

Illustrations from the Book

CHAPTER 3

Outside Power	Personal Power		Integral Power	Unified Power
<i>"Life happens to me."</i>	<i>"Life happens by me."</i>	<i>"Life happens for me."</i>	<i>Life happens through me."</i>	<i>"Life happens as me."</i>
<u>Victim</u>	<u>Creator</u>		<u>Co-Creator</u>	<u>Oneness</u>

Gaining Psychological Power

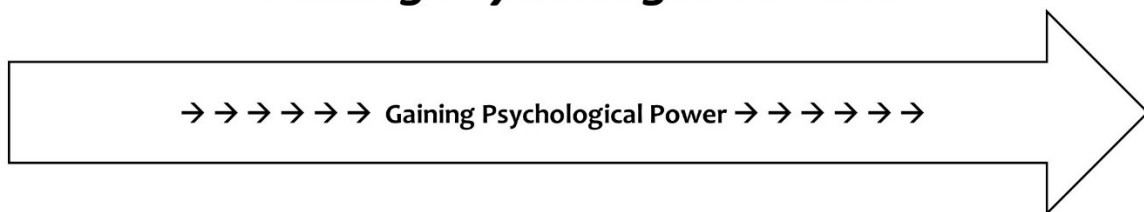


Figure 1 *Illustration of the different psychological positions you can inhabit.*

Illustrations from the Book

	HAPPENS TO ME	HAPPENS BY ME	HAPPENS THROUGH ME	HAPPENS AS ME
Health, Nutrition, Fitness				
Physical Appearance, Genetics				
Knowledge, Mind, Intelligence				
Emotions, Memory, Reactions				
Personal Development, Spirituality				
Finances, Wealth, Affluence				
Career, Business, Work				
Relationships, Romance				
Relationships, Family				
Relationships, Friendships				
Relationships, Community				
Home, Environment, Location				
Passion, Creativity				
Fun, Play				
Time				
	OUTSIDE POWER	PERSONAL POWER	INTEGRAL POWER	UNIFIED POWER

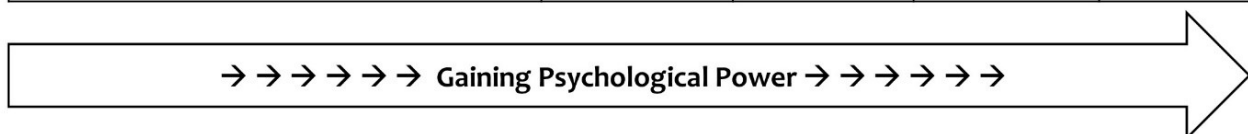


Figure 1B *Illustration of how you can use the psychological power scale to measure where you're holding yourself in different areas of your life.*

Illustrations from the Book

CHAPTER 17

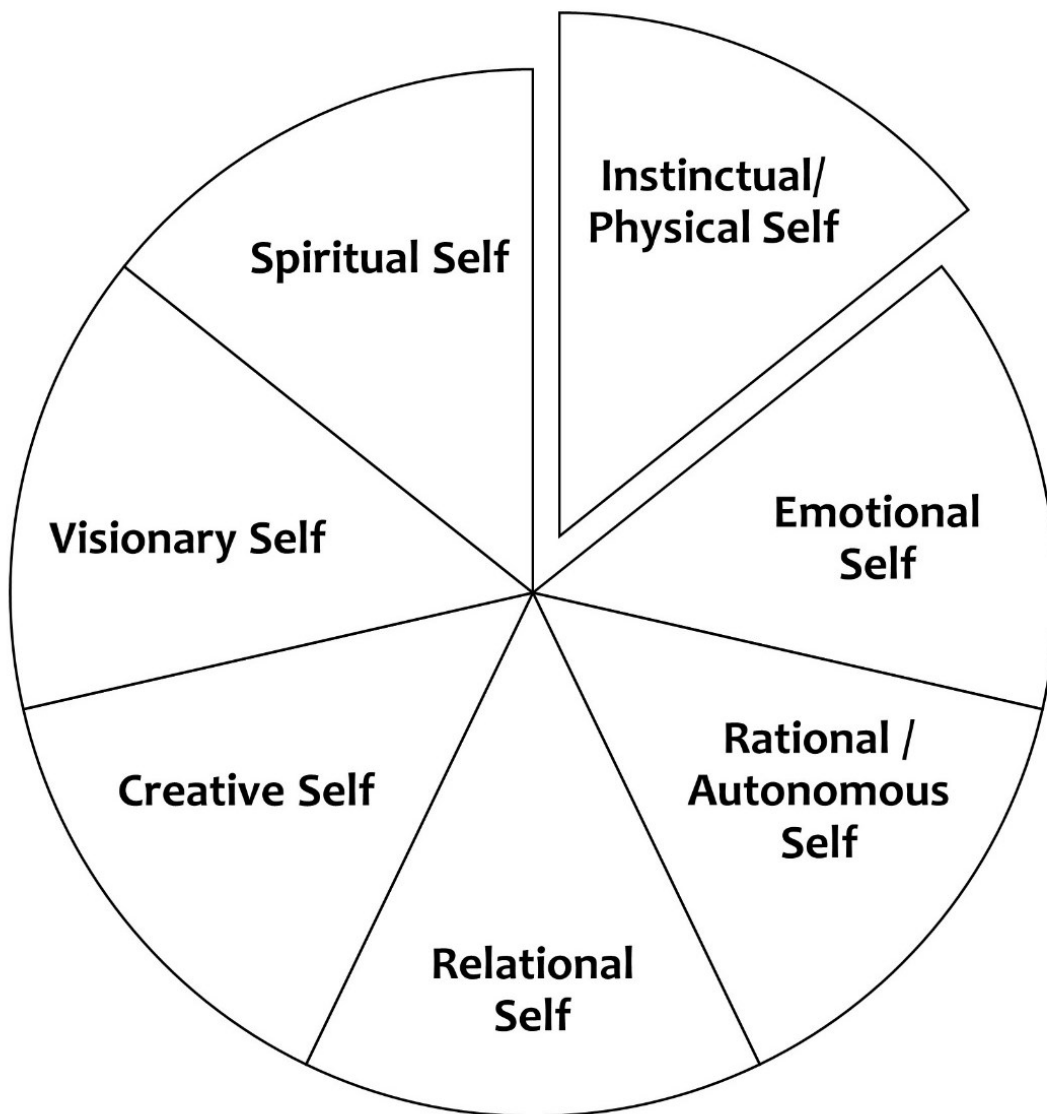


Figure 2 An example of the various selves you form at different stages of psycho-emotional development.

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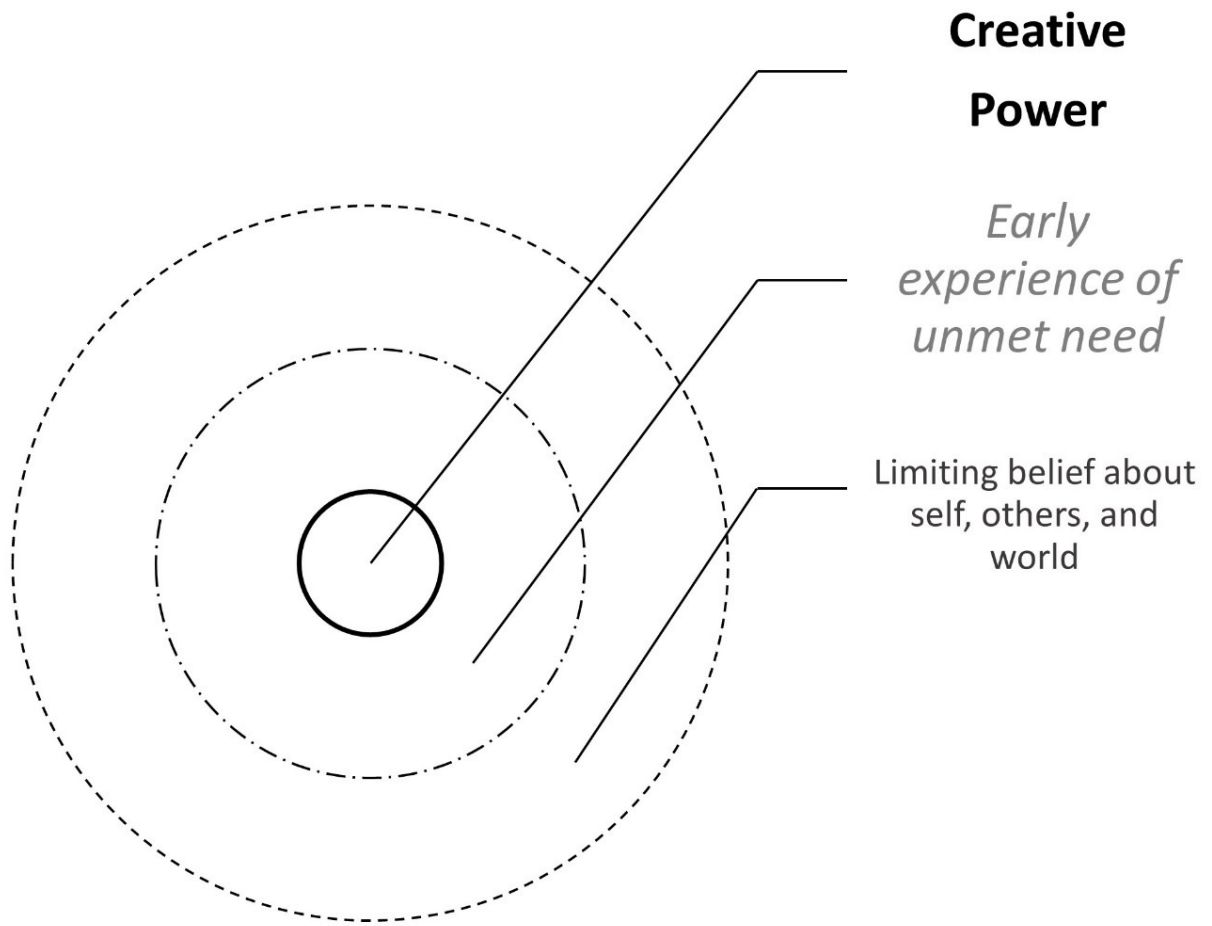


Figure 3 *Illustration of the anatomy of a limiting belief formed from early developmental experiences.*

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CHAPTER 20

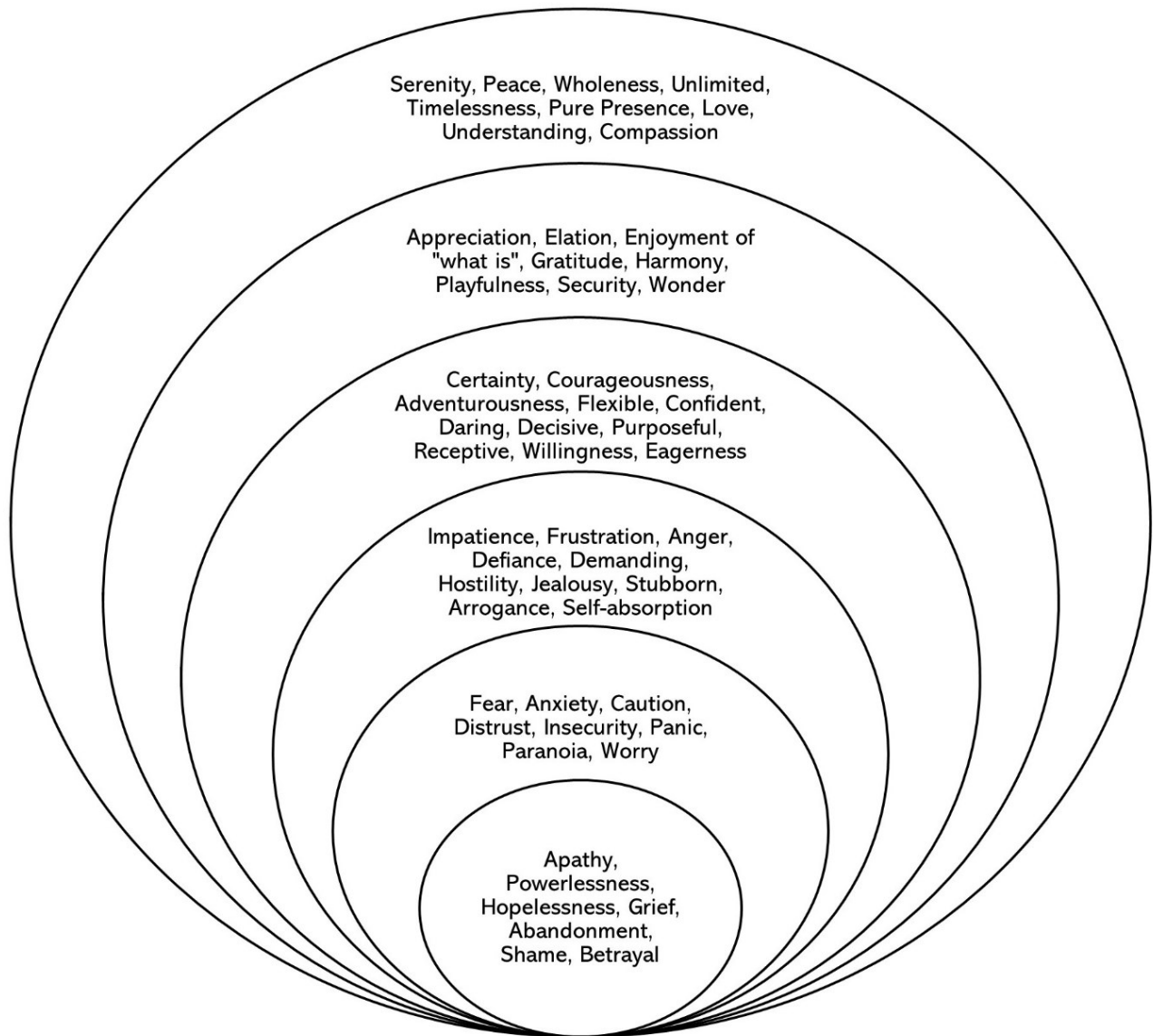


Figure 4 An illustration of the expansion or contraction of your energy field depending on what frequencies you are keeping active in yourself.

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CHAPTER 24

OPEN & RECEPTIVE STATES

Clarity
Curiosity
Humor
Love
Playfulness
Spontaneity
Self-confidence
Enthusiasm
Willingness
Compassion
Appreciation
Gratitude
Harmony
Understanding
All is well
Centeredness
Freedom
Oneness
Tranquility
Whole

CLOSED & REACTIVE STATES

Boredom
Discouraged
Hopeless
Powerless
Fearful
Defensive
Stuck
Ashamed
Guilty
Unhappy
Anxious
Cautious
Skeptical
Insecure
Irritated
Frustrated
Impatience
Hostility
Resentful
Judgmental

Figure 5 Examples of states that reflect openness and receptivity, and closed-ness and reactivity.

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CHAPTER 25

"Life happens to me." <u>Victim</u>	"Life happens by me." <u>Creator</u>	"Life happens for me." <u>Co-Creator</u>	"Life happens through me." <u>Oneness</u>
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TWO TYPES OF ACTION

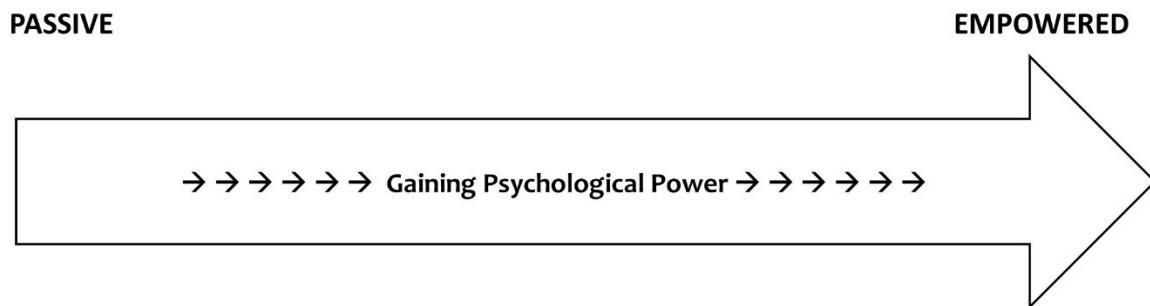


Figure 6 An illustration of the two types of action as they relate to Psychological Power.