

# Transcript

## Template 6 – GO – Intrinsicness

We are now at step 6 discussing techniques for the dimension intrinsicness.

Using template #6 with which you would have observed, analyzed, and understood many situations of the past or present and you would have been able to evidence what is a non-conductive mode, namely a mode also called “outside-in” where the belief is that any experiences, values, purposes, experiences of your assets, your moods, your thoughts come from the outside and that the control over these also come from the outside.

So, this mode is also called the extrinsic mode: extrinsic... from outside. You would have also been able to envision or imagine a conducive mode, which is the intrinsic mode which is “inside out”. That is, your experiences either driven from your values, from your purpose, from the assets, from your emotions that would be positive and your thinking comes from inside you and the control over these also come from inside. So, you bring things to situation rather than expect things coming from situations. So, what would be techniques for practice?

Simply said. Again, the GO technique where we give up what is non-conductive and opt for what is conducive, so will be moving from the extrinsic (or outside-in) to the intrinsic which is inside-out where the control is in. Here the control is outside. So, when we are doing this, is using a technique that opts for choosing this mode, so you could ask yourself, when you're in a situation or about to be in a situation, or rehearsing, being in a situation, you could ask yourself which of my PEACE elements, for example, am I bringing to this situation? Same thing, what assets and my using/bringing to the situation?

It could be what values, like ethics, what purpose, etc. am I again bringing? So, the keys that you connect with them and you bring them, very consciously, through the situation. Same thing with what may be called dimensions. So what dimensions, so what emotions, for example positive emotions, or thoughts, etc. do you bring to the situation? So that would be the opt for. So very consciously determined beforehand what you bring in and therefore you have the control you anchor in them, you choose them, you bring them in, so the control is yours. And to give up what you do is to, you could ask yourself, Do I really believe that my happiness will come from the situation? or to my attributes, it takes purposes etc. would come from the situation and where do I believe the control is? If it's outside, then I would see right away that's the mode to give up so consciously opting as you also consciously see and acknowledge what is being done and that is extrinsic and letting go of it would be the techniques to shift from a non-conductive extrinsic mode to a conducive intrinsic mode.