

Transcript

Template 4 – WORLD – Integration, Part 1

Once you have completed template 4a. then it is easy to get a very broad picture of the situation with the unified template 4b. which includes your piece elements.

So, to keep in mind what brings happiness to you, which would include the analysis of the situation itself, like was just explained. And then what your specific experience may be in this situation and again observing and evidencing what you experienced at every dimension. And whether these may be conducive or non-conductive to happiness.

So, you may be in this situation with the boss where you are nervous, so you note this here.

And you even feel it in your body with your heart rate going up.

Where you are thinking that the worst may come of it, so negative thinking.

But you act very professionally and you're well prepared, so you would note this here.

And try to understand what maybe the underlying notion of yourself, maybe that you're not good enough.

And, being in a mode that you expect the boss to reassure you or to validate what you're doing, no matter how good or bad it is. So, you would be in extrinsic mode

And all that from having denied yourself your capacity. So, denial.

But nevertheless, that you still stay connected to confidence, and you stay optimistic.

So, that would give you a good idea of the situation in its totality. Of course, this doesn't need to be done in obsessively with every situation, but at first, it's good to have deep analysis of what you bring to the situation, what it is, and what you experience within it.