. The conversion occurs as every participant in a MAP remains committed to creating conditions of trust, honesty, tolerance, patience and faithfulness to empower all participants to recognize and work through all wounds and issues no matter of what origin. Before we recover awareness of our natural state of wholeness, we experience ourselves as wounded, broken and disgraced, perhaps even believing ourselves to be vaguely yet permanently defective. To correct these misperceptions about ourselves we must understand how non-MAP cultures’ cycles of mutual violation of integrity operate to teach us to erroneously assume that we’ll always have to suffer from violations of our integrity and that we must endure mistreatment if we dare assert our authenticity as whole people. Participation in a MAP challenges the assumptions operative within cycles of mutual violation. To clarify the fallibility of false assumptions, MAP participants learn to defuse and exit from cycles of mutual violation and transition into cycles of mutual appreciation right in the midst of ongoing violations to integrity that adherents to non-MAP cultures deem unchallengeable and unchangeable. MAP participants do not resist violence because wisdom teaches that what we resist persists. Instead of resisting violence, MAP participants refuse to participate in it and instead defuse and replace it with dynamics based on transitional peace that lead to sustainable peace. The diagram on page 22 summarizes some helpful ways to convert violation-oriented situations into healing-oriented ones. Practicing conversion principles within real life experiences clarifies the efficacy of mastering them.

#### Sustainability Features of the MAP

A MAP is a natural relational ecosystem for spiritually enriched human life. In contrast to the artificiality of hierarchical, overly competitive, dominance-driven power paradigms, a MAP is the native habitat of all human beings. It will be inherently sustainable because it satisfies the full range of human desires as well as needs (such as investigated by Abraham Maslow). It is important that a MAP remain simple, but not simplistic, flexible and resilient, but not lacking in backbone or substance, stable and strong on behalf of the community and yet yielding and gently and generously attentive to the voices of all individuals within the community. A MAP is a social environment that intentionally encourages all voices to be heard. It is a social environment that honors listening and creates space for silence and contemplation. It helps introverts and extroverts find more balanced, helpfully assertive communication styles within relationships. An organization that adopts a MAP as its operational paradigm benefits from input and feedback loops from all levels and sectors of the organization’s life matrix. In sum, a MAP opens up a freer flow of ideas and emotions within a social framework of equitably shared power. Since ideas and emotions are forms of energy, the more freely they flow without resistance, the more helpfully their energy can be channeled to positive use within every relationship. Just as electrical power heats up transmission lines when resistance in the lines is high, high resistance in the transmission of ideas and emotions generates heat and wastes energy that could be put to more productive uses. For example, when anger is viewed as a sign of friction or resistance it can serve as a call to identify areas of resistance, find their causes and address them effectively. Since anger is often a sign of hidden pain, fear or mistrust, investigating its causes can lead to helpful insights and understandings.

Due to its fullest appreciation of every participant in an organization’s community, a MAP inspires all participants to achieve a balance between responsibilities they carry and their power to fulfill those

responsibilities. Balance is a feature of a MAP. Balance between responsibilities and power is one of a MAP's natural regulatory features. In their experience of an improving quality of life, all participants will realize that it is their privilege to participate in such a mutually appreciative and nurturing community. This sense of privilege will not be "elitist" as the term usually means in competitive paradigms but will be egalitarian. "Egalitarian privilege" summarizes a MAP's ultimately paradoxical outcome. It reflects a high ethical standard of "the greatest good for the greatest number" translated into "the best for all."

The capacity for power and grace of whole people living in relationship with one another within a MAP is depicted in a diagram on page 23 of this Summary Introduction. In that diagram, two people are symbolized as hearts that come together to form a new relationship that is rooted in intentional heart-to-heart transparency and communication. When two (or more) hearts learn to function as one heart devoted to the health and joyful experience of the relationship and all members of it, the two (or more) participants enter into the experience of oneness that can be shared between (among) them forever and also shared with others. In the diagram, the dynamics of this relationship of power and grace is depicted as an increasingly more balanced spin of energy around a center point that each heart has adopted as the common reference point for the relationship. As each heart centers itself upon the other heart's center, they come to share a common center point around which to balance and move in the grace of a vitally alive and vibrant relationship. In time as both (all) participants in this relationship master the dynamics of grace, their relationship forms an identity of its own woven into a wreath created of energy fibers of love around the spherical core at its shared center, leaving space for each participant to appreciate the wholeness of the relationship as well as the wholeness of each other.

### Leadership for the MAP

If a MAP is introduced into an existing organization, implementers will assess current management structures for adaptability to MAP dynamics and help develop leadership to meet the organization's needs and be attuned to the organization's purposes and goals. Organizational management will be integrated into the MAP and designed to honor the MAP's purposes, too. The synthesis between the existing organization and the MAP will create the most promising new organizational dynamics within which synergy flows efficiently and productively. If the organization is a start-up, then leadership is free to design and initiate itself within MAP dynamics from the beginning. Establishing a MAP includes creating a distinct leadership council for the MAP. This Council will serve as the organization's "heart monitor" while administrative leadership serves as its "head." Cooperation between heart and head will be as vital to the health and welfare of the organization as it is to the health and welfare of individuals.

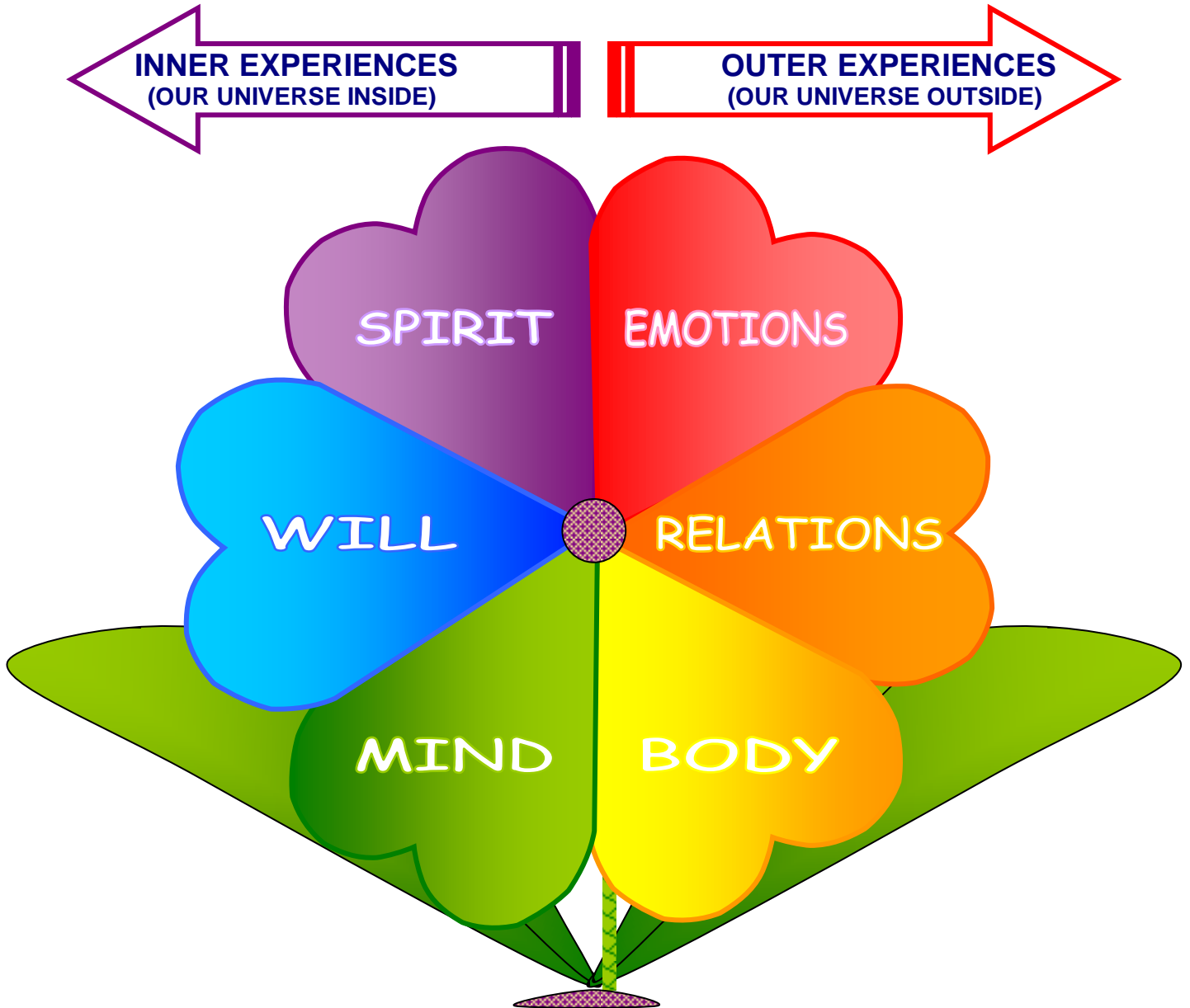
### Follow-up to this Summary Introduction

There need never be a conclusion to this Summary Introduction. The trains of thoughts generated by this introduction have no final destination. Creativity is always introducing the new to the existing and inviting it to dance with it according to Eternity's Music of the Spheres. Our hearts hear the music's vibrant energies and want to dance. A MAP creates the social environment in which learning to dance to the beat of our "different drummers" is possible even as the rhythms of life reveal themselves to have a natural order. Diverse beats can be integrated into one spectrum of pulsating life just as diverse colors can be integrated into one spectrum of pulsating light and diverse voice qualities and ranges can be integrated into a chorus uplifting to the hearts of all who sing. In fact, that is how life occurs naturally. It is our reality – the sanity our minds hunger to revel in as our native mental orientation.

A MAP invites all of us to be naturally who we are and to appreciate each other as contributors to the health and welfare of the whole instead of seeing each other as competitors or too "different" to be included. As an open system, a MAP is simultaneously an internally rooted and yet wrap-around community. It opens and extends itself to embrace all of life as life is drawn out into creatively loving expressions from within it. By implementing the Golden Rule, a MAP draws to it the best experiences that all participants collectively desire to share while honoring the unique experiences that individual participants hunger to experience for themselves. Common values and priorities will define a MAP community. Instead of creating communities based on humankind's lowest common denominators, a MAP creates community based on our highest common denominators. By our Creator, we are denominated "compassionate, appreciative beings designed to share love at its best." It is now time to create space and a field of energy in which to live according to our highest denominated nature.

# WHOLENESS ARCHETYPE

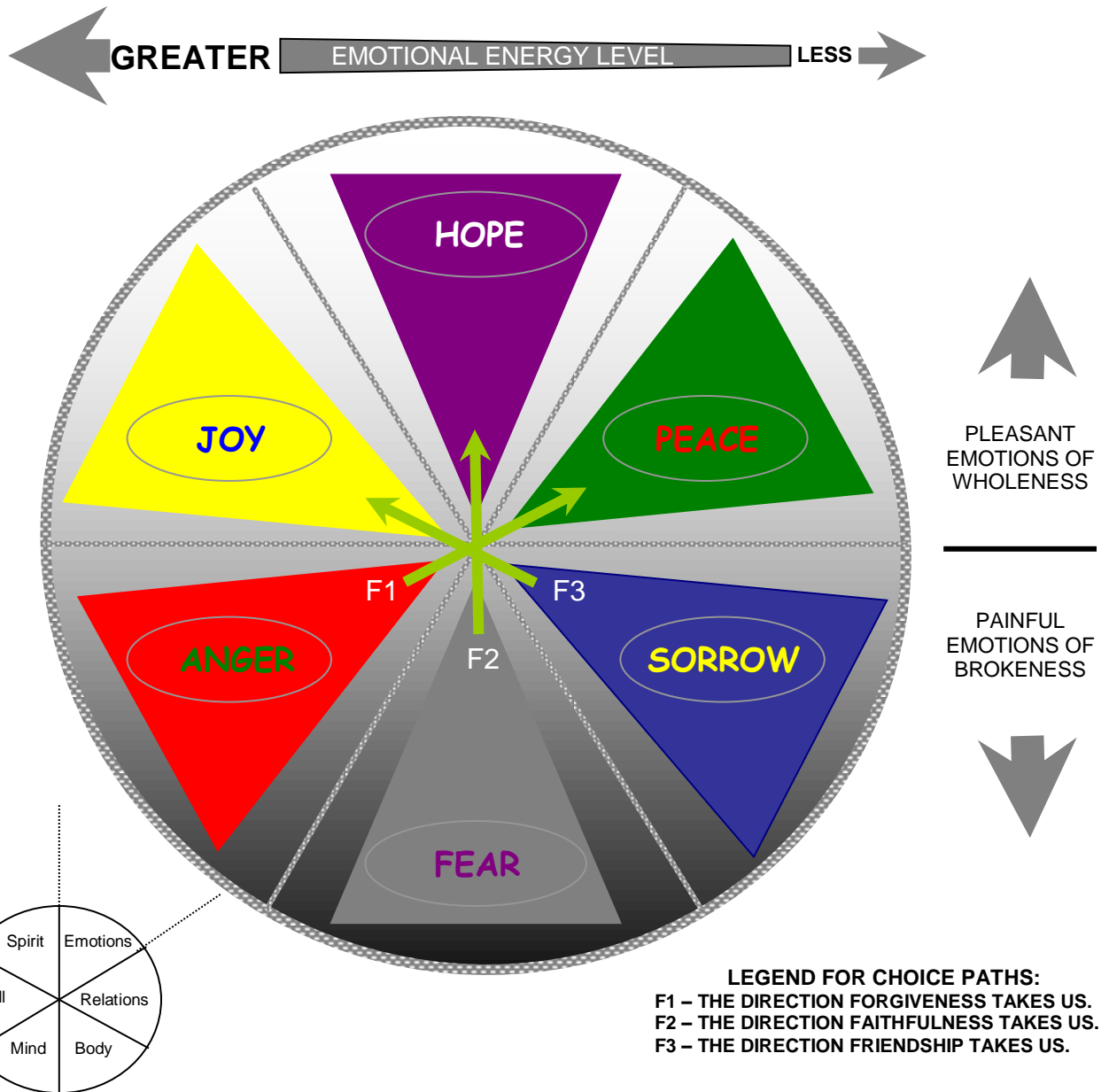
## UNIVERSAL HUMAN NATURE BLUEPRINT



The Wholeness Archetype is the universal blueprint for human nature. Our wholeness is like the universal 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 interrelated fields or facets of human nature unfold as we nurture them throughout our life experiences. The more we nurture all six facets to unfold fully according to God's developmental design, the more naturally we experience healthy intimacy with God and with each other. When we nurture all facets adequately we experience being both fully human and fully divine. Wholeness' multifaceted, flexible nature allows wide latitude for diversely individual expressions of it within our shared Oneness. Wholeness < Oneness > Wholeness = WOW! (Our potential for miracles in every relationship.)

# HEALTHY EMOTIONS MAP

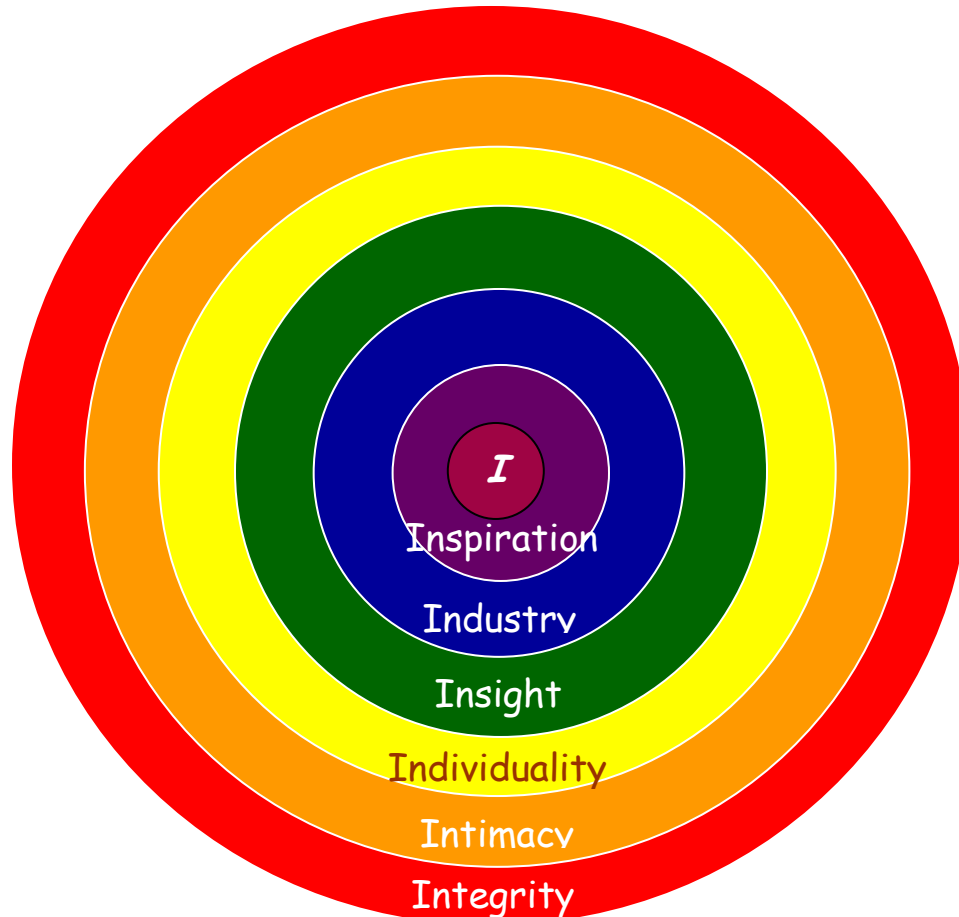
## A MODEL FOR MASTERING THE ART OF FEELINGS BY CHOOSING THE EMOTIONS WE PREFER TO EXPERIENCE



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 their hearts and in moving in unity. Each partner takes turns leading and following 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 others'. In time we'll become enchanted with the graceful dance of emotions.

# I-Zones

I-Zones are facets of our multi-faceted lives we can examine to accurately determine our current qualities and design ways to upgrade them. The "I" in I-Zones can stand for Investigation or Inquiry when we are evaluating their condition. The "I" can stand for Innocence when we want to be reminded at all times that we are innately innocent - each created as part of God's I AM - and that 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 self-judgment and reproach. The Spirit of Love calls us to appreciate and nurture all facets of our nature from positive perspectives and let go of habits of using an analytical mind to endlessly find flaws and faults and never find our virtues and gifts.



Use of I-Zones guides us through self-examination into fullest expression of our natural integrity. At the center of the bulls-eye is the whole person we each are - our "I." At the outer ring we can free our core inner integrity to radiate into expression. Intervening rings identify aspects of our wholeness to evaluate. At no time do we actually cease to be a whole, integrated person. In our examination, we may find that we are more satisfied with some facets of our lives than with others. The point is not to compare ourselves with others or chastise ourselves for not-yet-satisfying development of some facets. The point is to increase our self-awareness and capacity to nurture ourselves intentionally towards the goals we've set for our own growth. Using the I-Zones wisely and compassionately results in our maturation beyond unhealthy social norms and our increasing satisfaction that we've given our best towards making the world a place we are all glad to share.

## HIGHLIGHTS OF THE I-ZONE DIET

A steady diet of I-Zones keeps us healthy in all of life's dimensions and prepares us to live, learn, love and laugh with more peace, hope and joy and less anger, fear and sorrow. In short, an I-Zone diet is liberating because its use reveals the truth of our true Identity that sets us free. It liberates the best in us to be expressed as us with Integrity towards which our self-disciplined practices are always aiming.

### Benefits of the I-Zone diet

- Awareness of life beyond the ego, of our true or authentic selves set at liberty amid freedom

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- Awareness of our power to pursue our most cherished dreams and treasured heart's desires

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- Awareness of our capacity to be diligent and self-disciplined in caring for ourselves and others

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- Achievement of greater success and deeper satisfaction in loving ourselves and loving others

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### Features of the I-Zone diet (Interactive ingredients seemingly separate until digested well)

- Integrated bull's eye of I-Zone development – unfolding wholeness with unlimited creativity
  - ◆ Inventory, Investigation, Investment, Inquiry, Interest, Innovation, Innocence & Ideals

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- Inspiration – The origin of the experience of all that rings true to us deep inside

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- Industry – The expenditure of energy to achieve goals that motivate us to focus and produce

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- Insight – The accumulation of understanding of how life unfolds in lessons of success/failure

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- Individuality (or Identity) – The experience of “I,” ourselves as unique, distinct from others

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- Intimacy – The experience of “we” as connected or bonded with others, ultimately oneness

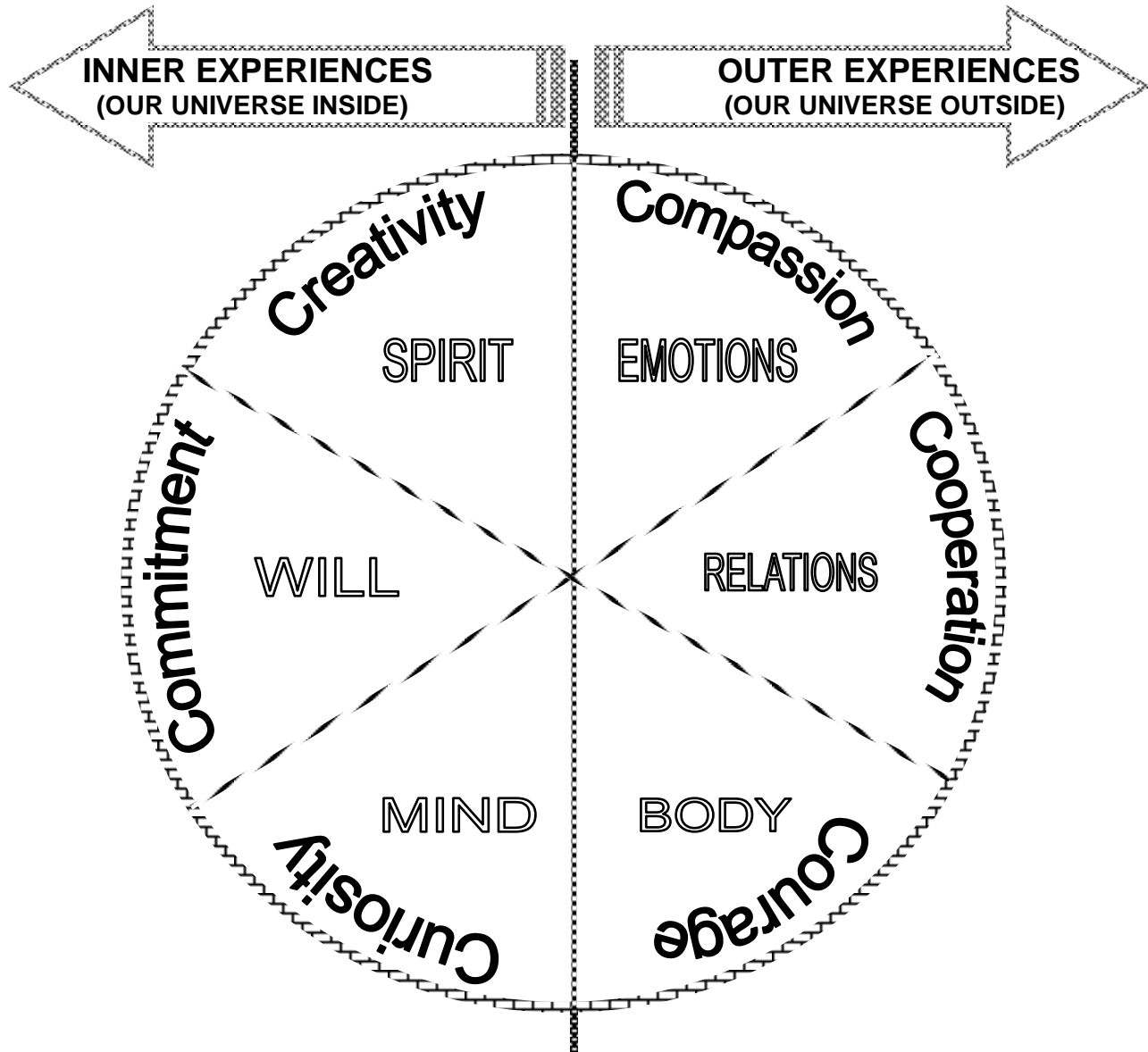
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- Integrity – The weaving together of all threads of Self into a single fabric of Self-expression

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# CORE LIFE ORIENTATIONS

## ASSOCIATED WITH WHOLENESS ARCHETYPE

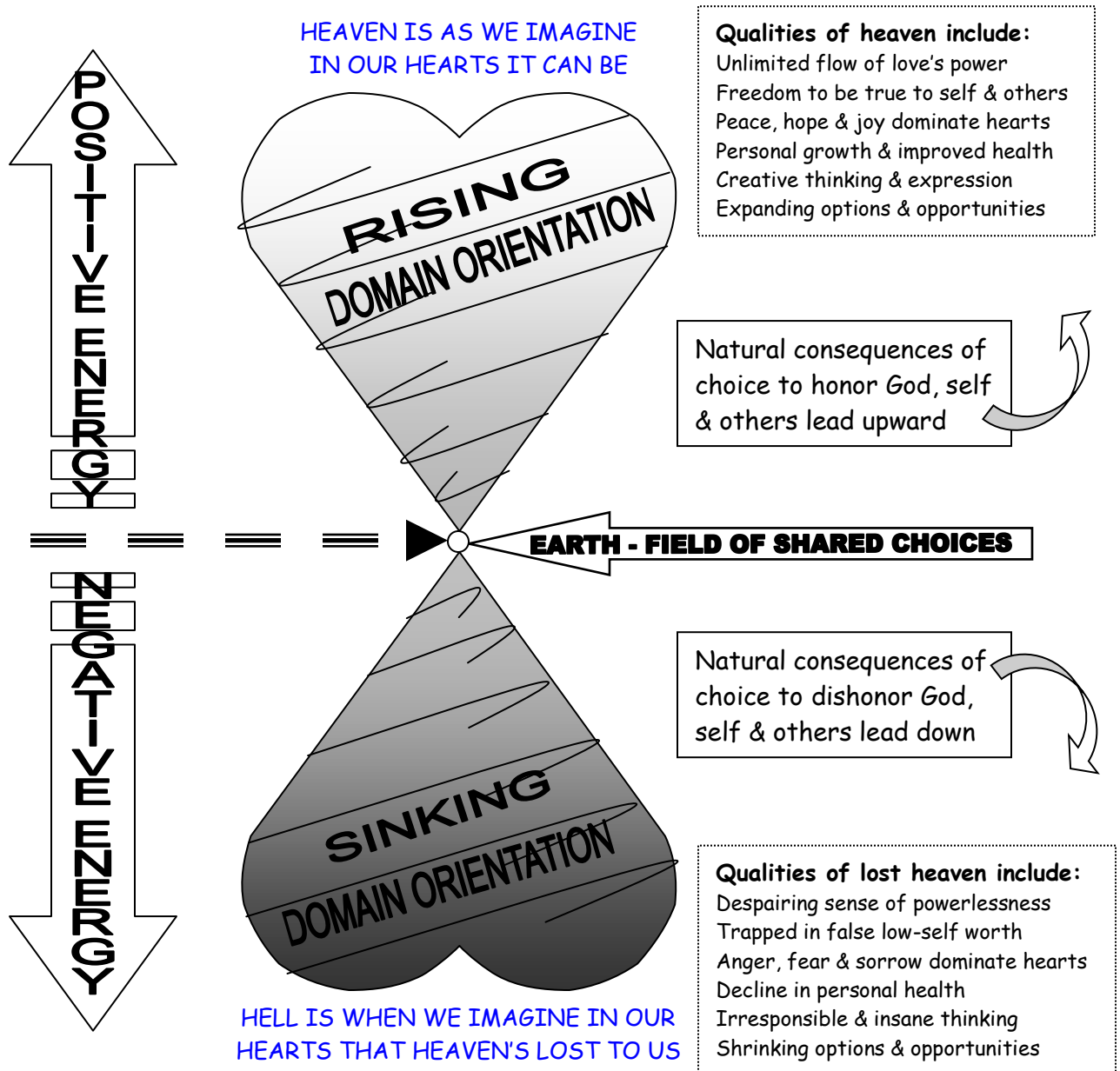


Core Life Orientations inherent in the nature of Wholeness guide the development of human life at every stage when not overshadowed by pressures to conform to fear-based social norms. These life orientations are the “High Cs” of divine childhood: Creativity, Compassion, Cooperation, Courage, Curiosity and Commitment. They are fundamental qualities of every child of God as created in the nature of Life’s Source. Each Core Life Orientation is associated with a dimension of human development, the integrated combination of which makes up each whole person. A child of God is whole at every stage of development to the extent that the core life orientations are guiding the child’s development. When fear-based (ego-focused) socialization steers a child 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.

# HOURGLASS OF CHOICE

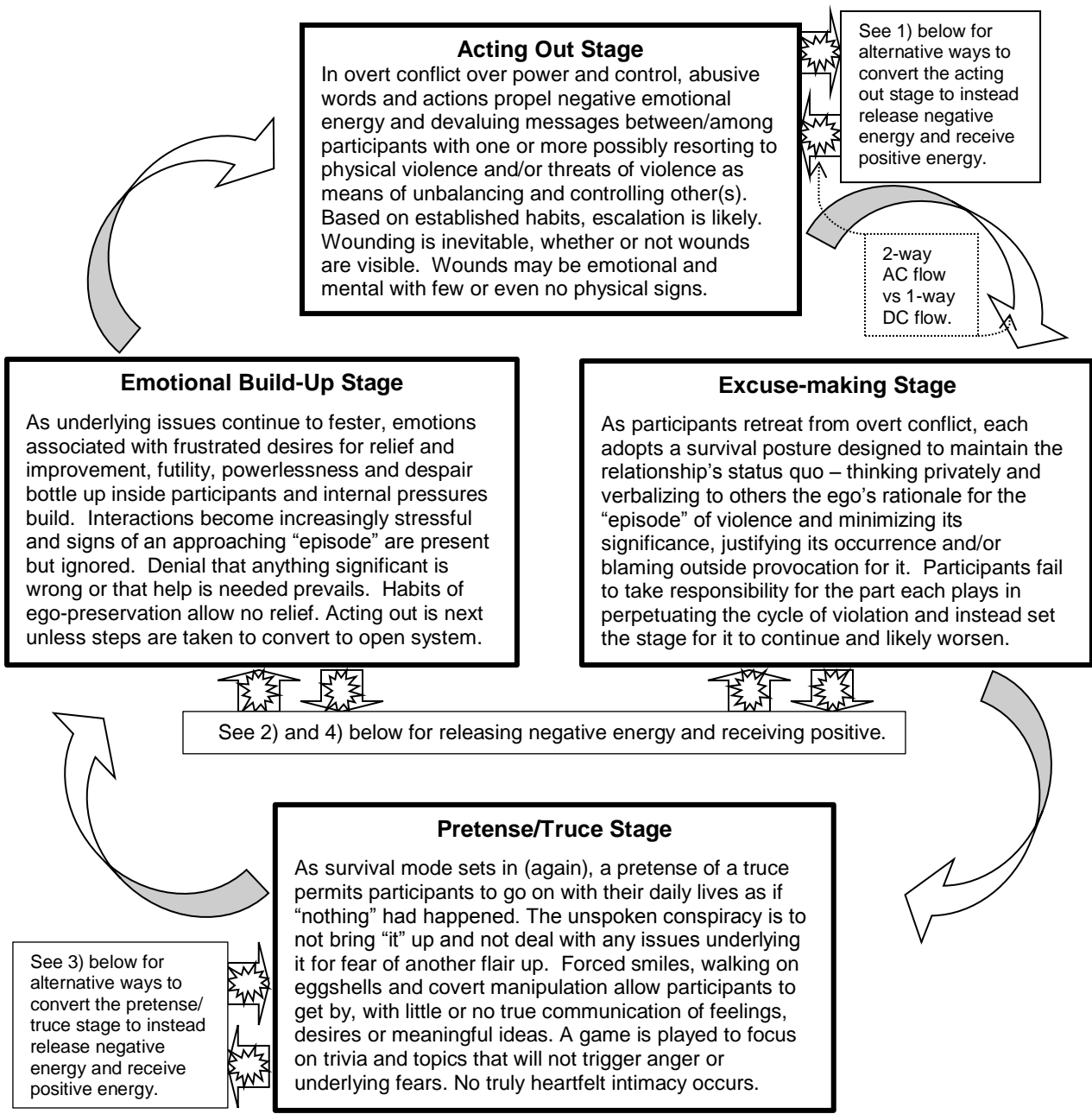
## TO BE LIGHTHEARTED OR HEAVYHEARTED

THE HOLY GRAIL OF FREE WILL - WHOM DOES IT SERVE?



This diagram illustrates how our choices have natural consequences in our hearts. Our emotions register our choices as flowing upward with positive energy or downward with negative energy. Our "domain orientation" matters greatly to the quality of our lives. A critical life question is "Are you devoted and living according to a rising domain orientation or to a sinking one?" The power of life is in your hands because you have the power to choose to which domain your life is committed. You have free will. Exercise it wisely and your life rises through a series of natural stages represented here as a spiral path upward in your heart. Ignore wisdom and your life sinks along a downward spiral associated with addictions and emotional/mental health problems rooted in fear. Your life's direction on the spiral path is determined by your choice of what you imagine in your mind is best for you and others to share on earth. If you are brave, honest and unselfish, your life blesses others and you are blessed.

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

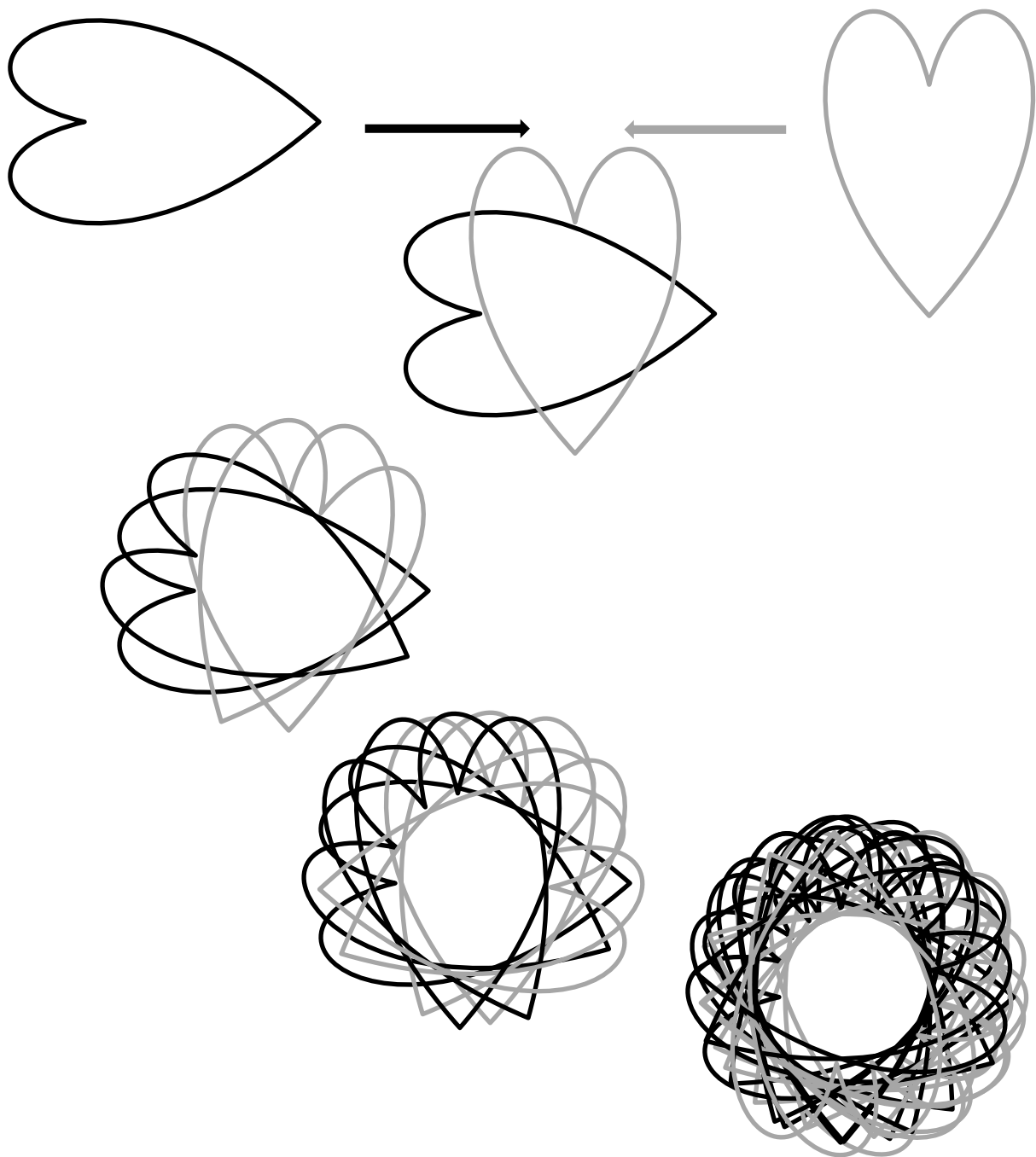


Opportunities to Intervene, Disengage and Transition from Cycle of Violation to Cycle of Appreciation:

- 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 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.

## TWO WHOLE LIVES CAN SHARE AS ONE LIFE OF MUTUAL HONOR AND APPRECIATION



As two whole lives meet and integrate with mutual honor and appreciation for each other's wholeness and integrity, they share time and space without domination of one over the other. They begin a dance that brings them into fresh experiences which each is incapable of enjoying without the aid of the other because the trusted presence of the other opens each to the experience. At first the relationship may seem out of balance and at risk of losing integrity as it begins to whirl. Yet as each partner retains wholeness and integrity around his or her own center, the partnership also finds its balance and centeredness. An infinite variety of configurations emerge as the partners dance creatively around the center of their commitment to each other's wholeness, joy and freedom. The partnership becomes a way to explore life's unlimited opportunities for creative expression. In this way we experience ourselves as an extension of a paradox as the reality of the Eternal Infinite enters the illusion of time and space and we know that  $1 + 1 = 1$ .

# GROWTH CHART FOR HUMAN POTENTIALS

How our wholeness develops along life's journey in nested phases through silos of time

