

Transcript

Template 4 – WORLD – Integration, Part 2

So, you have now learned how to observe and know yourself and your world with template 4b. where you've learned to first make note and name the situation.

Make note of your peace elements that lead to happiness.

Have a good analysis and description of the situation with the template WORLD.

And then map out your actual experience within this situation, dimension by dimension. And noting what was conducive or non-conducive to happiness.

So that can be done at any point in time. So, a situation that just happened or a situation that is happening in real time or some situation that you anticipate.

It may also be useful to do what would be a lifetime analysis of your experience of happiness or unhappiness over a period of time. So, you can use template 4c. to do so.

So, what you do is, you note, and here's a scale of five years increments, but you may use different ones depending on your age and how thorough you want to be.

So, you may want to know times where you are especially happy, others may be very unhappy, or less so. And try to understand overtime what were the factors, in a sense, of your happiness or unhappiness by using template 4b.

So, for example when you were young, you may be able to determine what was the most important for you as a kid, how things were in your family, between your parents. So, what was the context, how they were doing? And so and so forth. And get a good sense, much more thoroughly of what led to such a happy experience at this point in time.

Likewise, you could do it with very difficult situations. Where you could understand how you were, how you reacted, what was the exact situation, what were the factors in relationships, in conflicts, and so on and so forth. Or where you were and what the context was, also in the in greater, much greater detail.

And that would lead you to have a very thorough understanding of your experiences over time. And you may be more prepared for other experiences also over time. Or you may be able to understand your past much more deeply and let go some of it, as a negative memory. And learn and be better prepared for the present and the future.