

Transformational Living Series

Kalos Sunday Night Program

TABLE OF CONTENTS

INTRODUCTION - INVITATION TO BEING AT CAUSE IN FULL-POTENTIAL

WHAT IS TRANSFORMATIONAL HEALING?

Be Healed (The left side - transformational healing)

Be Whole (right side) - manifesting life purpose in full potential (body, mind, and spirit, peacefully and joyfully)

Be Wholly (The Center - Wholistic Spirituality)

A MODEL OF TRANSFORMATIONAL HEALING & LIVING ONE'S LIFE PURPOSE

Invitation to Live a Transformed Life Expressing Full Potential

GOING BEYOND YOUR CORE PROGRAMING TO OPTIMUM LIVING

Facing the shadow, meeting the dweller on the threshold

Getting and going beyond your primary perpetration game

Turning lead into gold, completing with our life lesson

The renewed mind, the transformed life

Discovering your core programming, resolving the pattern of causes and mastering the game

(Tree of Good and Evil and Tree of Life description needs expounding somewhere.)

**PART I - UNDERSTANDING THE DYNAMICS OF CORE PROGRAMMING
OWNING AND TRANSFORMING YOUR PRIME ATTITUDE GAME**

INTRODUCTION - Causes and Consequences

Thus the FIRST SECTION takes us deeper into understanding how our game works, giving us insight and compassion. We learn more about how to apply the philosophies presented in the first two books, especially the Laws and Precepts. Also, how to utilize this information to observe our self and others as a perpetration tries to catch our attention, while the game sneaks in. We get more insight into the dynamic of anger and blame, the subconscious process of experiencing our self as, “not enough,” “not lovable.” We learn to have more understanding and compassion with ourselves and to be “with our game.”

EVERY COMPLAINT ABOUT OUR LIFE, EVERY PERPETRATION WILL BE IN
THREE CATEGORIES OF “FEAR BASED NEEDS”:
carnal, sensual, devilish

Cause

Breaking a physical law

Betraying a Precept

Betraying a precept

Violating an axiom

Consequence

Healing (Expansion)

Body problems

Transmutation

Body/Emotional
problems

Transformation

Attitudinal problems

Transcendence

Spiritual problems

Union

We are now able to determine exactly what emotions are affecting what part of the body.
Then heal them at a causal level.
Every-body responds to the natural laws of healing. Our bodies can tell us exactly what is
out of harmony. Being in harmony is being on purpose.

Symptomatic Consequences and Their Systemic Causes

Every problem has a cause. And every cause has an answer.

GOING BACK TO COMPLETE SO WE MIGHT GO FURTHER FORWARD

It Is Truth That Still Sets Us Free

DISCOVERING PATTERNS OF PROBLEMS - THE CAUSE OF THE CAUSE

Resolving The Pattern of Dysfunction, The Prime Attitude Game

THE CORE GAME IS THE CORE SEPARATION FROM OTHERS (& GOD)

Your greatest problem will be your greatest gift to Others (& God)

Chapter ___ Insights Into Our Prime Attitude Game

When this Core Pattern is Controlling Our Behavior, We Serve It's Decisions

Relate to Major Sub-Personalities : Pleaser, Rebel, Judge
Inward (bad about self) & Outward (compensation)

Core Programming - FEEL Being Accepted, THINK Being Enough

(examples of these games - Not Feeling Good Enough and Not Feeling Lovable
Because you are always interpreting life from the viewpoint of not being good
enough or not loved, or whatever your game is. When you get that, you
will be ready to move on.

Chapter _____ Basic Polarities of Personality (Stemming from Core Programming)

Understanding the Basic Personality Polarities, Pleaser/Fear-guilt V. Anger/Blame
So We May Gain Wisdom Through Applying this to Everyday Life

How the Mind Works, a Review of the Core Decisions

Insights into the Blamer Personality Polarity

Insights into the Blamer and Pleaser Personality Polarity

Pleaser Game

Two Types of Pleasers

Two Kinds of Ways to Please God.

Anatomy of a Pleaser: Becoming, Getting Real, Choice, and Resolution

Becoming a Pleaser

Pleasers Get Angry and Resentful Because Life Is Not Fair.

The Tendency for Pleasers to Attract the Anger Person

Seeing Things the Way they Are, Not Through Our Beliefs

Putting Conditions on Being Lovable

Own Your Game, the Perpetrations and Justifying

Going Beyond the Personality Polarities - The Last Two Decisions in the Childhood Core
Programming (Picture of Man/Woman)

Chapter _____ Two Ends off The Stick -

Disposition Stick (Basic Personality Orientation, See, Picture of Man/woman):

Ego-defense Stick (Or Coping Mechanism Stick, or Acting Out Stick):

Understanding Yourself at The Current End of The Stick

Other End of The Stick of Co-dependent Dualities

Changing Polarities on Stick V. Getting Off The Stick of Judgement

Healing the Cause/Being at Cause

Chapter _____ Hiding from Our Game - The Whammy

The Whammy - "What Game?"

Hiding Within Our Game - the Double Whammy

The Three 'D's' - Deny, Defend, Defame

Arrogance Disregards and Excludes, Humility Observes and Includes

The Double Whammy, Being in Your Game about Your Game

The Triple Whammy, Being Emotionally Dyslexic, While in Your Game

Chapter _____ Sample Games (Valerie and Doug)

Take these relationship games through: money, sex, and power:

Use diagrams, columns, lists

Relationship

Prosperity

Career

Chapter _____ Discovering Your Prime Attitude Game - Methodology

Understanding Our Core Story (fill in the form)

Going Back to Discover the Age of Decision when the Game Began and

Cause of the Game Through: Close Eyed Processing

Moving to level 4 of agreeing (38)

Chapter ____ Being With Your Game - Acknowledge, Accept, Then Appreciate

What You Own and Take Responsibility For, You Transform

Perpetrations and justifications (k9 - 35) (put elsewhere)

Owning - owning your game. you own your programming. you put it there

Programming is simply beliefs you hold as the truth. Show how to shift gears from the game to truth. Show three ways to do this.

Own Game and See the Positive Intent Behind Behavior, Speak to the Positive Intent! Transmute It! (See Positive Intent Chart.)

Have Compassion on Yourself, Appreciate How you've Learned from Your Compensation.

REALITY V. FANTASY (The Two Lists - though this is covered in Part II)

Commitment to Telling the Truth

PART II - BEING AT CAUSE AND CREATING CHOICE

Observing Your Game in Your Daily Life -

Introduction Section

The SECOND SECTION supports us to move from simply handling the “squiggles” as the come up to a new level of choice and commitment. We discover more tools to move from fantasy to reality by choosing truth each moment. We move to appreciating our game and expressing gratitude for our lives. This leads us to living outside the pull of the game. From here we discover more about applying the Universal Principles, about Being at Cause and Living Beyond the Game.

Introduction

Learn, Discover, Create

Be Do Have

Freedom From to Freedom To

Going beyond getting good at getting well - Being Well

You cannot resolve you game. You can tell the truth about it and move on.

Chapter ____ Prevention (Before) is Easier than Processing (After)

IMPLEMENTING NEW INSIGHTS ON LAWS, PRECEPTS, AXIOMS

Obey the Laws of physical health

Review and let the Mental Precepts provide insight, support you to be the observer

Live out of the possibility of the Universal Axioms and be at cause

1. USING NEW LANGUAGE (whole new chapter)
Re-languaging is recontextualizing one's experience to tell the truth.
You have feelings, you are not feelings.
We act out the medium of your language.

APPLYING NEW PERCEPTIONS

Going beyond the judgmental to understand the positive intent

2. COMMITMENT TO TELLING THE TRUTH
Being Honest with Self and Others
Say How You Feel and Ask for What You Want
Trace reaction back to first time and heal the cause

CONFOUND THE GAME THROUGH GRATITUDE AND PRAISE

(Valerie says put this at end)

Grace Happens

Going Outside The Game - Giving Thanks For One's Own Weaknesses And

Focusing on People's Positive Aspects. That's Grace. Turn Hurt And

Bitterness Into Thanksgiving And transmute Pain to Healing

RESOLVING ISSUES BEFORE THEY BECOME PROBLEMS:

(Valerie says put this at end)
Avoid the Games "Vicious Cycle," by ...
Avoid Sponging up Others' Games Through ...

Chapter ____ Observing - Living Out of Choice
(You can always tell where your commitment is.)
FANTASY OR REALITY
Complain or Commit
Choice is not a preference - not a need (k9 -p58)
Levels of Choice - Stages of Integrating Being at Cause

Chapter ____ Going Beyond The Game - Being At Cause
Choosing to Take Responsibility for your Life from a Nonjudgmental State -
Applying the Universal Principles
An Invitation to Live the Principles (K9 - 85 -92)
Universal Declarations Kalos perpetual positive attitude (k9 p15)
Live your experience in the moment (k9 p52)
Questions of torment and aliveness (k9 - p55)

Chapter ____ Integrating the Process for Optimum Well-being
Living a Fulfilling Life One Day at a Time

WHEN IN LESS THAN PEACE OR JOY: Being the Space of Transformation,
Observing and Processing Resistance
Converting Criticism, Condemnation,
An attitude of Gratitude
Trace feeling back and heal it
Mind is always obsessed with: Did, Am, Will I do the right thing.
Questions of torment and aliveness (k9 - p55)?

WHEN YOU FEEL YOURSELF REACTING:
Giving Thanks
Speaking Out
Staying out of Your Game When You Get the Squiggles - Process these immature
ego states.
Using the Principles of the Process to live out of resolution not reaction
Transmuting pain into healing (k9-13)
Take authority, Speak the word
Response-ability, You are more than Responsible, you are at cause

WHEN OBSERVE SELF IN THE GAME:
Remember Cause accept
Remember the Age Capacity when game began and how old, therefore how capable
when start to react
Remember Payoff and have compassion

Remember Compensation, acknowledge and appreciation self
Remember Benefit and have gratitude
Remember to choose
Talk to full-potential and get support
Counsel the young child who is at the age when the game began

WHEN YOU NEED TO MAKE A DECISION:

Knowing What to Do And Making The Decision - The Inner Guidance Way
Being single minded about choices

Round Table

Full Potential Spiritual Advisors

**PART III - THE BEAUTIFUL JOURNEY (TO TRANSFORMATION & WHOLENESS)
EXPRESSING YOUR FULL POTENTIAL AND MANIFESTING YOUR MISSION**

Introduction

The THIRD SECTION is an overview of the process of Expressing Life Purpose, Manifesting One's Mission and Living out the Vision. Again this will utilize theory (Kalosophy), application hints and experiential exercises. This section will be the subject of many future Kalos books, manuals and programs. It represents the right-hand side of the Kalos mobius model - service. Readers will be intrigued as they are invited to Think/Feel test each aspect of their process in identifying and expressing the Life Purpose/Mission/Vision.

Chapter ____ Expansion And Manifestation

Chapter ____ Discovering Your Unique Purpose for Living

(Life Purpose - Transcribe Sunday morning process for this)
Your Dream, Live It! We are a changing event. The slight edge
Meditation: learning how to express what you have been stingy at.

Chapter ____ Expressing Your Full Potential Through Your Mission

Expressing Your Uniqueness /demos
Fear of Failure; Fear of success (k9 - p18)

Chapter ____ Manifesting Your Mission

Chapter ____ Co-creating with Others the Shared Dream the Collective Vision

Chapter ____ Being A Transformational Facilitator, a Mission Manifestor

KALOS IS ABOUT TRANSFORMING ONE'S OWN LIFE AND FACILITATING
OTHERS IN TRANSFORMING THERE'S

(Overacting Speech Given Here - do an exercise) Why I Want to Be a Health Facilitator
Trainer.

Chapter ____ Coaching

Yourself and Others to Win at Being in Full Potential

PART IV - STAGES OF INTEGRATION & DEVELOPMENT

Introduction

The FOURTH SECTION provides an overview to the Phases of Integration around the mobius and the Levels. The format will include theory, application and exercises. We are thus presenting a model for experiencing our gifts and realizing our potential. I believe that a whole new round of Kalos programs for full-potential in action will follow from this, especially as people seek to apply these possibilities to each domain of their life: relationship, family, work, community...

The path, The way, life's journey
Spiral - then back around again at next stage: interpersonal, social, spiritual
Metamorphosis of mobius into the butterfly - spirituality is the context & process

Chapter ____ Three Dimensional Perspective on the Path of Full-potential

The Two Forces (Expansion - Manifestation)
The Three Phases of Optimum Well-being - Law, Grace, Causal
The Three Aspects knowing, experiencing, expressing

Chapter ____ Domains of Life in Expressing Full-potential

the cubic illustration of the domains

Chapter ____ Levels of Love

stages - our version of Verne, include esoteric language, (Christ's life or in spiritual)
Though possibly this version of levels should be in Spiritual Sec.

PHYSICAL & EMOTIONAL

MENTAL - personality/interpersonal/transfiguration
relationship - K2 materials, systems theory for family
Levels of the Mind

PERSONALITY IN A SOCIAL CONTEXT - leadership, systems theory for groups

SPIRITUAL - (Content of Valerie's Spiritual Workshop)
People separated from God because of beliefs from family history & projections from self
Using Kalos process when bring in God, sample process
Perspectives - how to handle different belief systems about Universal Principles, Life issues
Spiritual Priority - testing
level 5 of Verne's system and taking spirituality through 6 levels
spiritual cause behind emotional cause
Doug's piece on core game is core separation from God and prime gift back to God
where are you on the path: self evaluation and personal transformation
Meditation, Spiritual Advisor - (k9 2)

Laying on of Hands (k9 - 10)
Grace (k9 - 12)
Ground yourself in Spirit (k9 57)
Created in the Image of God (k9-93)

Follow flow in K9:

Matthew, c. 5 p44
a broken heart
read scriptures and follow the blueprint p 45
day of silence poetry
Allen poem
singiths - god in your heart
sin - missing the mark (p.52)
Ground yourself in the spirit (p57)

“UNIVERSAL” Life Purpose - Mission (get a Kalos title for this)

Your Dream, Live It (K9-3)

Meditation expressing full potential (k9-15)

The following is a flow:

Expressing your uniqueness/demos (k9 - 16)
Life purpose/mission (k9-18)
Fear of success (kp-18)
Mission - celeste 13 - justifications (k9- p27)
Contemplating and commitment (k9-26)
Demo is first commitment (k9-29)

PART V - CHARACTERISTICS AND STYLE

Introductory section - context, theory, concepts - model of transformation; stages of transformation, levels of maturity; overview to being fully what god called us each uniquely to be going beyond your core programming to optimum living; vision for full potential; god, self, relationship, family, work/mission, church, community; fruits, attributes, qualities; servanthood; spiritual warrior, king/queen, wife/husband, priest/priestess; living the dream; understanding your own purpose for living; identifying your unique design, clarifying your personality temperament, soulish predispositions, self image, god's special gifts, understanding and committing to god's calling

OVERVIEW TO BEING FULLY WHAT GOD CALLED US EACH UNIQUELY TO BE

Understanding our Personality Types
Individualizing a unique human being
Being our full potential
Being empowered, being a leader
Expressing this in:
 Relationship
 Family
 Career
 Community

VISION FOR FULL POTENTIAL

GOD, SELF, RELATIONSHIP, FAMILY, WORK/MISSION, CHURCH,
COMMUNITY

FRUITS, ATTRIBUTES, QUALITIES

SERVANTHOOD

SPIRITUAL WARRIOR, KING/QUEEN, WIFE/HUSBAND, PRIEST/PRIESTESS

LIVING THE DREAM

UNDERSTANDING YOUR OWN PURPOSE FOR LIVING

Values (epitaph; 6 months to live; \$100,000; desert isle)

Passion, Bliss, Thing Love to Create the Most

IDENTIFYING YOUR UNIQUE DESIGN

Preferences (Data, People, Things)
The way you like to serve & create
With whom and for whom you like to serve and create
Talents
Gifts (motivational gifts)

CLARIFYING YOUR PERSONALITY TEMPERAMENTS, SOULISH PREDISPOSITIONS

Personality Inventories

Extrovert/Introvert, Think/Feel, Intuition/Sensation, Perceiving/Judging

Caloric, Phlegmatic, Sanguine, Melancholy

Realistic, Investigative, Conservative, Entrepreneurial,

Will, Love/wisdom, Active Intelligence, Harmony, Science

SELF IMAGE

Understanding self confidence & self love
Self doubts
Archetypes
Masculine and Feminine themes

GOD'S SPECIAL GIFTS

Training and Experience (work history instrument)
Talents (skills inventory)
Gifts (motivational gifts)

PART VI - LIVING THE VISION, SPIRITUALLY CALLED AND ANOINTED

The FIFTH AND FINAL SECTION communicates a vision of wholistic spirituality and the possibility of relationship to the Spirit immanent (indwelling) and transcendent (all there is). The context of mobius model is spiritual purpose in and through all things. We discover more on Living the Vision, spiritually gifted, called and anointed. We are supported through the spirit to transcend duality, and go beyond the game.

UNDERSTANDING AND COMMITTING TO GOD'S CALLING

- Mission
- Maturity & Availability
- Stewarding
- Covenant Anointing

People separated from God because of beliefs from family history & projections from self (Lena)
Through the eyes of different major religions - perspective Univ. Principles - life issues
Spiritual Priority testing (manual spir. Section)
how to handle with different beliefs
using process when bring in "god" -samples
spiritual coaching

