

# Transcript

## Template 5 – [S]EE – Situation

So now you know how to use template 5 where you not only would evidence or map out what actually was or is in a situation, but you could also envision or imagine or foresee how it could be in that same situation if you were experiencing it at a conducive level/dimensional level.

So essentially again is to understand the situation. What's happiness for you and see how you experienced it and start to envision how you could experience it in either sequence,

you may go with the evidence first and the envisioning later, or the other way around, it doesn't matter because at the end it's complete analysis of the situation.

Now just one technical point about "situations."

So with step five, they basically from any situation.

Let's say that was in the past.

You took that situation, as it played out in the past and you did that analysis in the present.

So you basically did a replay of the situation and you did the SEE process to evidence and envision.

So what would be happiness if it was all conducive, so you replayed it in your mind and you came to see more and more how it was experienced or how it could be experienced.

So this technique leads to what we will learn during step 6 is that you can do a replay or even what we can call a preplay.

Is that you practice beforehand, how the situation could be, if it were conducive to happiness in your experience and you preplay it in view of in the future.

Start to actually live it differently in real time so I would play out again in the future.

So it's basically from played to replay.

Replay the way it was or all conducive to happiness and do some practice, or rehearsing.

So the preplay.

Again in the present to be able to live it differently in the future. So in the way it will be played in the future.

So played, replay, preplay and play it again. So that's how you can see how you've been and start to practice and using techniques in step 6 to how you could experience it very differently from using techniques to transform from non-conductive to conducive.