

LIFE'S JOURNEY

The Mobius Model for Being Our Full-Potential: Body-Mind-Spirit

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For Reader Feedback,, Not for Duplication*

Written by Douglas Moreton

Transformational Living Series

Beyond our Games to Optimum Living, Being At Cause and Creating Choice. Stages of Integration & Development, Personality and Arch-Types, Releasing Our Full Potential

Publisher Page

Title Page

Dear Journeyer:

The ***Journey*** is wayfarer's notes, recording insights that guide us on The Way. This Journal from the passage excerpts musing along the path of healing, transformation, expressing our potential, fulfilling our life purpose, manifesting heavenly dreams, and co-creating with others shared visions for a transformed life.

Enjoy living this beautiful journey! We invite you to savor from this record when you want nourishment for you whole being, rest for the soul. Next, probe the provocative perspectives to play with new possibilities of how life can show up, then use the resources that are provided on expressing your Purpose for Living through service.

This series is about ...

It was created to...

The publisher is...

(See back inside cover for more information from the publisher).

Life's Journey

A Model For Being our Full Potential

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THE JOURNEY

Expressing Our Full Potential: Body, Mind, & Spirit

The Road to Health Begins with Discovery, Priorities, and a Program

We Go below the Presenting Symptoms to Discover The: Cause, It's Positive Intention and the Benefit.

Next We Determine the Priorities for Healing (Choice)

Then We Develop a Program for Ongoing Health (Commitment)

We begin with tracing a problem back from a center point (where the infinity sign crosses): physically, emotionally, mentally, socially, spiritually. We can find the specific cause of this specific problem and resolve it at one of these levels. However since many chronic problems are part of a life pattern, we must get to the spiritual universal levels if we are to create a transformed life.

THE PATH TO OPTIMUM HEALTH AND WELL BEING

Unless get from 'Freedom From' to 'Freedom To' a person will turn back into another set of problems to gain 'freedom from'. They will continue their process of re-patterning problems.

Unless we get to the spiritual and co-creation levels of resolving the problem and creating well being we can simply regress back into a new set of symptoms.

Ongoing health means creating optimum well being. It's being transformed through all the levels of our being. Physically, emotionally, mentally, as an integrated personality (socially), and spiritually. Then working with others to help facilitate our common goals and shared visions.

THE NARROW PATH TO FULL POTENTIAL IN ACTION

To be transformed is to live our full potential in all the domains of our life: relationship/family, career organization and service institution, place of worship, neighborhood/community, globe. Renewing our minds and transforming our lives results in effectively expressing our divinely inspired and humanly wrought leadership. It means using our special gifts in gratitude, applying our inspired imagination in humility, and living joyfully through our unique purpose.

THE WAY

Is how we communion with God and express the Holy Spirit through us. It is the process of experiencing God's ever present grace around us and divinity within us. It is living out of the fruits of the spirit: joy, peace, patience... It is Being a vehicle to for gifts of the spirit.

It is submitting to God, fulfilling one's calling, and being anointed to facilitate others to live their Life Purpose fully.

THE MOBIUS IS *THE INFINITY SIGN*, THE ETERNAL LOOP

This movement of the infinity sign.....is most people enter with a complaint and we start the healing process and trace it to the cause. Unless people transform it by transforming the pattern that produces it (ailments). You fix one 'clod' and don't address the core. The story keeps showing up in new things to heal. We are moving out of this from freedom 'from' to freedom 'to'. People are backing into the future facing this stuff from the past which is such a huge burden. So what we are working with is transformation....the game. We are going to resolving the patterns. Freedom 'from' to freedom 'to'. The next step of Kalos is that unless you move to manifestation, you will get very skilled at going back again. You will create some new dramatic that is of such astounding proportion that is even better than going on with your mission. Your business will fall apart, etc. You will get even more confident at healing that!. You never quite make it

over to the other side.

You putting out this transformed beingness in life, in visible, tangible, real things. Manifesting your full potential. You choose, you put it out. Then this Full Potential moves into the manifesting your vision, your dreams, co-creations (working with other people who share that dream). A group of people will get involved together in the dream. The whole nature of the times that things happen in groups. It moves from one individual who holds the vision and everybody else does the work...to a group who holds the vision and everybody does the work.

Butterfly: symbol of transformation. You can't go anywhere without the spiritual. This is the core of who you are. All the rest is how you show up. To leave this little loop where you get good at getting good, but it doesn't show up in the world in terms of manifesting the beauty...you end up going through the spirit. It's part of the surrender process. It comes back again through spirit. Once you are back over 'here' you are going to end up at the group level going back through spirit.

If this were the Caducean staff, this model would go up in evolutionary growth. It isn't just repetition. You will go around and up, to relationships, groups, organizations, institutions. We will unwittingly or intentionally carrying a lot more in a much bigger cycle of transformation. Kalos is developing these core technologies. We will put out tools to share this technology. We will keep sophisticating itself to the level of group, organization, institution as YOU grow. That you have heard before. You will be a part of contributing those next tools. It is the US that will produce those next levels on the next tier, the next level.

There will be certificates to go along with this. You will be the development group, the core, the program developers who will produce that next realm.

**A MODEL FOR
OPTIMUM WELL BEING
HEALING AND TRANSFORMING
EXPRESSING YOUR FULL POTENTIAL
MANIFESTING YOUR UNIQUE PURPOSE FOR LIVING**

We are all born with a unique Purpose for Living. This purpose is qualitative; it is how we express our essence. We are each an individual flower in God's Garden (earth) whose purpose is to experiment with and to demonstrate divine beauty in a unique way. Once we are in touch with this purpose, we can begin to identify 'our calling' - the mission which we will share with God's other children. A Purpose for Living always has to do with other people.

We are all given special gifts to use in expressing our Purpose. It seems like most of us spend our time just learning how to survive on earth and spend little time cultivating our special beauty. We all have obstacles in our environment and limitations in the character to overcome. These obstacles help train us in ways that will better equip us to carry out our unique purpose. When we hold a belief of not being good enough in some areas of our life, we work extra hard compensating for that weakness. Because of this we grow strong in character.

Our most evident shortcomings will someday be our most prized gift back to the Universe. These limitations, transmuted, will likely be the very things we will use the most in supporting other people to be their full potential. There will always be someone through grace who is sent to coach us to triumph. So with one hand extended to the person in front who has walked ahead of us, we then extend a hand back to the people we have been sent to coach. Thus Life is even linked in a chain of grace, each passing along what we are learning,

The process of resolving problems and recovering from effects of the obstacles in our environment is called Healing. Healing is an interim solution to problems and their consequences. *Transformational Healing* goes on to explore beneath the symptoms to their cause in the relationship of body - mind - spirit. There we can identify what is happening that inhibits the immune system or precipitates an 'accident'. It is then possible to go beyond the surface behaviors of everyone involved. Realizing the benefit of the assists in maturing up related attitudes, emotions and behaviors. This has the unique effect of dispelling blame, even seeming to dissipate the need to forgive. A new spirit-infused understanding is born as we "see the truth" of another's deepest motivations (hidden in their subconsciousness).

Transformational Healing is a completion as well as an ongoing process, of creating optimum health and well being. It is the process of discovering and overcoming the subconscious patterns that 'lie' behind your problems. Your mind is renewed through this transformational and spirit permeated process. Ongoing health means creating optimum well being and this is done by changing our thoughts and renewing our mind. It's being transformed through all our levels - physically, emotionally, mentally, as an integrated personality (socially), and spiritually.

Being Our Full Potential is the process of expressing a transformed attitude through an integrated personality, which can interact effectively in the world out of its Purpose for Living. It is imperative that we always operationalize (put into action) what we have just learned. If we are not growing in capacity we are contracting (dying at some level of our being). We take action on our insights we take responsibility for our lives. Eventually this action will involve others as we move to facilitating common goals and shared dreams. This begins the process of consciously expressing our Purpose for

Living and manifesting our mission. It is not only wonderful to be creating something bigger than our selves, it's part of our original design for "A people without a vision die." "Living the Vision" is our invitation to co-create: transformation in relationship, transformation in group, in institution, in culture and in society.

THE PATH TO OPTIMUM WELL BEING and EXPRESSING OUR FULL POTENTIAL

To best understand the Kalos Model for Transformation the previous page introduced four primary aspects of optimum wellbeing and expressing our full-potential: healing - transformation - full potential - manifesting our vision. The next step is to look at the underlying process of discovery, expansion, and manifestation that accompany this growth cycle.

DISCOVERY - EXPANSION - MANIFESTATION

Growth always begins with discovery. We search for meaning, seek answers, look for solutions and we discover truth. This process of gaining insight expands our capacities, extends boundaries of awareness; thus Expansion = Consciousness. This dimension of expansion increase who we are capable of being. Moving from capacity to actuality requires putting insights into action. Taking action means "grounding" knowledge in experience which propagates wisdom.

It has been said that you can fall off the path into expansion that leads to ungrounded flights of fantasy, "being of such heavenly concern of no earthly use. Conversely, you can be so much to the grindstone in pragmatism that you forget to look within for the divine purpose of what you are doing. Without also looking up to the horizon of one's vision it is difficult to set a wise course. It is the nature of balanced growth to Discover,

Expand, then Manifest. Expansion is ever followed by manifestation, as extension is followed by depth. Below are two other sequences which express the same progression.

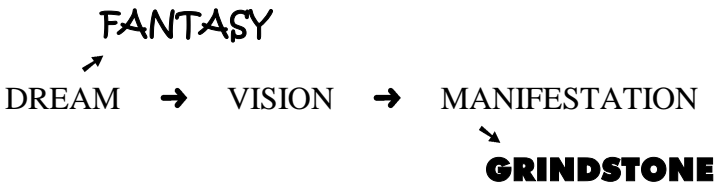
1. Experience it - Integrate it - Express it
2. Know it - Feel it - Act on it

A *dream* is the initial inspiration or divine revelation that calls us to create something in the world. “A person who builds no castles in the air, builds no castles anywhere.” Seeing what is missing in the world and dreaming new possibilities is where the process of creation begins.

Next we move the dream into a *plan*. Without a plan you are like a ship without a destination or course. “No wind blows well for a ship without a course,” so we get easily distracted. A plan includes: Purpose/Mission Statements, Goals/Objectives, and Strategies/Tactics.

We then can visualize what would be possible if the plan was being realized in 5, 10 or a longer number of years. If the dream was coming to fruition at the end of this period of time what it might look like is the *Vision*.

If we do not move our dreams into action move upward into the seductively safe fantasies. Similarly, if we do not keep our hearts true to our original purpose and our eyes on the vision, dreams can be ground down into resentfully draining duties.



As we then begin expressing our Purpose for Living and utilizing our gifts and acquired talents to manifest our mission, we will experience being *called* by the spirit to a particular role. In

time with our head in heaven, our feet on earth, and our hearts lovingly outstretched, we could experience the *anointing* that makes us truly a vehicle for God's life to pour through us.

Gifts - Calling - Anointing

CHOICE - COMMITMENT

At every junction or challenge of the path and at every new level of responsibility their is.

We begin the discovery process with a choice, we expand through choice, then we choose to take action resolving problems and manifesting our dreams. Without choice nothing can happen. Without commitment nothing happens. To want to is a good start; to choose to aligns your will with your intention; to commit empowers your choice with disciplined action.

Here is where the statement "You are about reasons or results", gets tested. Most people subconsciously fear success more than failure. Fearing failure is understandable emotionally and it "proves" your minds conditional beliefs. Yet when a great decision maker was asked how he got so wise in decisions he noted he'd just made more mistakes getting there than most other people. Without making a decision in your life to face the difficult choices, then the possibility of real choices doesn't even show up. By not making a choice, you can always quite in rationalizing blaming something or somebody else.

When we are successful and have many people 'depending' on us the ego can sabotage this in fear self-aggrandizement. Then there is no one to blame except oneself. Complaining about other's leadership is easier than making the hard choices when one carries the same responsibility. Maturation, unfolding, and growth are not necessarily in the big decisions but rather in the thousands of small decisions that guide your course daily. Each

cycle of choice/action bring a new round of expansion/manifestation, broadening the boundaries of Full Potential itself.

FREEDOM FROM - FREEDOM TO
IS THE TRANSITION WHERE TRUE
TRANSFORMATION IS EXPERIENCED -

Most people enter the healing cycle attempting to get rid of something: a disease, a compulsion, a fear, a debilitating behavior, an unconscious pattern sabotaging success in a domain of life. We seek *freedom from* a problem. This is an important decision. However it is like backing into the future looking at the problem we are trying to obliterate. Most times many seemingly unrelated surface problems in health or relationships or lack of achievement are related to each other like an iceberg tip to a sunken mass of unseen ice below.

Freedom to is the process of moving from 'getting well' to 'being well'. It is as diagramed in the model on page ___) where we leave the vicious cycle of simply gaining skills in healing problems we may have unconsciously precipitated. It is the point where with a renewed mind the possibility of a transformed life happens. It's where real choice shows up.

If we don't resolve the underlying pattern of dysfunctional beliefs we will simply re-manufacture a new problem, like the old one, to achieve a new victory over. So what we get good at in this endless loop is producing problems to resolve, hurts to be healed, failures to be processed. It is the invitation of "freedom to" that moves us from simply gaining skills in healing problems we've unconsciously precipitating. We move from 'getting well' to 'being well'.

It is like spending your life manipulating problems in your life like iron filings on a desk into some order. When you can

apply the magnetic power of your purpose and vision under the table and suddenly all the filings take order. "Freedom to" more than 'What's missing in your life?' it's how do you want to fulfill your purpose and express your full potential in each domain of your life.

Freedom to happens when we have processed and healed the cause of problems and any subconscious pattern that is drawing the problem to us. We are beyond the mind in spirit where we have the "freedom to" express our full-potential. It is knowing and expressing our Purpose for Living that transforms our lives. We face forward into a future whose divine vision beckons us.

TO GO FORWARD WE MUST GO BACK TO - "HEAL THE CAUSE"

To go to the great heights of our potential we must first go to great depths of our being. In the Mirror Of Self Reflection you -

Go Back To:

Go Forward To:

- Heal the cause, get well
- Know and Accept Thyself
- Love and Be Yourself
- Discover Freedom from ...

- Take action, stay well.
- Understand and Accept Others
- Love and Serve Other Selves
- Experience Freedom to ...

left side of the infinity sign here

right side of infinity sign here

LEAVING THE VICIOUS CYCLE OF SICKNESS TO FULLY
EXPRESS YOUR LIFE PURPOSE (Insights into the Eternity
Symbol)

TRANSFORMING OUR LIFE HAS THREE LEVELS:

1. The Physical (Laws, Scientific) Level;
2. Grace or Miracle Level;
3. Causal Level

Transformation is a common societal and biblical name given to this process of expanding and expressing our growth. The foundation of growth is in the Law for this is the Creator's (scientific) procedures for dynamic tension of balanced expansion and entropy.

Yet because of the Creator's love we have grace and through the Holy Spirit we have miracles. We have been given dominion of the things of matter and energy. We have authority over disease and can command even a force of darkness to flee.

With wisdom we may know the cause of the illness and heal it at the roots, thus preventing it from returning or appearing in a new form. With this wisdom we can cooperate with the natural laws of healing; we can know how to pray for and manifest miracles. But, most of all we can help the body repair itself by renewing the mind and transforming our lives.

In LEVEL I - we focus on the physical body where the physical sciences apply; where cause and effect are monitored. Observing Natural laws has visible consequences, like the affects of proper nutrients, exercise, rest, structural balancing. There are also moral and spiritual laws, which have powerful affects, when aligned. For example, breaking the well known Ten Commandments sows a bad seed that will be reaped later in spades (so that we may learn the consequences of actions, thus responsibility and integrity.) The first step in healing and being our full potential is right conduct. Within each of us is the *archetype of Spiritual Warrior* that humble vows their life to high principles and champions great causes.

In LEVEL II - We see miracles invoked by our faith, as well as the grace of God (grace = unmerited favor). Each of us has been given dominion over our body. Speaking the WORD can change an electrical flow. We are truly blessed with gifts to clear viruses, command toxins to dissolve, direct bones to readjust, even direct a force of darkness to flee. Within each of us is the also a *second archetype Priest/ess or healer, Sage or divine seer* that lives in humility to God who has created our successes.

In LEVEL III - We add the Causal Level which grants us the ability to understand WHY we got the problem in the first place. With wisdom we may know the cause of the illness and heal it at the roots, thus preventing it from returning or appearing in a new form. We can cooperate with the natural laws of healing.

Most of all we can help the body repair itself by renewing the mind and transforming our lives. Seeing (and acting on) the truth sets us free. Within each of us is a *third archetype the King/Queen* who divinely guides our inner realms and is the protecting Lover of Life around us.

Thus within we learn to utilize the divine archetypes within us: King/Queen - Lover, Priest/ess - Spiritual Warrior. They are not identities we hide in, but roles we use each new challenge, thus successfully expressing our Life Purpose. We are like the divine child in the center of the this diagram who simply puts on the divine mantel that serves best the highest intention in that moment.

BODY, MIND AND SPIRIT - THE PHASES OF INTEGRATION

Physical, Emotional, Mental, Personality, and Spiritual.

The invitation of Life is to deeply explore and richly express our divinity through: thinking, feeling, sensing, intuiting. At first this might be illustrated by the diagram below, where we are invited to capacity to express ourselves with in equally adept capacity. Even though we have our genetic, personal and cultural predispositions there awaits the possibility of unfolding our experience of life and our expression of life in a balanced manner.