

Life Energy Playground

BOOK 1:

How to aim your life energy
by building emotional competency

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By Michael G. Peterson

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- b) Malcolm Muir, a longtime friend who joined in wide-ranging, deeply exploratory conversations every Friday evening for over ten years.

Finally, I simply must acknowledge Peter, Paul & Mary and the other singers and musicians whose songs have been sources of courage and inspiration.

Dedication

I dedicate this book to my three sons, and to all the youth of this world: for you have your work cut out for you!

From the song, [Day is Done, by Peter, Paul and Mary](#) (click / tap to play on YouTube):

So you ask why I'm sighing, my son
You must inherit what mankind has done.
In this world full of sorrow and woe
If you ask me why this is so? I really don't know ...

Why are you smiling, my son?
Is there a secret you can tell everyone?
Do you know more than men that are wise –
Can you see what we all must disguise? ... through your loving eyes?

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Preface

All my life I have been determined to find out the truth about the non-physical world. Instead of seeking the dry truth of thousands of disconnected scientific facts¹, I have sought meaningful truth that would unite human experience and make it a complete whole. The non-physical world is not discernible through the senses, so I have relied upon intuition to perceive it. However, before accepting any perception as real, it has had to pass three tests:

1. A *real* truth feels real. For me, thought without feeling lacks meaning. An example of a feeling truth, albeit *figurative*, is “Yes, Virginia, there is a Santa Claus.”
2. A *real* truth *also* has to pass the test of logic. While it can be a truth that seems paradoxical, it cannot be self-contradicting. For example, suppose you tell me that just by believing something I can alter physical reality. Just because most people used to believe the world was flat did not alter the fact that the earth is a sphere. Whether or not I am convinced in a drug-induced state that I can jump off the Empire State Building and fly, it is highly unlikely that I will grow wings just in time to do so. The way ‘faith moves mountains’ is non-physical – by motivating people to move them. I am skeptical that belief by and of itself can alter the physical world². Such ‘magical thinking’ fails the test of logic.
3. A *real* truth triggers, or is at least consonant with the deeper knowing of Spirit. When you find words that connect you with your core, you are on-track. For example, you probably have some favorite wisdoms that guide you in life. Two of mine are “first, do no harm” and “when in doubt, raise your standards.”

My purpose in writing this book is for your emotional power and spiritual freedom:

- a) To share the truths I have discovered, and
- b) To have you experience them and apply them to your own life.

For example, take the immense breadth and depth of your ‘personality.’ There are many personality profiling tools available today. Among the best well-known are the Myers-Briggs, DISC, NLP and the Enneagram. Each has its ‘adherents,’ with understanding compared to a fabled king’s servants. One-at-a-time, in the dark, they touched one part of an elephant and came back reporting that part as the whole. If you have a favorite profiling tool, you stand an excellent chance of finding it included, along with much more.

In 1980 I got, deeply, that the purpose of life was to live. Life embodies its own purpose. Since then I’ve sought to understand what it is to have emotion, what it is to have energy, since emotion and life energy underpin everything that life is and life does. That proposition is what puts the meaning in life, and makes its purpose self-revealing. I’ve wanted to give an understanding of what is in you, the marvel and the beauty and the incredible dynamic dance of color and energy that you are. When you get that, your individual passion comes alive, and that is what I want to do for you. To have you come alive, become super-conscious of your own essence and power. I want the power of full living for you, the reader.

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¹ I have strived to steer clear of two ugly ‘snares,’ which might justifiably be called Murphy’s Laws of Science:

1. “If the facts do not conform to the theory, they will be disposed of.”
2. “If you collect all the facts, they will be misleading!”

² A corollary of Heisenberg’s Uncertainty Principle is often used to argue the ‘power of faith:’ that any act of observation affects what is being observed. However, belief is practically the antithesis of observation.

Introduction: What You Will Get Out of This Book

If you find yourself:

- *running faster and faster* on the ‘treadmill of life’ ... with less and less time for the things you would most like to be doing;
- *feeling*, to borrow words from Thoreau, you are ‘*living a life of quiet desperation*’, drowning your misgivings in the rapid pace of today’s ever-speedier culture;
- *staying ‘functional’* ... by keeping yourself distracted with entertainment or addictions;
- *emotionally ‘stuck’* ... facing ‘here we go again’ situations, and recurring ‘bad scenes’ you would like to clean up for once and for all?
- *coming across defensively*, even though you find defensiveness in others unattractive and frustrating;
- *engaged in a ‘pursuit of happiness’* ... which seems to be all about *pursuit* and hardly ever about *happiness*

... *you are among the majority of people today.*

The ‘Pursuit of Happiness’



*This book is for those
who are
seriously seeking a
better ‘way of being’
in life.*



The single most common wish people have - the thing they most long for - is **happiness**.

If you are reading this book, chances are excellent you are living in **physical** comfort. Most likely, you do not go hungry except when fasting by choice; you have a roof over your head, a bed to sleep in every night, and clothes to wear that fit you.

But, do you enjoy the same level of **emotional** comfort? **Happiness is an emotion.**

When you feel ‘happy’ you are experiencing emotions of *joy upon joy*. The more joy you feel, the more energy you get. The ‘pursuit of happiness’ is all about finding more joy, and getting more energy. This book has valuable insights and practical “how to’s” for doing just that. You need to **increase your emotional competency** – **that is the key.**



KEY POINT

As you **build emotional competency**, you will **increasingly manifest your life energy**.

Introduction: What You Will Get Out of This Book

What do we mean by ‘Life Energy?’

By ‘life energy’ we mean energy that you feel – energy that ‘keeps you going’ and ‘makes you tick.’ Your life energy grounds your Being. It drives your perceptions of reality, how you experience your inner world and your decisions.

Your life energy is linked to your appetites. By ‘appetite’ we mean far more than your appetite for food. We use the word ‘appetite’ to generalize everything you want, need or value, whether consciously or unconsciously. Just three of your appetites are for sex, understanding and spiritual wholeness.

Having appetites goes hand-in-hand with your life energy. For example, if you lacked an appetite for knowledge, you would lack the drive to seek it. Having a ‘thirst’ for knowledge, you feel its energy as *curiosity*.

All your appetites come with feelings or emotions that signal the working of your life energy moving to meet them. For example, your curiosity drives you to explore and dig for knowledge, which initially increases confusion. Then insight dawns, and you feel the *lightness* of a ‘Eureka!’ moment.

Collectively, your particular appetites define your personal life energy.

Your life energy incorporates non-physical aspects of your being like love and consciousness. As you explore your life energy, you will better understand yourself and you will become a more conscious, self-aware being. Along the way you will unearth the roots of many family, business and social forces and finally understand them. We want you to discover new ways to transform and feed your whole Self.

Where do You Look to Find ‘Emotional Competency’?

Emotional competency is pretty rare in this world, as evidenced by widespread *unhappiness*. Many people who do appear happy have achieved only its *appearance*. Others are ‘happy’ at other’s expense – a kind of happiness which contains the seeds of its own destruction.

Emotional competency is rare because it is damn difficult to achieve. There are **three** basic reasons for this:

1. What makes *you* happy is different from everyone else. No one else’s ‘secret to happiness’ is the key to *your* lock.
2. Necessity of opposites. Example: Without sadness, joy has no meaning. If one has to feel sad to feel happy, that seems like a contradiction. In the face of such contradiction, hoping for ongoing, persistent happiness may seem absurd.
3. Your needs, wants and values are many. Besides happiness, you may want health, wealth, love, spiritual enlightenment, peace or about ten thousand other things. Truly

Introduction: What You Will Get Out of This Book

your appetites seem endless. There appears to be no way to satisfy them all. It seems the old French saying, “One is never content”, may be right.

To find emotional competency, the first place to look is for understanding.

Our Gift and Promise to You

*Once you understand and accept **where you are**,
you can set course for **where you are going**.*



Our ultimate goal for you is a world of emotional, mental and spiritual *plenty* that validates and nourishes you.

This book will multiply your understanding of your life ten-fold. We promise dozens of new and important ideas, all tied together, to ‘stretch your mind and heart.’ Be warned – they will never return to their original shapes!

You will experience the ‘stretch’ – deep and broad – in ‘pieces’ that will ultimately come together to comprise the ‘whole’ of you.

We promise that receiving our gift will *not* require you to ‘take yourself apart.’ Instead, we will ‘put you together’ by integrating your life energy³.

³ To ‘put you together’ we will use systems thinking, a fairly recent discipline that focuses on the whole. It is logical synthesis. Systems thinking forces you to realize that you cannot study a living being by dissecting it into parts. Too much is lost. For example, as soon as you dissect a cat to study it, you get a non-working cat.

Introduction: What You Will Get Out of This Book

You will get an opportunity to put the non-physical aspects of your Being in the limelight. You will validate your whole Self. You will dissolve any discomfort with parts of yourself you cannot see⁴.

As you read, you will behold mysteries unveiled, but not the ‘end of mystery.’ You will push forward into the frontiers of your psyche, only to reveal new and larger frontiers beyond. We promise you a new context for your life journey.

We offer you the gift of *deep integrity*. Deep integrity is being emotionally whole and complete. It is the end-product of emotional competency.

The Best Way to Read this Book

You must ‘get’ (deeply understand) each ‘piece’ we give you, before you move on to the next. To facilitate that for you, we will lead you through an experiential **reality check** at the end of each Chapter. In addition, we will give you a **preparatory exercise** for the next Chapter.

Every point we make will have ‘face validity.’ This means it will seem obvious to you. But it may not have been obvious before. In this book we will meaningfully distinguish from the background ‘noise’ of life, the workings of your life energy. You will get to see what has always been there for you to perceive. We will not ask you to take anything on faith.

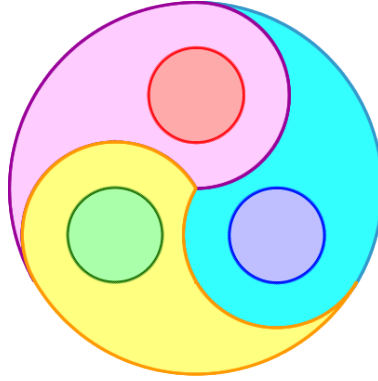
Make no bones about it – this book is intended to ‘save the world!’

*That said, the only practical way to accomplish this is to ‘save **you**.’
Ultimately, change has to happen one person at a time.*

*Our purpose in writing this book is to make your life better,
with the intention of making our world a better place for everyone.*

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⁴ By focusing their studies exclusively on physical measurements, scientists restrict our vision of humanity and ourselves. How and why this happens is covered in [Appendix C](#).



Chapter 1:

‘Seeing’ Where You Are –

***Removing Your
‘Perceptual Blinders’***

Chapter 1: ‘Seeing’ Where You Are – Removing Your ‘Perceptual Blinders’

European sailors were afraid of sailing off the edge of a flat Earth. Once the ‘blinders’ came off (it took over 1,000 unnecessary years!), America was revealed as a new ‘land of opportunity.’

You now have a similar opportunity – if you open to ‘see’ your emotions, and your life experience, in new ways.

You are standing on the dock.

Are you ready to ‘set sail’?



Emotion is a realm of human experience in which most everyone lives ‘legally blind’. ‘Seeing’ is not going to be easy or quick – transformational discovery does not operate like that. You will – as the author vouches from experience – undergo discomfort and confusion as you suspend and question your traditional beliefs.

Four Primary Reasons for ‘Blindness’

Four main causes of perceptual ‘blindness’ are:

- preconceptions and false beliefs
- familiarity
- self-fulfilling prophecies
- collapsed distinctions

Let’s examine each:

1. Preconceptions and False Beliefs⁵ - ‘Illusions’ of Truth

Examples:

- You don’t see hundreds of colors in a rainbow because in elementary school, you were *taught* there are seven⁶. You learned to be blind.
- You ignore what your gut tells you when your daughter keeps pulling her ear and scratching her nose while you are trying to give her advice. You don’t want to see.

⁵ More about belief will be examined in “BOOK 5, Chapter 15 - Belief - Food for Thought or Poison for Thought”

⁶ The seven are violet, indigo, blue, green, yellow, orange and red. The next time you see a rainbow, look again more closely. Try to see more colors. You may be surprised at how difficult it is to perceive more than ‘shades’ of the familiar seven!

According to scientists, the human eye is capable of distinguishing seven million different colors. This means that you can visually ‘tell the difference’ between any two of seven million different patches of ink on white paper, even though many are very similar. Of course, lots of them you cannot find in a rainbow (such as brown) and human language has distinct words for only a tiny fraction.

Chapter 1: ‘Seeing’ Where You Are – Removing Your ‘Perceptual Blinders’

(Examples – Preconceptions and False Beliefs, continued ...)

- You are afraid to see. Eratosthenes⁷, a Greek (scientist) conducted an experiment circa 240 B.C. and cited conclusive evidence the Earth was a sphere approximately 8,000 miles in diameter. However, ‘old school’ European thinkers – some of them geniuses – chose to cling to their belief the world was flat. Europe embraced their ignorance for over a thousand years!

Preconceptions and false beliefs
are the core of **illusion**.

In fact, they *invalidate* the search
for truth.



What do you see?

Do you see an *old lady*,
or a *young woman*?

Both are in this picture.

Consider whether you share the following two beliefs:

*“There is no absolute truth. Truth is relative. You have your truth and I have mine.
Nobody’s ‘truth’ is any more ‘true’ than anyone else’s.”*

Beware: This belief, which is about truth, is itself untrue⁸.

“There is really no such thing as freedom.”

Can you hold this belief and, at the same time, believe there is such a thing as slavery?

(We will reveal so much more about beliefs and truth in Chapters 16 and 20.)

2. **Familiarity** (desensitization, and “I already/always know ...”)

Examples:

- You seldom notice the smell of factories you live with everyday in your home town, or the hum of a fan or air conditioner.
- You didn’t see the Yield sign that had been replaced by a STOP sign (even though you drove the same route everyday) until you went through it and got a ticket!

⁷ See “[Appendix A – How Perceptual Blindness Held Back Europe for a Thousand Years](#)” for a full description of Eratosthenes’ experiment.

⁸ You can deduce untruth in this statement by reducing it to the absurd. Simply consider how ‘true’ are such signature beliefs as those of a 4-year-old child for whom Santa Claus is real, or of a paranoid psychotic who is convinced that, ‘you [and everyone else] are out to kill him.’

Chapter 1: 'Seeing' Where You Are – Removing Your 'Perceptual Blinders'

When it comes to emotions, an average person uses just 6 – 8 words to express nearly all emotions. E.g. Your current words – so familiar to you - might be good, bad, mad, sad, happy, scared, surprised, and 'I love you.' When you finish this book, you will be familiar with at least *186 emotions*, and know how they interplay. You will also 'get' that each comes in a minimum of three intensities, for a total of 558 emotions!

You more than likely fail to distinguish differences between the same emotion in *different types of relationship* (love is an example, but so are anger, fear, fun, etc.) Believe it – you really are a different person in each different type of relationship! You do have a 'work self' and a 'home self.' You also have a 'self' self. (You will learn more about this come BOOK 2, Chapters 8 and 9.)

3. Self-fulfilling Prophecies

Examples:

- One quite common 'prophecy,' frequently posed by motivational speakers, is that you are somehow programmed to sabotage your own success. When someone accuses you of self-sabotage, do you resist the accusation and suppress a silent fear they might be right? If so, you are unwittingly feeding their prophecy, because:
 - There is a grain of truth in the prophecy for everyone, so there is no practical way to completely get rid of the fear and remove the suggestion.
 - What you resist, persists.

Self-sabotage is real but has a completely unexpected – and manageable – source. In BOOK 2 – Chapter 10 you will discover its silent secret – why you are subconsciously afraid your fondest dreams will come true.

- There is a second 'prophecy' that like the first example, contains some truth: that always following the Golden Rule will mean you are treating people well. The 'catch' is that this rule sometimes breaks down, and the people you have 'used it on' get downright unhappy with you.

When you do something for people and they don't appreciate it, you don't understand why – 'that's what you would have wanted.' Therein lies the rub. The Golden Rule, as applied by almost everyone, assumes that people are basically the same and want the same things.

Actually, different people are as different as your skin cells, your nerve cells and your muscle cells. That's why the Golden rule does **not** work. (Chapters 7 – 13).

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4. Collapsed Distinctions (often these confluences are limitations of language)

Examples:

- Your native language is Chinese. You hear the ‘r’ and ‘l’ sounds as the same. E.g. you cannot hear any difference between the spoken words ‘clap’ and ‘crap.’
- If speaking English, you use the word ‘love’ to describe very different feelings that occur in very different relationships. It is hard to be aware of differences when your language has only one word to describe many things.

Here are two **major new distinctions** we will make in this book:

Your Soul and Spirit are not the same thing. They are very different aspects of your being, as distinct from each other as your Ego and your Instincts. (Chapters 10 and 13)

Men and women are equally emotional. The belief that ‘Women are more emotional than men’ is simply not true. Actually, both genders are equally emotional – in different ways. (BOOK 3 – Chapter 11)

The Cost of Blindness

Every time the truth is not known or not told about your life, you suffer in some way – personally, socially or professionally. You have just read some popular illusions this series of books will help you dissolve.

Preconceptions, false beliefs, familiarity, self-fulfilling prophecies and collapsed distinctions effectively ‘mask’ what is truly there for you to see by giving you ‘perceptual blinders.’

*Note: It’s important to remark that **selective blindness has its advantages**. If you meaningfully distinguished every color, or every make of car on the road, you would quickly clutter up your mind with useless information. Accordingly, your mind is designed to filter out non-essential details. This serves you well; otherwise, you would be overwhelmed. For example, the Eskimos have dozens of words for different kinds of snow, but you don’t need to know snow in that much detail. You don’t live in an igloo, so types of snow do not matter much at all to you.*

Your perceptual blinders are designed to protect you from overload, but they sometimes do so at a terrible cost. Wearing blinders, forgetting they are there and never ‘taking them off’ will literally stunt your ‘growth’.

Chapter 1: ‘Seeing’ Where You Are – Removing Your ‘Perceptual Blinders’

When you are not ‘seeing,’ you rely for perception on what you already ‘know’ instead, i.e. your beliefs. A belief may be ‘knowledge,’ but it is not gained from present observation. Observation (‘looking and seeing’) is an act, but belief is passive. Observation may lead to belief (‘seeing is believing’) or, belief may open you to observation (‘you’ll see it when you believe it’). But, at the core, belief has no power to change anything unless it stimulates or alters some act⁹.

Belief is passive, but overreliance on belief sticks you with a still more serious limitation. It limits your reality and your opportunity. To ‘see’ this, visit 1400 A.D., almost a century before Columbus sailed. The majority of people *believed* the world was flat. This did not alter the *fact* that the planet is a sphere. *People’s reality was limited by their belief* – there was an objective reality they did not ‘look for’ and therefore did not perceive.

Blindness, whether rooted in false beliefs or otherwise caused, blunts the blade of your perception. Life is a ‘delicate operation’ and if you’re not performing your ‘surgery’ with a finely honed scalpel – you’re not going to ‘live’!

Minimizing ‘Blindness’



KEY POINT

You can manage your ‘blindness’ by making meaningful distinctions.

1. ‘See’ what is ‘hidden in plain view’

When something is ‘right before our eyes’ but you cannot ‘see’ it (figuratively or literally) that ‘something’ is ‘hidden in plain view’.

Examples:

- Two snowflakes fall. You cannot ‘see’ how they are different.
- In the English language, there are three distinct ways of articulating the ‘p’ sound. Unless you are a linguist, you cannot ‘hear’ the differences.
- Most people see only seven colors in a rainbow. There are hundreds, or even thousands.

To whatever is ‘hidden in plain view’ from you, you are effectively **BLIND** – vulnerable to your ‘blind spots’; at risk of being ‘blind-sided’ – until and unless you make **meaningful distinctions**.

⁹ James 2:20 – “But wilt thou know, O vain man, that faith without works is dead?”

Chapter 1: ‘Seeing’ Where You Are – Removing Your ‘Perceptual Blinders’

2. Distinguish things, and make them meaningful

Distinction means either to *tell two things apart*, or to *tell something apart from background ‘noise.’*

For a distinction to be **meaningful** to you, it must have some *significance that focuses your attention*.

You must have **both** to fully ‘see’ what is before you. Here are two examples to illustrate this point.

Example #1:

Consider Chinese writing. Suppose you are an English speaker who doesn’t know Chinese. Neither do you have any need to learn it. You can certainly tell Chinese symbols apart, so you can *distinguish* them. But, they *mean* nothing to you; they are just a bunch of marks on a page.

Example #2:

My friend owned an Aston-Martin (the car James Bond drives) for over 30 years. Deeply attached to his car, he could recount when and where he saw the fifteen other Astons he had noticed on the road over that time period.

Meaning is key. Because my friend was invested in his Aston, Astons had deep meaning for him. They probably have less significance for you. The only time you may have noticed Astons is in a James Bond movie.

But, now consider the last car *you* bought. After you took it home, didn’t you ‘suddenly’ notice cars of the same make and model on the road? The truth is they were there all along. Your distinction deepened - you began to ‘see’ them - because the brand *meant* more to you once you owned one.

Meaningful distinctions sharpen your perception. The meaningful distinctions you have define what *matters* to you.

Chapter 1: ‘Seeing’ Where You Are – Removing Your ‘Perceptual Blinders’

Our Gift to You

We will reveal a network of meaningful *inner* distinctions ‘hiding in plain view.’ We call it, ‘TriUnity™.’ TriUnity maps a part of reality that has been waiting in the shadows for someone to shine the light there. Its new map challenges several beliefs *our* society holds to be ‘facts.’

TriUnity will give you new, meaningful ways to distinguish *emotions and life energy*. They are its focus.

This book will open your ‘feeling eyes¹¹.’ As you read, you will distinguish emotion in meaningful ways you had never dreamed existed. As you will discover, distinguishing your emotions is the secret key to deeply understanding life energy.

We will be challenging you to take in many **breakthrough ideas**. They will spin you around, both clockwise and counterclockwise, pointing you to ‘look around’ in many directions. Fortunately, in a linear progression, each idea will build on earlier ones.

.....
*Your vision will become clear only
when you look into your heart.*

*Who looks outside, dreams.
Who looks inside, awakens.*

- Carl Gustav Jung
.....



KEY POINT

If you follow the progression step-by-step, and take the time to feel the energy of each step, you **will** ‘get’ this. You will be inspired and invigorated!

What you distinguish about emotion and life energy will alter your *inner* reality in empowering ways. You are on the dock. If you choose to ‘sail new waters,’ your mind, heart and soul will be stretched by the breakthrough ideas in this book. ***Each new idea will contribute to your growth.*** TriUnity offers you new frontiers of human understanding and possibility.

TM The word TriUnity is derived from the prefix ‘tri-’ meaning ‘three,’ and the word ‘unity.’ As you will come to see, the distinctions of TriUnity are replete with patterns of unified ‘threes.’ Also intended is a ‘play on words,’ to advocate that you **try** to achieve physical, emotional and spiritual **unity**.

¹¹ “[You’re on the ride, you might as well open your eyes](#)” (click / tap to play song lyrics on YouTube)

Reality Check – Chapter 1

You must 'get' the basic concepts of Chapter 1 before moving on to Chapter 2.

Take some time now (one or two days at least) to *apply* what you have read. The following are designed as exercises to help you remove your perceptual blinders:

1. Intentional Observation – Paying attention to what is hidden in plain view:
 - a. Make a mental list (and actually count) things that are familiar to you.
Examples:
 - i. The number of pictures hanging on the walls of your home or office
 - ii. The number of traffic signs on your way to work
 - iii. The number and type of ways your loved ones 'signal' love to you
 - b. Be *quiet* and *still* for five minutes (as often as you like) in as many different settings as you can think of. Notice what surrounds you (sights, sounds and smells).
2. Deep Exploration
 - a. If you find yourself disagreeing with someone else, identify the **basis** for your opinion. Then, test it for observable truth versus blind belief.
 - b. Write down two or three beliefs you have always had about yourself that, so far, have seemingly come true.

Preparatory Exercise for Chapter 2

The next Chapter will begin revealing truths about life energy and emotion. In preparation for that, do the following:

1. Make a list of 'what gives you energy.' In other words, what makes you tick?
2. Write down all the words you know for emotions.

Chapter 1: 'Seeing' Where You Are – Removing Your 'Perceptual Blinders'

Your **Preparatory Exercise** results are the **bridge** to Chapters 2 to 6.



Read further **ONLY WHEN** you have completed your **Exercise**.

What Keeps You Going?

All the things you listed under 'What keeps you going?' are **sources** of your life energy. Typically, they also make you *feel* like 'keeping on going.'

In contrast, you 'do not go' when you don't *feel* like it. When you have *no feeling* about something, what is there to keep you involved? What is there to give you the energy to engage?

Life energy is tied to emotions. It makes sense – the word 'motion' is embedded in the word, 'emotion.'

No doubt you observe people who put very little feeling or heart into what they're doing. You likely conclude they are 'just going through the motions.'

No emotion = no energy.

Common to the things and situations you have no energy for, is that you have very little *appetite* for them. Thus:

No emotion = no appetite.

Most people hold an unspoken, unquestioned belief that personality, character and 'gifts' are the *source* of emotions, and various 'appetites.' If you share this belief, you have made an incorrect assumption about your life energy.

The reality is exactly the other way 'round. **Your simplest emotions build upon each other** – bit by bit; step-by-step – **to construct your complex nature.** If you have ever tried to 'kick a habit' there is an excellent chance you understand this point intuitively.

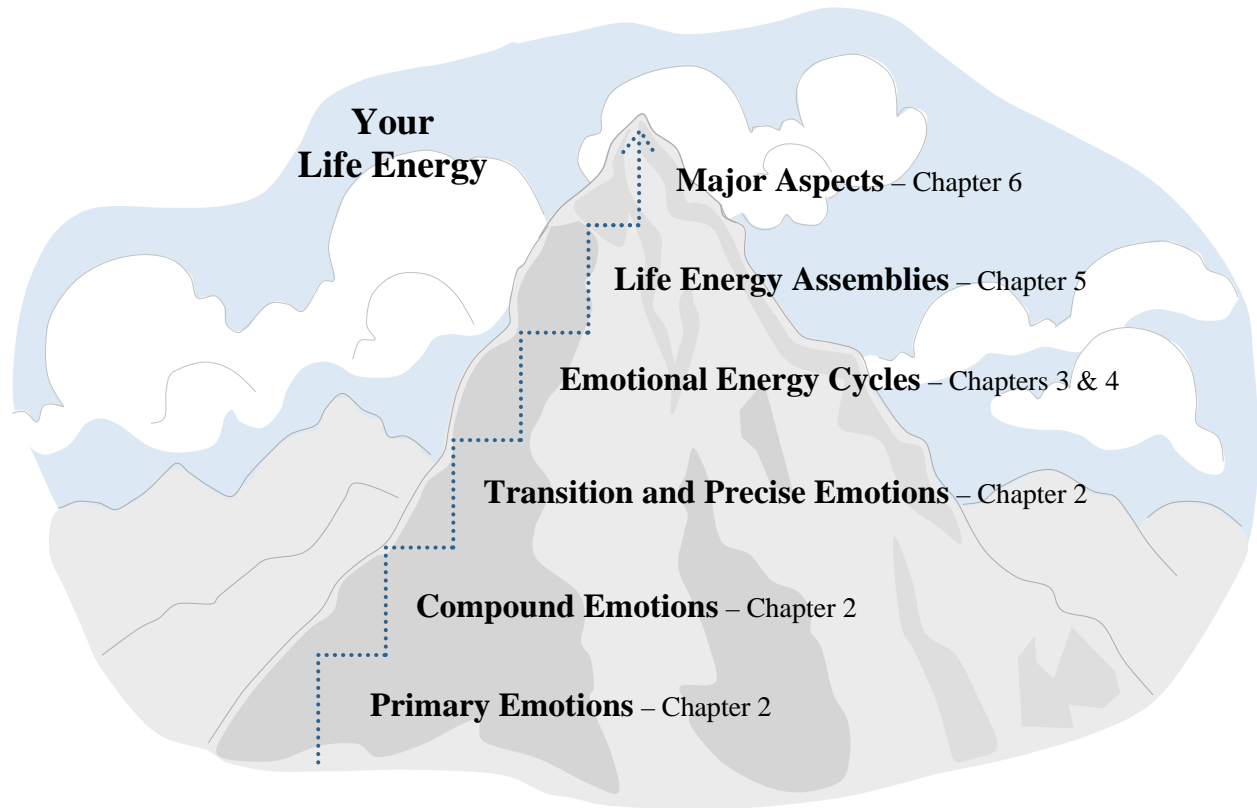
Just as your body is built from cells which form tissues which form organs, your will discover that your personality, character and 'gifts' are the ultimate **product** – not the *source* – of your emotions and your various 'appetites.'

Chapter 1: ‘Seeing’ Where You Are – Removing Your ‘Perceptual Blinders’

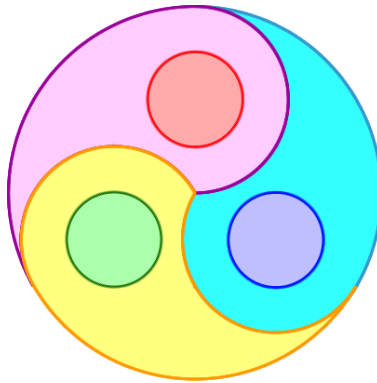
BOOK 1 – Chapters 2 to 6

will reveal to you each ‘piece’ of your complex nature.

Like *scaling a mountain*, you must climb,
step-by-step, to reach and claim
your ‘peak’ life energy.



[\(click to jump to table of contents\)](#)



Chapter 2:

Emotion and Life Energy

Chapter 2: Emotion and Life Energy

In this chapter you will learn much more than you know, right now, about:

- What emotions are
- What emotions are made of
- The differences between primary, compound, transition and precise emotions

Let's start with your list of emotion words from Preparatory Exercise #2. When I made my own list in 1972, I ran out of space on the page.

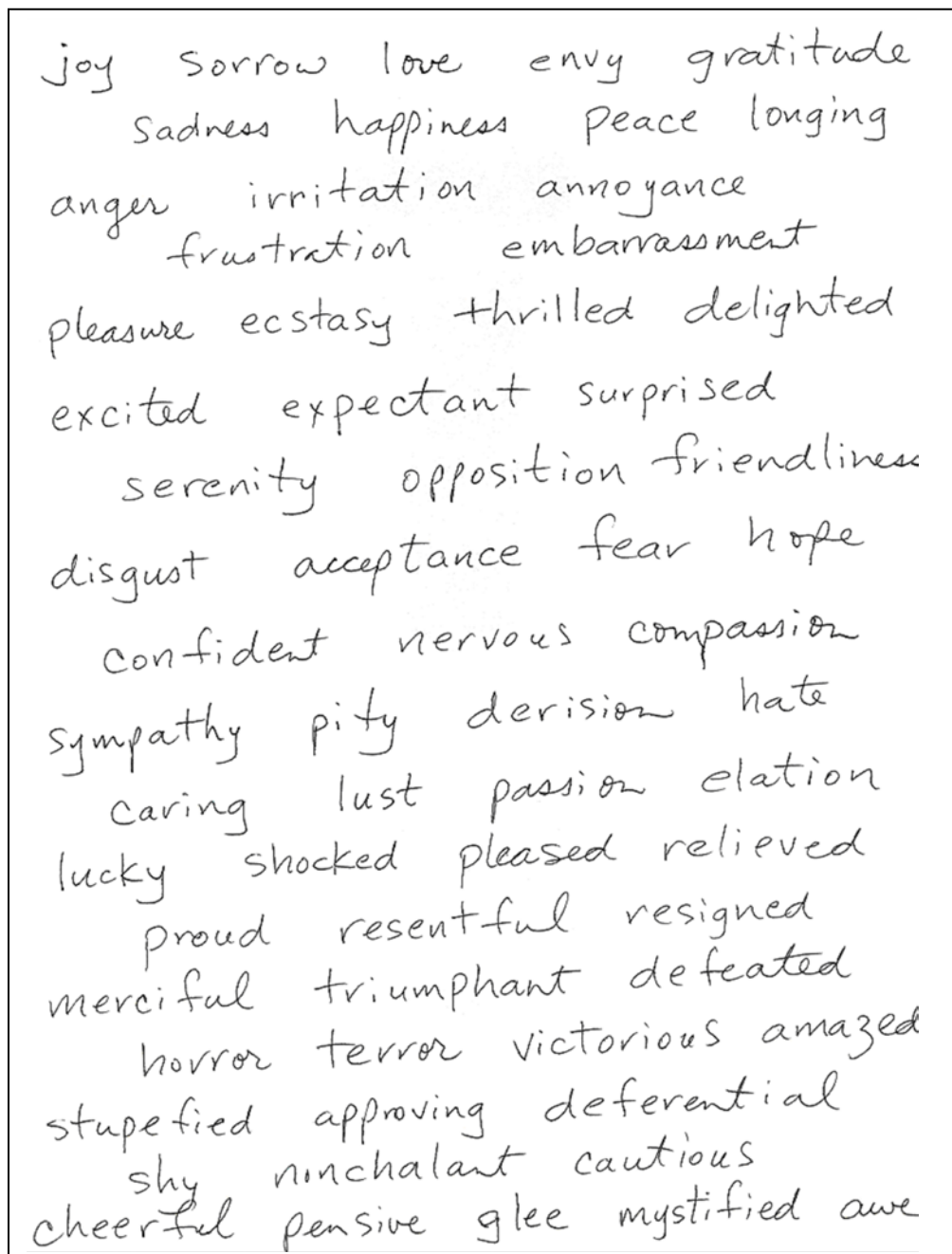


Figure 1: A lot of words for emotions!

Chapter 2: Emotion and Life Energy

Even then, probably like you now, I had no idea there were so many emotions. Many emotion words seemed to convey similar feelings, like ‘anger’ and ‘frustration.’ Others seemed almost opposite, like ‘happy’ and ‘sad.’ Still others, like ‘victorious’ seemed to be complex mixtures.

In September, 1980 I stumbled across an article in Psychology Today called “A Language for the Emotions¹².” In the article, Dr. Robert Plutchik proposed that all emotions were really combinations of *eight primaries* forming *four opposite pairs*:

Sadness	Joy
Expectation	Surprise
Disgust	Acceptance
Anger	Fear

Dr. Plutchik’s idea fascinated me. The sense of taste is thought to have five main components (sweet, sour, salty, bitter and savory) and I knew that all the colors your eyes see are made from three primary colors¹³. Might the variations and shades of *all feeling* be similarly made out of a few *primary emotions*?

In the next five years, I performed ‘thought experiments’ (really ‘feeling experiments’) to test Dr. Plutchik’s ideas and checked my own answers with those of other people. I concluded that only his first six were primary. The last two, anger and fear, are actually made from the first six.

All your emotions are really combinations of just six primary emotions. If this seems unlikely, consider that your body’s entire genetic code is built from just four bases¹⁴. Sequences and combinations of four chemicals determine the primary design of your physical body, in all its richness and complexity.

Six Primary Emotions

All your feelings are variations and combinations of six primary emotions. They occur in three ‘opposing pairs.’ You feel three primary pairs of polar opposites:

(predicted)	expectation	↔	surprise	(unpredicted)
(loss)	sadness	↔	joy	(gain)
(no!)	disgust	↔	warm	(yes!)
			acceptance	

¹² *A Language for the Emotions*, Dr. Robert Plutchik, Psychology Today, September 1980.

¹³ If you would like to know more about primary colors, refer to “[Appendix B – The TriUnity Color Scheme](#).”

¹⁴ According to scientists, these are the nucleotides adenine, thymine, cytosine and guanine. They are the four ‘letters’ that spell out the genetic code in your DNA.

Chapter 2: Emotion and Life Energy

No emotions fall ‘in between’ the poles except degrees of the polar opposites. For example, ‘pensiveness’ (mild sadness) and cheer (mild joy) fall between sadness and joy. Sorrow (intense sadness) and jubilation (intense joy) would fall even further out from the midpoint than sadness and joy themselves:

sorrow.....**sadness**pensivenesscheer.....**joy****jubilation**

How do these six primary emotions combine to produce the richness of all the feeling you experience? The answer to this question is the subject of the rest of BOOK 1.

But before you plunge in, I want to cover the issue of language, to prepare you for some ‘fresh takes’ on common words for emotions.

A Language for Life Energy and Emotion

I want you to have sufficient language to contain new ideas that are here to stretch you. English is a great language, and I am grateful to have it to write this book.

However, English as it comes in Webster’s Dictionary, is frequently too ‘fuzzy’ to clarify many of the distinctions of TriUnity. Fortunately, each TriUnity meaning falls somewhere within the ‘range of definitions’ of an existing English word. Accordingly, I will use **specific** meanings of existing words and clarify my specific meanings in the [Glossary](#). Here are two prime examples of emotion words with very specific TriUnity meanings:

1. **Acceptance:** Webster’s Dictionary has eleven definitions, among them:

1. to receive willingly.
2. to give admittance or approval to.
3. to endure without protest.

I intend the feeling behind the *first*. In these pages, acceptance means warm acceptance; the emotion you feel when you warmly say “yes!”

2. **Exasperation:** The closest Webster’s Dictionary definition is: “irritated or annoyed, especially to the point of injudicious action.” The specific TriUnity meaning is to be disgusted by acceptance.

You might be exasperated if your business partner warmly recommends selling shares to a person you consider a crook. You might feel exasperated if your teenage daughter says “Yes!” when invited on a date with a young man you despise.

Exasperation feels somewhat like frustration without the ‘heat.’ It feels a bit like impatience and a bit like disapproval.

Chapter 2: Emotion and Life Energy

Compound Emotions

The puzzle presents itself: how do your primary emotions combine to produce complex emotions? For example, fear is made out of two primary emotions. How does that happen?

When you put in your mouth a sauce containing sugar and vinegar, you get two separate tastes mixed together: ‘sweet’ and ‘sour.’ It’s a *mixture* of sweet and sour. By contrast, when both the ‘red’ and ‘green’ cones in your eyes are stimulated, you do not see a mixture of red and green. You see the color ‘yellow.’ Yellow is a *compound* of red and green¹⁵.

Back in 1982, I wondered: are your complex emotions simply *mixtures* of your primary emotions? Or are they *compounds*? To find out I tried some ‘feeling experiments.’ It turned out that both compound emotions and mixtures exist.

Here are two examples using the same two primaries, expectation and sadness:

Mixed emotions:

Imagine your best friend moved to Australia, and you are missing him and feeling sad. Your son just called to say he would drop by to pick up his sweater. You expect him any time now.

You feel sad about the one thing and expectant about the other, a *mixture* of emotions.

Compound emotion:

Suppose that over the course of your life, you had two loved ones emigrate to Australia. Whenever you think about the loss you still feel sad. Now your best friend is talking enthusiastically about how great it would be to be live in the Land Down Under. You expect ‘it may happen again.’

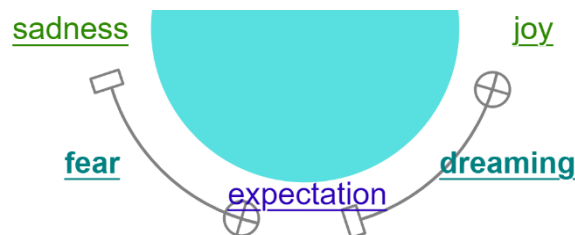
You feel **fear** of losing your friend. Fear occurs in expecting sadness and loss. It is a *compound* of expectation and sadness. A compound emotion is *not* the same as a mixture of two emotions.

A **compound emotion** is produced when you feel one primary emotion **in reaction** to another. When you feel expectation in reaction to sadness, you feel fear. Your fundamental *compound emotions* are all *pairs* of emotions combined. Compound emotions are an important key to understanding your life energy.

A second example of a compound emotion is ‘dreaming.’ The TriUnity meaning refers, when you ‘have a dream,’ to the feeling you experience while contemplating it. Dreaming is feeling joy about something you expect might come true – joyful anticipation, like dreaming of getting rich.

In charts to come, compound emotions will be illustrated with symbols like this:

The small rectangle indicates an initial emotion. The cross inside a circle identifies a reaction emotion. Thus ‘fear’ is reacting to sadness with expectation ...



... while ‘dreaming’ is reacting to [an] expectation with joy.

¹⁵ For a scientific explanation of color mixing, see “[Appendix B – the TriUnity Color Scheme](#)”

Chapter 2: Emotion and Life Energy

Transition and Precise Emotions

A transition emotion is the feeling you experience while you are *shifting* from one compound emotion to another.

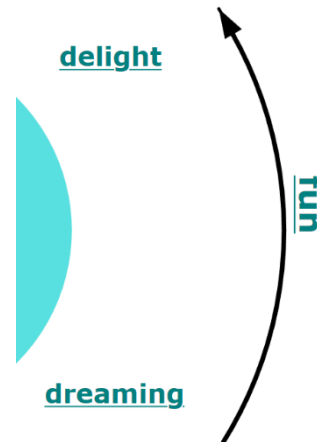
A precise emotion is the feeling you experience while *shifting* between transition emotions.

Example: suppose you are playing poker and sitting on a very good hand. You have ‘bet big,’ so you *fear* losing a great deal of money. However, the betting rounds are now over, the cards have all been dealt and no other player’s showing looks even close to what you have. You *dream* of winning a *huge* pot and your dream is looking more and more like it might come true.

Pause and rewind: while betting, you have experienced a transition emotion – the **thrill** of the action. You feel thrilled while fear is fading and a dream seems coming closer and closer to coming true.

Come the showdown, you stand to experience the delight of victory. Delight is a compound of surprise in reaction to joy – surprising joy. Pause and rewind: dreaming of that pot and relishing your pending victory, you ‘catch’ a winning card and get the **fun** of winning.

In the charts to come, transition emotions will be illustrated with arrows like this ...



... and this

...



Chapter 2: Emotion and Life Energy

Notice these emotions occur during all kinds of play. They also occur while hunting ‘game.’ They are part of our ‘hunter’ archetype. This shows up in language, like ‘game animal.’ Second example: When we draw a winning card, we are ought to say to ourselves, “Aha, ‘caught it’!”

Remember, we also mentioned *precise* emotions? They occur while shifting from one transition emotion to the next. Pause and revisit: while shifting from the ‘thrill of the hunt’ to the ‘fun of the catch’ we feel our **killer instinct**. Ah, what great fun to be an apex predator!

In the charts to come, precise emotions will be illustrated as ‘waystations’ between transition emotions; however, they are every bit dynamic:

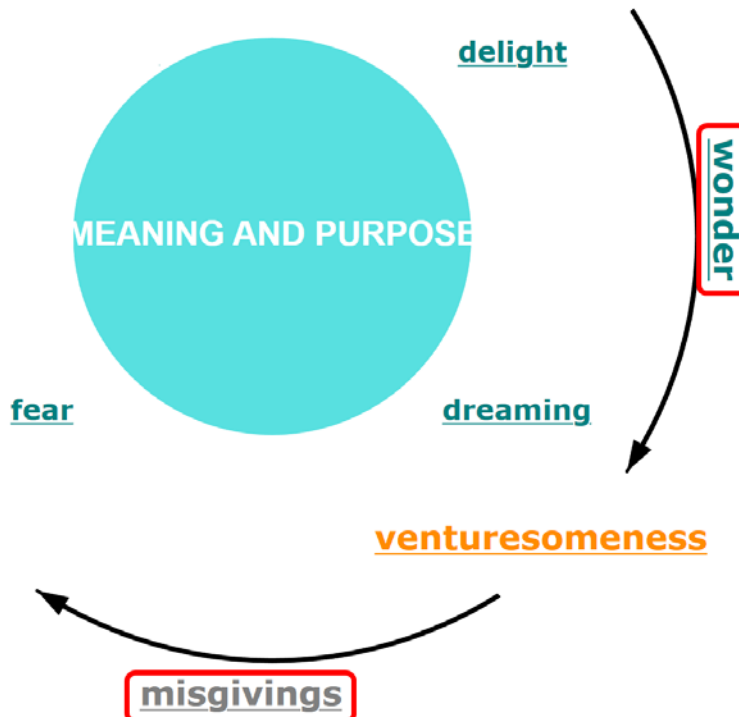


Yes, the veneer of civilization is ever-so-thin! If you ever want to tease someone while playing a game, whisper “You want me to lose, don’t you?” Chances are excellent they will feel ‘caught’ off guard and stammer over their response.

Games offer a safe venue for our killer instinct, a cathartic environment for ‘uncivilized’ feelings. Some games, like poker, even offer a safe opportunity for uncivil behavior like lying (via bluffing).

Shifting in the reverse direction (from dreaming to fear) creates misgivings rather than a thrill. Similarly, when you shift from delight to dreaming you experience the transition emotion of wonder. Moreover, shifting from fun to a thrill also alters the precise emotion you experience. For a more complete picture and explanation, see the chart on the next page.

Chapter 2: Emotion and Life Energy



For an example of how the above partial cycle might play out, imagine you and your fellow tribal hunters were out on a hunt with the purpose of feeding your tribe. You had picked up the fresh trail of a game animal. Delighted, you wonder whether that means it might be close so you all venture over a ridge following the trail. Then one of you spots a freshly-killed carcass and you feel misgivings lest a lion or tiger be nearby. This quickly turns to fear when you spot fresh tiger spoor and someone notices a leaf rustle in the bushes. Does this mean the hunter has become the hunted?

Primary Emotion Pairs Form Compound Emotions

How many pairings of the six primary emotions are possible?

To each of the six primaries you could react with any one of the six. $6 \times 6 = 36$. There are 36 compound emotions. These compound emotions are revealed more extensively in Chapters 3 and 4.

Compound Emotion Pairs Form Transition Emotions

There are two transition emotions possible for each eligible pair of compound emotions.

Consider the above example, between fear and dreaming. Transitioning from fear to dreaming, you would feel thrilled. You can also transition from dreaming to fear. By contrast, going in that reverse direction you would feel *misgivings* (e.g., OMG have I bet too much ...!)

You will discover in Chapters 3 and 4 that there are 36 eligible pairs of compound emotions between which transition emotions occur. For each pair, the transition can occur in either direction. Therefore, there are $36 \times 2 = 72$ transition emotions.

You experience 36 compound emotions and 72 transition emotions.

Chapter 2: Emotion and Life Energy

Transition Emotion Pairs Form Precise Emotions

For each candidate transition emotion pair, there are two precise emotions. Since there are 36 candidate pairs of transition emotions, there are likewise 72 precise emotions.

You experience 36 compound emotions, 72 transition emotions and 72 precise emotions.

The remaining four chapters of Part 1 will take you on a whirlwind tour of your emotional reactions. Just as you might suffer *sensory* overload in a noisy workplace or at an IMAX theater, you will reach *emotional* overload if you try to take in too many pages at one sitting. The moment you notice feeling overwhelmed or confused is the right time to put this book down and continue your reading another day.

Reality Check – Chapter 2

You must ‘get’ the basic concepts of Chapter 2 before moving on to Chapter 3.

Take some time now (one or two days at least) to *apply* what you have read. The following are designed as exercises to help you distinguish primary, mixed and compound emotions:

3. Intentional Attention

- a. Pick three things you experience every day, and notice your primary emotions during the next two days. As yourself what you are feeling when:
 - you first awake
 - you arrive at work
 - you are driving
 - it’s time to go home
- b. Recall (or imagine) a situation where you felt (or would feel) *compound* emotions. These scenarios might stimulate you:
 - Your boss calls you into ‘the office’
 - You come out of an examination room certain you did very well
 - You criticize someone only to find out they were innocent
 - You find a \$100 bill on the street
- c. Recall a situation where you felt *transition* emotions. These scenarios might trigger a remembrance:
 - playing the Lotto
 - adopting a new belief
 - surviving a tough time
 - winning approval
- d. Recall a situation where you felt *precise* emotions. These scenarios might trigger a recollection:
 - wish to beat an opponent
 - wanting closeness
 - seeking adventure
 - trying to problem-solve

Chapter 2: Emotion and Life Energy

4. Deep Exploration - a chance for you to distinguish the two emotions introduced earlier.
 - a. *Warm Acceptance* – recall or imagine how you felt / feel when receiving a tribute.
 - b. *Exasperation* – your teenager tells you ‘the gang’ asked him (or her) to hold a party at your house, and “of course I went for it.” A party like that is the last thing you had agreed to and it’s the last thing you would ever agree to.

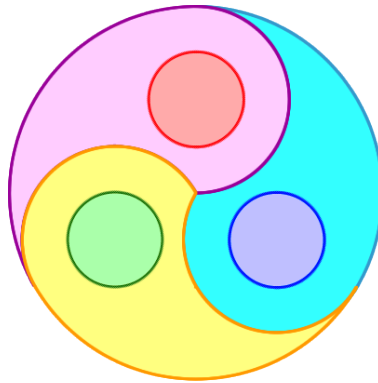
Preparatory Exercise for Chapters 3 & 4

In the next two Chapters you will explore emotional cycles. In preparation, do the following:

Think of a recent single experience where in a period of time (1 – 3 hours) you found yourself going through a series of different emotions.

Briefly write down that experience and the emotions you felt. Try to name (distinguish) as many emotions as you can.

[\(click to jump to table of contents\)](#)



Chapter 3:

Introducing Your Emotional Energy Cycles

Chapter 3: Introducing Your Emotional Energy Cycles

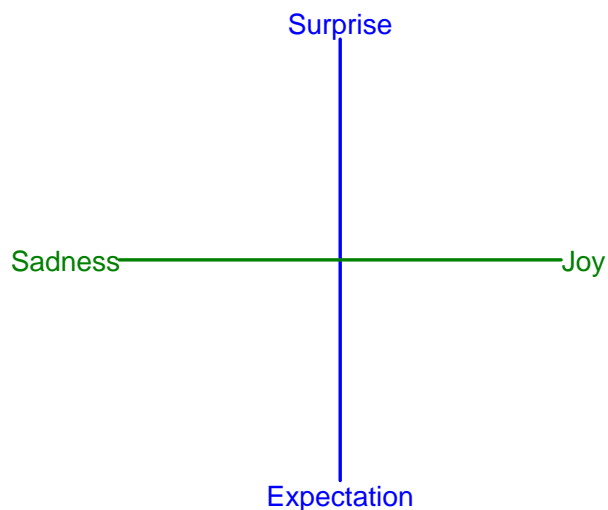
How an Emotional Cycle is Created

In the last chapter, you learned how two primary emotions combine to create a compound emotion. This chapter will show you how two *sets* of primary emotions combine to create an Emotional Energy Cycle.

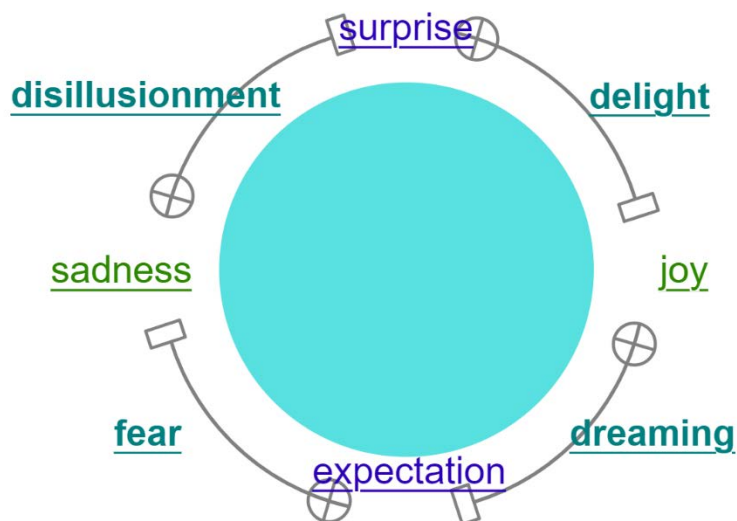
Let's demonstrate building an Emotional Energy Cycle from two sets of (opposite) primary emotions. Staying close to the examples in Chapter 2, we will pick:

1. sadness ↔ joy, and
2. expectation ↔ surprise.

'Graph' these to show that each opposite pair of primary emotions is independent of the other:

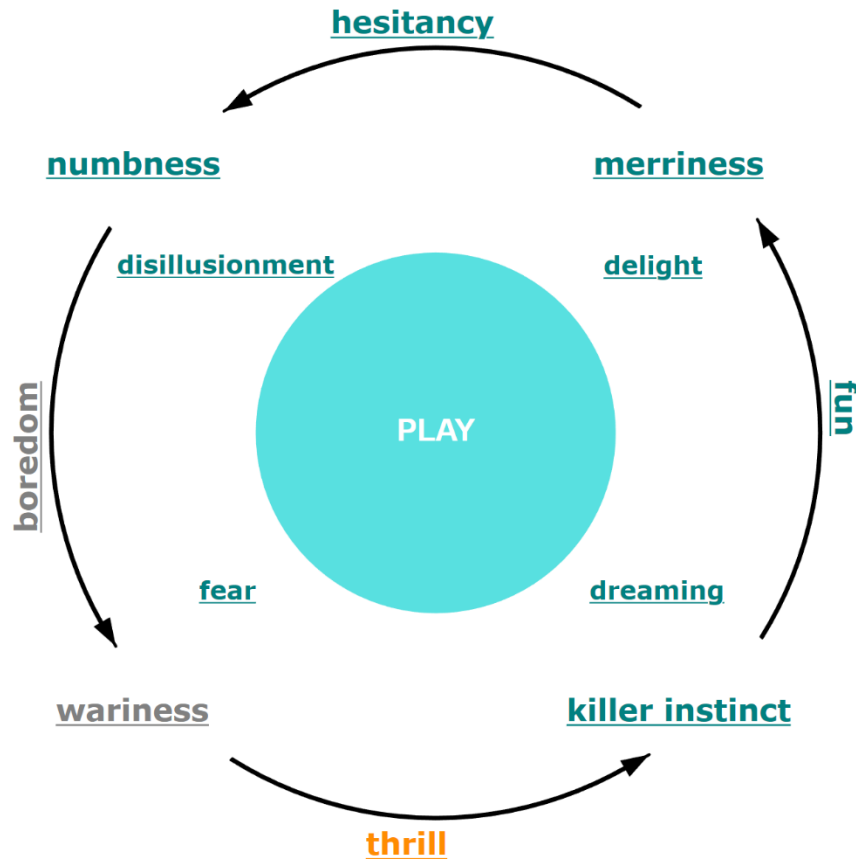


Now let's add their compound emotions. Notice their compounds are all reactions of one emotion to another. We get a 'circle' but not yet a 'cycle':



Chapter 3: Introducing Your Emotional Energy Cycles

What turns this ‘circle’ into a ‘cycle’ is transition between compound emotions, and shifting from transition emotions to transition emotions. From the last chapter, you will recall that a transition from *fear* to *dreaming* generates a *thrill*. This transition emotion would take us in a counterclockwise direction around the circle, so let’s ‘go with the flow’ and add the remaining counterclockwise transition and precise emotions. We get:



Notice we have labeled this cycle, ‘PLAY.’ That’s because it reminds us of the emotions you experience whenever you are engaged in a ‘playing a *game*’ or ‘hunting a *game* animal.’ Ah, the games people play!

Recall the Chapter 2 example of playing a game of poker. If you started playing poker you might take a while to ‘warm up’ and at first be **hesitant** to bet big on any hand. Once you started betting, you could lose several hands in a row and become **numb** with disillusionment. You might also get **bored** of drawing nothing but useless cards. Eventually you would pick up a better hand. You would be a bit **wary** of betting, but seeing really good cards you couldn’t help but **dream** of a big win. So you would bet and get into the **thrill** of the action.

Once you felt you had a lock on the pot your **killer instinct** would have you bet big. You would have **fun** betting, seeing the other players chuck their money away right into your pocket. Assuming the showdown reveals you win, you will feel **merry** with your victory.

Chapter 3: Introducing Your Emotional Energy Cycles

Here are two meaningful distinctions to get:

1. No matter how many times you ‘win’ with *fun* and *merriness*, another *hesitation* and *numb* disillusionment is inevitable, leaving you to start again ... like a cycle.
2. The cycle represents an ‘overall’ emotional appetite¹⁶ for ‘Play’ that keeps you ‘in the game.’ In this example, you enjoy ‘playing poker.’ Eventually you will get tired enough to quit, but come another day you will most likely feel like playing once more.

You do not always complete a cycle, e.g. you lose more poker hands than you win. Still, **emotional energy** keeps you trying. You only have to ‘win’ sometimes. Once you complete a cycle you may repeat the process, until you have ‘had enough’ – in this case enough **playing** – for the time being. What determines when you have ‘had enough’ is the current intensity of your **emotional appetite** for PLAY – specifically for ‘playing this game.’

Why You Cycle Through Emotions

Your emotional appetites motivate you to move through emotional cycles. Remember: In the “Introduction” appetites were identified as anything you want, need or value. To explain this further, let’s look deeper into the Play cycle.

Play is an integral part of life, so there must be some basic human need met by ‘playing games.’ But what is it about the cycle that keeps you ‘in the game?’

You feel **merriness** in the payoff moment, when you ‘strike gold.’ In fact, the more **merry** the better. Any degree of **merriness** seems to bring positive value. What about the other three compound emotions? To start with, where is the value in **numbness**?

The answer is, in the context of ‘Play,’ numbness has no value! All it does is signal your appetite is not met. ..IT happens. Lady Luck sometimes abandons you and you go **numb**.

Wariness, on the other hand, is valuable so long as it does not paralyze you. In its mildest form, ‘*caginess*’ / caution, **wariness** motivates you to protect yourself. For example, in a poker game you might fold a worthless hand rather than ‘throw caution to the winds.’

Dreaming is useful in ‘dreaming [for something better]’ and in its milder form (daydreaming). But if you intensify it until “*you must be dreaming!*” (fantasizing) you can blind yourself and take a fall. Any poker player will tell you the worst hand you can be dealt is the one that is second best. You have to “know when to hold ’em and know when to fold ’em.” Have you ever noticed someone blindly pursuing a lost cause? How about a compulsive gambler? Sometimes it *is* over before it’s over.

The bottom line: *Each compound emotion in the cycle shifts to an emotion of greater felt value!* ‘Increasing payoff’ is what keeps you moving through the cycle.

¹⁶ Systems Thinking would call ‘Play’ an **emergent property**, because your appetite for it is sustained only when you emotionally cycle. It is not found anywhere in your individual emotions. Your ‘whole’ is greater than the sum of your ‘parts.’

Chapter 3: Introducing Your Emotional Energy Cycles

Author's Note:

You may be asking how I assigned a specific emotional appetite to specific emotional cycles.

Using a gestalt process, I experimented with combinations of primary emotions making compounds. I asked myself what I would *feel* at the completion of a given cycle. Completing each cycle satisfied a generic need, want or value that I used to name the cycle.

So begins our foray into exploring how, depending on situations, people you encounter and the strength of your individual emotional appetites, you experience emotions in cycles. You may have thought all you needed in life were tricycles, bicycles, menstrual cycles and life cycles. Get ready – here come a few more cycles you didn't know you had!

Chapter 3: Introducing Your Emotional Energy Cycles

Reality Check – Chapter 3

You must ‘get’ the basic concepts of Chapter 3 before moving on to Chapter 4.

Take some time now (one or two days at least) to *apply* what you have read. The following exercises are designed to help make the ‘Play’ emotional cycle ‘real’ for you:

1. Intentional Attention
 - a. From your own life experience, recall when you won a ‘game.’ Examples could even include a ‘game’ going on at work or among your social circles.
 - b. Follow the emotions of the ‘Play’ cycle to see whether you experienced them all.
2. Deep Exploration

For this exploration, recall two specific and personal scenarios:

- a. One you regret since you were ‘stuck in’ or denying wariness / fear (do *not* pick a phobia).
- b. One where you ‘went with the flow’ and moved through wariness / fear, all the way through to the thrill of ‘taking a risk.’ What did you *do* that was thrilling? I.E. what *action* did you take? To be able to risk that action, did you first downlevel your wariness to caginess? If so, how?

For (a), let yourself *feel* the all the succeeding emotions of Play, by imagining a different outcome, one in which you *win*. Allow yourself to daydream through the complete cycle.

Relive (b). *Feel again* all your emotions in Play, to reinforce your emotional strength.

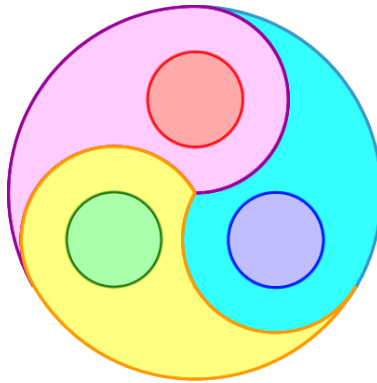
Author’s note: it is not my intent to reinforce being stuck in wariness / fear. You may want to try these exercises in the company of a trusted friend or loved one who can guide and reassure you. Here are a couple of tips:

- a. Risk-taking is an emotional competency. However, the risk must be *calculated*.
- b. To *calculate*, assess risk versus reward. When you truly feel the reward is worth the chance of losing, your wariness will start feeling more like caginess and begin its shift to a thrill. *Pay attention to your feeling*. If your wariness does **not** shift, your ‘backbone’ is screaming at you the risk is not worth taking. At least, it’s not worth it to **you**. *Back away*. “He who fights and runs away, lives to fight another day.”

Preparatory Exercise for Chapter 4

There is no additional work to be done before moving to Chapter 4; you prepared for Chapters 3 & 4 together at the end of Chapter 2. However, I urge you to take adequate time to *pause* and reflect on all you have learned so far. Proceed to Chapter 4 *only* when you are confident you have completely grasped the concepts in Chapters 1 – 3.

[\(click to jump to table of contents\)](#)



Chapter 4:

Relating and Inner Emotional Energy Cycles

Chapter 4: Relating and Inner Emotional Energy Cycles

Now that you understand what an Emotional Energy Cycle is, you're ready to learn that you experience eighteen of them.

Your eighteen Emotional Energy Cycles divide into two types: Relating and Inner. The next two sections in this chapter will cover each type in turn.

Caution: These cycles will have you spinning! ... unless you take time. Go slowly and make sure you 'get' each one before moving to the next. Strive to learn one or two per week.

You do not have to learn them inside out and backwards, but we do urge you to distinguish and become knowledgeable about emotional cycles and their appetites that are currently driving **you**. This is where your knowledge will 'stick' and become valuable.

4.1 Your Relating Emotional Energy Cycles

What this section's cycles have in common is that they result from combining *different* primary emotion pairs. Accordingly, these cycles are your **Relating** Emotional Energy Cycles:

Your Twelve *Relating* Emotional Energy Cycles ...

Play
Meaning and Purpose
Work
Aspiration

Economy
Enrollment
Problem Solving
Orchestration

Adaptation
Relation
Restoring Integrity
Improvement

... are Based on Different Sets of Primary Emotions

sadness ⇔ joy
expectation ⇔ surprise

disgust ⇔ warm acceptance
expectation ⇔ surprise

disgust ⇔ warm acceptance
sadness ⇔ joy

You've already become acquainted with your Play cycle. There are eleven (11) more cycles in this section, giving you a total of twelve Relating Emotional Energy Cycles.

Chapter 4: Relating and Inner Emotional Energy Cycles

Explore Your Relating Emotional Energy Cycles

For each Emotional Energy Cycle, we provide a brief explanation followed by a short sidebar tale to make it real for you. As this is an Internet book, your view of Emotional Energy Cycles will be through the TriUnity web site. For example, if you click '[Play](#)' on the next page, you will see:

- How primary, compound and transition emotions generate your Play cycle.
- An Explanation of how you move through the cycle.
- An Example Story to make it real for you.

You will most easily grasp these emotional cycles through the stories. As you read each story, we invite you to cross-reference it with the corresponding cycle diagram. To make it easy we have **bolded** key words in each story.

However, please do not get 'hung up' on the words – whether a particular word is the same word you would have used. Don't be concerned either if some of the cyclic emotions get mentioned in a slightly different order than they appear in the 'picture' of the cycle.

Instead, use the explanation and the story to get into and feel the **energy** of the cycle. *It's all about the energy.* While you are reading about each cycle, put yourself 'into its energy' by picking a situation you can personally relate to. When you **feel** these cycles they will make sense.

In the stories you may balk at the simple emotions described, knowing your own reaction to the situations described would be more complex. This is entirely normal, especially if a story brings up emotions out of your past.

So relate in the present moment and identify with the characters rather than yourself. To 'get' into each cycle's energy, attend to and feel the simple emotions described in the stories.

Notes:

1. We suggest you view the cycles in the order their links appear below, because the list is organized to enhance your learning. However, you can click the cycle links in any order.
2. Expect to relate easily to, and feel validated in, about a third of the cycles. Expect the rest to feel a bit awkward, unlikely or even distasteful for you to go through. Try to 'get' their energy anyway, realizing that another person's preferred cycles may be different than yours.

At the end of this section, you will get a visual summary of all twelve Relating Emotional Energy Cycles.

Chapter 4: Relating and Inner Emotional Energy Cycles

Cycles based on combinations of:

sadness ↔ joy
expectation ↔ surprise

Play
Meaning and Purpose

Work
Aspiration

Cycles based on combinations of:

disgust ↔ warm acceptance
expectation ↔ surprise

Economy
Enrollment

Problem Solving
Orchestration

Cycles based on combinations of:

disgust ↔ warm acceptance
sadness ↔ joy

Adaptation
Relation

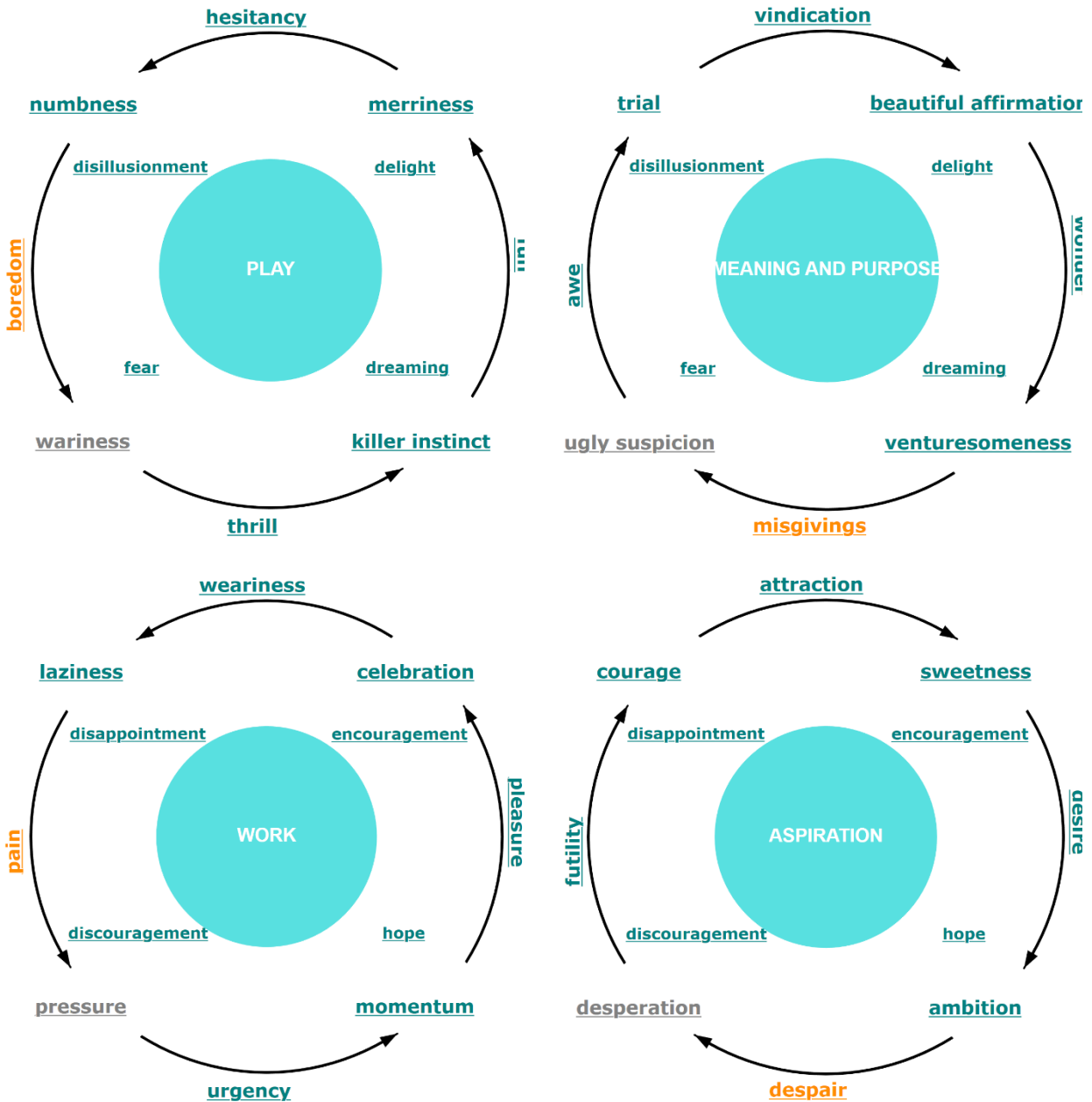
Restoring Integrity
Improvement

Chapter 4: Relating and Inner Emotional Energy Cycles

Graphic Summary of Your Twelve Relating Cycles

Cycles¹⁷ based on combinations of:

sadness ⇔ joy
 expectation ⇔ surprise



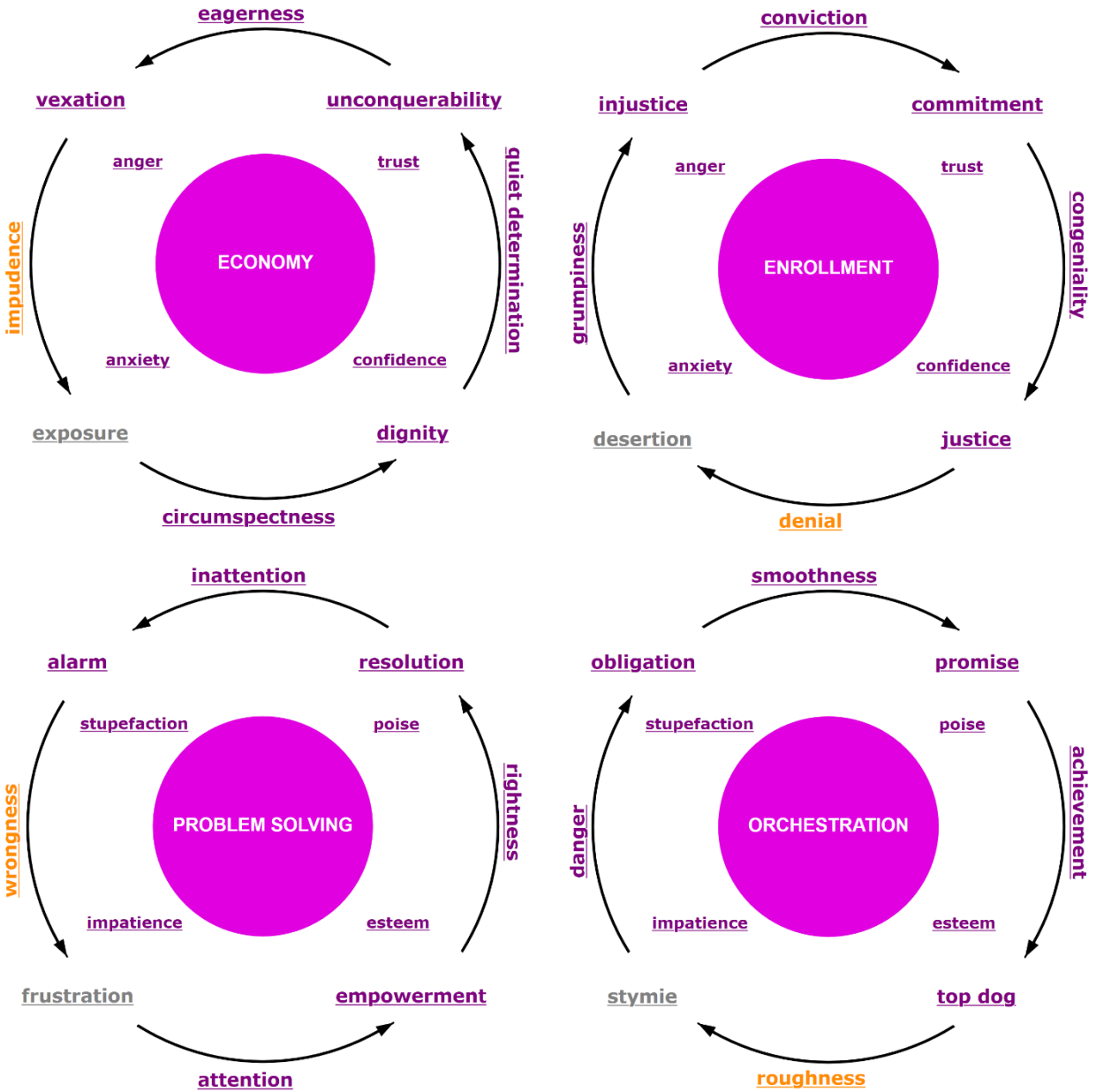
¹⁷ Each cycle begins with the **orange** emotion, signaling the EEC's 'emotional appetite is most present and unmet.'

Chapter 4: Relating and Inner Emotional Energy Cycles

Cycles¹⁸ based on combinations of:

disgust ⇔ warm acceptance

expectation ⇔ surprise



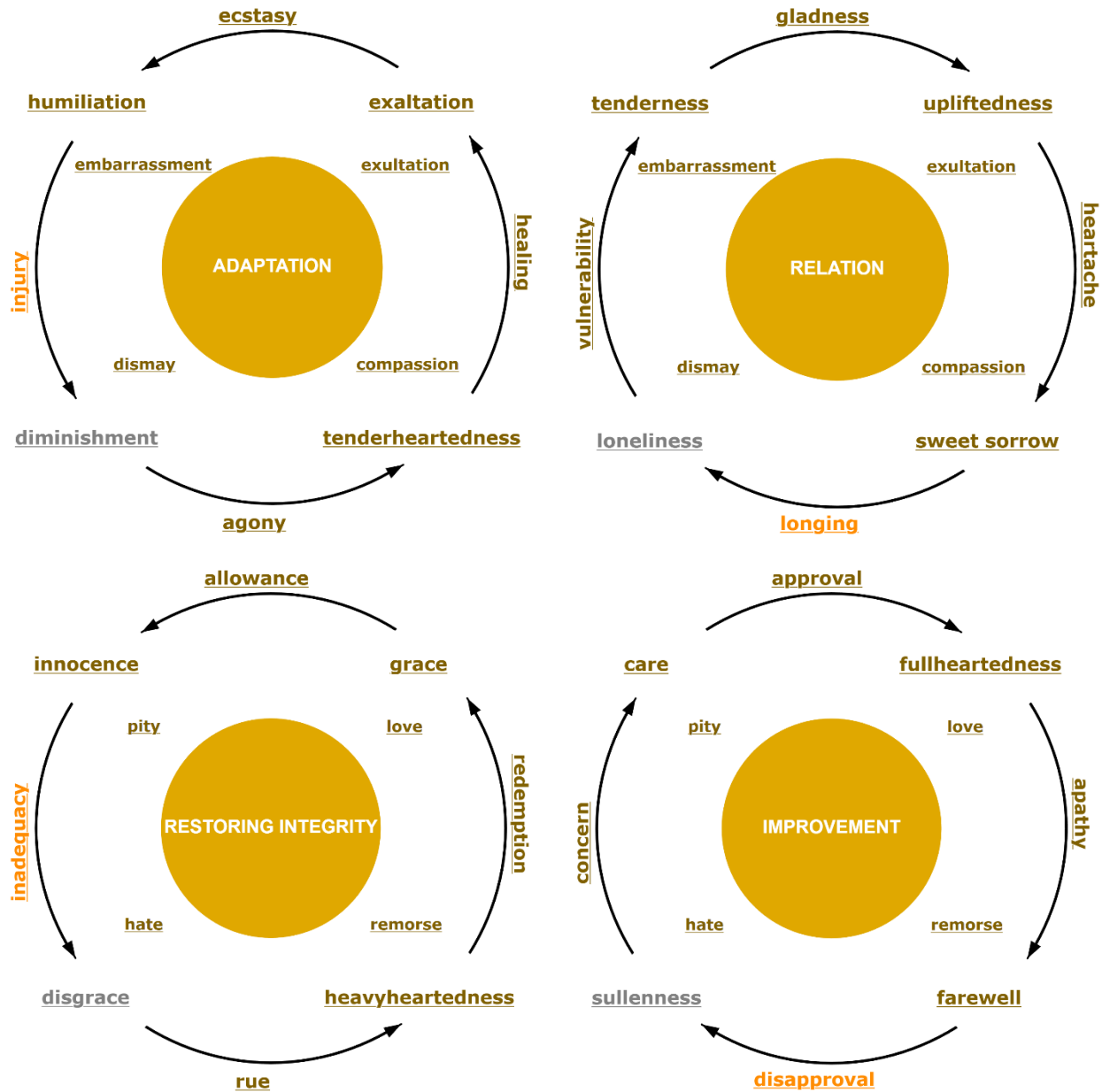
¹⁸ Each cycle begins with the orange emotion, signaling the EEC's 'emotional appetite is most present and unmet.'

Chapter 4: Relating and Inner Emotional Energy Cycles

Cycles¹⁹ based on combinations of:

disgust ⇔ warm acceptance

sadness ⇔ joy



¹⁹ Each cycle begins with the **orange** emotion, signaling the EEC's 'emotional appetite is most present and unmet.'

Chapter 4: Relating and Inner Emotional Energy Cycles

Reality Check – Section 4.1

You must ‘get’ the basic concepts of Section 4.1 before moving on to Section 4.2.

Take some time now (one or two days at least) to *apply* what you have read. The following are designed as exercises to help you distinguish your relating emotional energy cycles:

5. Intentional Attention

At this point I risk putting you back in ‘school homework’ mode. The best way to ‘get’ what you have learned in this section is to *memorize* critical information.

- a. Commit to memory the names (fundamental emotional appetites) of the twelve emotional cycles of this section. List them, repeatedly, until you can name them without pause.
- b. Make each emotional cycle ‘real’ for you by finding an example from your own life experience.

6. Deep Exploration

For this exploration, recall two specific and personal scenarios:

- a. One where you were ‘stuck in’ or denying a compound, transition or precise emotion in one of the twelve Relating Emotional Cycles covered in this section.
- b. One where you ‘went with the flow’ and moved through unpleasant emotions.

Click this link to go the [Emotion Coach™ \(TEC™\)](#) and select, one-at-time, the emotions you were feeling in each of (a). Find the applicable emotional cycle, let yourself *feel* the emotions, and allow yourself to move through the complete cycle.

For (b), use the [TriUnity™ EEC™ Web app](#) to find the emotional cycle, then *feel* the emotions again, reinforcing your strength in ‘getting through it.’

Authors’ note: it is not our intent to reinforce emotional pain. You may want to try these exercises in the company of a trusted friend or loved one.

Preparatory Exercise for Section 4.2

There is no additional work to be done before moving to Section 4.2; you prepared for all of Chapter 4 at the end of Chapter 3. However, I urge you to take adequate time to *pause* and reflect on all you have learned so far. Proceed to Section 4.2 *only* when you are confident you have completely grasped the concepts in Chapters 1 – 3 and Section 4.1.

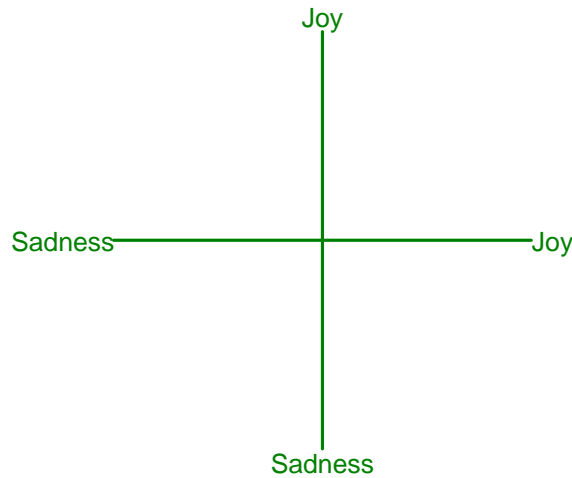
Chapter 4: Relating and Inner Emotional Energy Cycles

4.2 Your Inner Emotional Energy Cycles

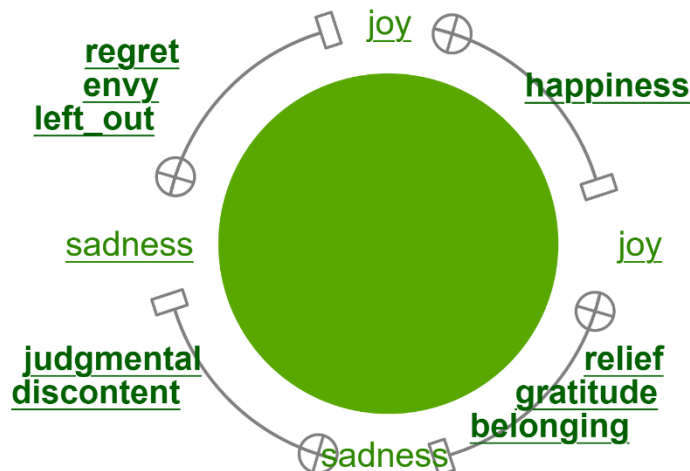
In Section 4.1 you were introduced to your first twelve Emotional Energy Cycles. These twelve *Relating* cycles were each built from *different* sets of primary emotions. In contrast, *identical* sets of primary emotions combine to generate your six *Inner* Emotional Energy Cycles.

Let's demonstrate building one of your **Inner** Emotional Energy Cycles from **identical** sets of (opposite) primaries. We will combine two sets of 'sadness ⇔ joy.'

Here is their 'graph.' It is similar to the one provided for the Play cycle in Chapter 3:



Now let's add their compound emotions. Again, their compounds are all reactions of one emotion to another²⁰. We get a 'circle' but not yet a 'cycle':



²⁰ Notice in the cycle where three words are used to describe a compound emotion. Combining sets of "sadness ⇔ joy" yields a unique case. For their compounds, at least in the English language, we have separate words depending on whether the emotion is about 'self' (e.g. regret), about a 'familiar other' (envy) or about a 'group' (left out).

Chapter 4: Relating and Inner Emotional Energy Cycles

What turns this 'circle' into a 'cycle' is transition between compound emotions and shifting between transition emotions. Travelling in a clockwise direction, we get:



Notice we have labeled this cycle, 'SOVEREIGNTY.' That's because it reminds us of emotions you experience whenever you 'take charge.'

For example, imagine you are a member of a team (belonging), wanting to **protect** the team's best interests. Another team member wants the team to approach a common goal in a particular way. You stand **unwilling**, perhaps because you disagree with their approach; or, maybe you just lack faith in that individual's ability to execute. When another team member chimes in, whether with agreement or with an even worse idea, it prompts your judgmental discontent. **Crabbily**, you **dissent** at the risk of alienating the group. Rather than feeling like a 'voice in the wilderness' (and left out), you **dare** with the power of your **will** to bend the group's decision to 'your way.' Only from a position of **might**, do you feel **happy** to **consent** with the approach the group takes.

Chapter 4: Relating and Inner Emotional Energy Cycles

Here are two meaningful distinctions to get:

3. No matter how many times you mightily *'take charge,'* the group will inevitably wander off-track again, in a direction you are unwilling to go ... like a cycle.
4. The cycle represents an 'overall' emotional appetite²¹ for 'Sovereignty' that keeps you 'taking charge.' Eventually you will become unwilling to continue this meeting with your team, but come another day you will most likely feel like 'taking charge' once more.

You do not always complete a cycle, e.g. the team's decisions will not always 'go your way.' Still, **emotional energy** keeps you trying. You only have to *sometimes* succeed in 'taking charge'.

Once you complete a cycle you may repeat the process, until you have 'had enough' – in this case enough '**sovereignty**' – for the time being. What determines when you have 'had enough' is the current intensity of your **emotional appetite** for SOVEREIGNTY – specifically for 'being in charge.'

You've just become acquainted with your Sovereignty cycle – there are five (5) more Inner cycles in this section:

Your Six *Inner* Emotional Energy Cycles ...

**Sovereignty
Service**

**Discovery
Invention**

**Free Choice
Connection**

... are Based on Identical Sets of Primary Emotions

sadness ⇔ joy
sadness ⇔ joy

expectation ⇔ surprise
expectation ⇔ surprise

disgust ⇔ warm acceptance
disgust ⇔ warm acceptance

²¹ Systems Thinking calls "Sovereignty" an **emergent property**, because your appetite for it is sustained only when you cycle. It is not found anywhere in your individual emotions. Your 'whole' is greater than the sum of your 'parts.'

Chapter 4: Relating and Inner Emotional Energy Cycles

Explore Your Inner Emotional Energy Cycles

For each Emotional Energy Cycle, we provide a brief explanation followed by a short sidebar tale to make it real for you. As this is an Internet book, your view of Emotional Energy Cycles will be through the TriUnity web site. For example, if you click '[Sovereignty](#)' on the next page, you will see:

- How primary, compound and transition emotions generate your Sovereignty cycle.
- An Explanation of how you move through the cycle.
- An Example story to make it real for you.

You will most easily grasp these emotional cycles through the stories. As you read each story, we invite you to cross-reference it with the corresponding cycle diagram. To make it easy we have **bolded** key words in each story.

However, please do not get 'hung up' on the words – whether a particular word is the same word you would have used. Don't be concerned either if some of the cyclic emotions get mentioned in a slightly different order than they appear in the 'picture' of the cycle.

Instead, use the explanation and the story to get into and feel the **energy** of the cycle. *It's all about the energy.* While you are reading about each cycle, put yourself 'into its energy' by picking a situation you can personally relate to. When you **feel** these cycles they will make sense.

In the stories you may balk at the simple emotions described, knowing your own reaction to the situations described would be more complex. This is entirely normal, especially if a story brings up emotions out of your past.

So relate in the present moment and identify with the characters rather than yourself. To 'get' into each cycle's energy, attend to and feel the simple emotions described in the stories.

Notes:

3. We suggest you view the cycles in the order their links appear below, because the list is organized to enhance your learning. However, you can click the cycle links in any order.
4. Expect to relate easily to, and feel validated in, about half the cycles. Expect the rest to feel a bit awkward, unlikely or even distasteful for you to go through. Try to 'get' their energy anyway, realizing that another person's preferred cycles may be the total opposite of yours.

Near the end of this section, you will get a visual summary of all six Inner Emotional Energy Cycles.

Chapter 4: Relating and Inner Emotional Energy Cycles

Security Cycles based on combinations of:

sadness ⇔ joy
sadness ⇔ joy

Sovereignty
Service

Unity Cycles based on combinations of:

disgust ⇔ warm acceptance
disgust ⇔ warm acceptance

Free Choice
Connection

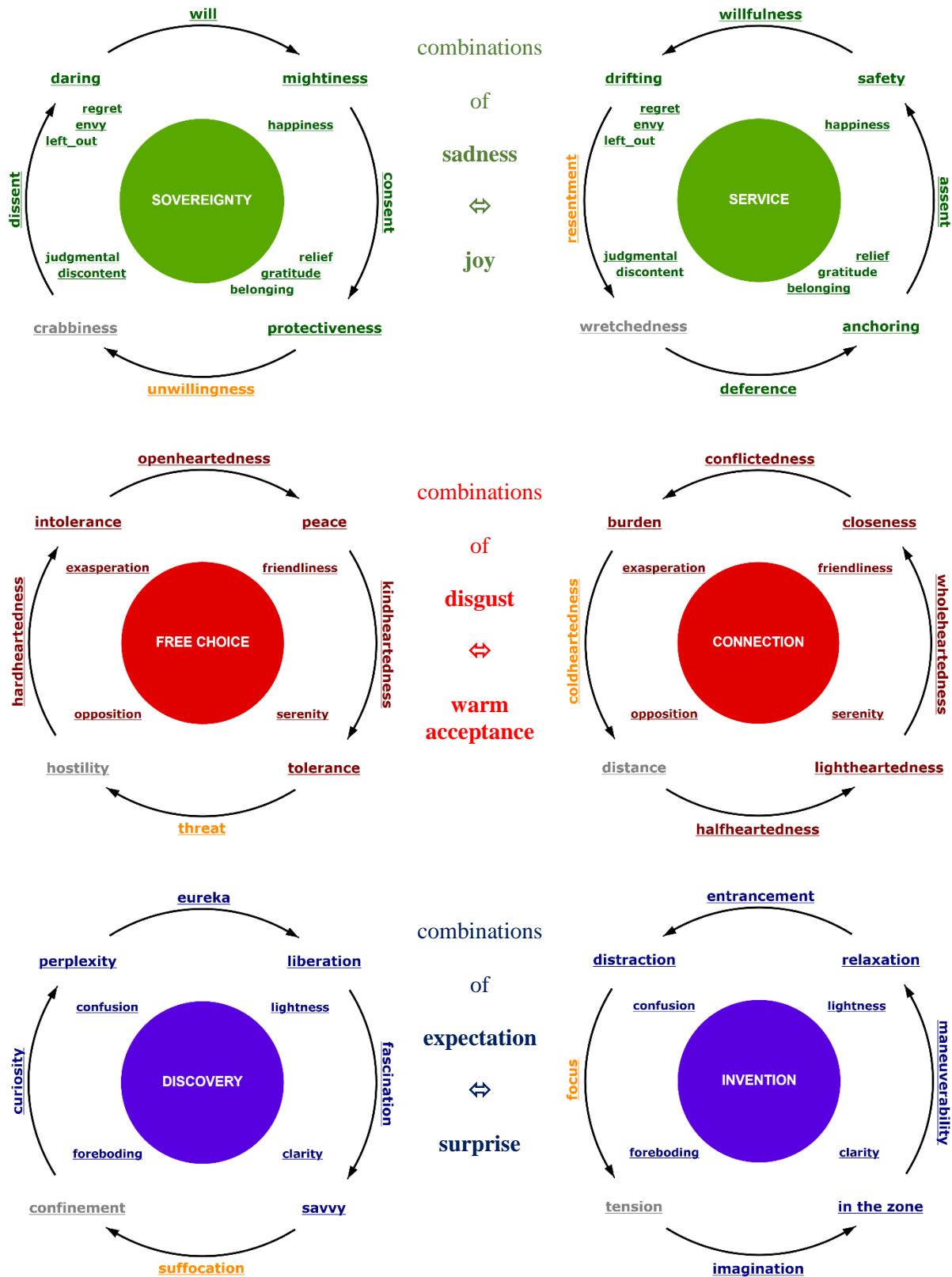
Possibility Cycles based on combinations of:

expectation ⇔ surprise
expectation ⇔ surprise

Discovery
Invention

Chapter 4: Relating and Inner Emotional Energy Cycles

Graphic Summary of Your Six Inner Cycles



Chapter 4: Relating and Inner Emotional Energy Cycles

All Your Emotions Serve You

The next time you ask “why do I have to go through this [emotion]?” remember: Every emotional cycle either draws you or drives you to meet one of your *emotional appetites*. This means in the end, it’s all good.

Avoided and ‘Stuck’ Emotions

Just as each season of the year has its time, each emotion in a cycle must run its course. Just as the year must turn through all four seasons, each cycle must turn from positive to negative and back to positive. But admit it – you would rather feel your most ‘positive’ emotions all the time. When some event triggers a move into a ‘negative’ place like disappointment or anger, you may try to push your emotions away. This is like applying anesthesia to a wound. If it is too big an emotional wound, you might need to ‘numb it’ to get past the shock. But ultimately, the signals your ‘negative’ emotions give you are your ‘friend,’ warning you to respond. If you avoid your emotions for too long, doing so can **stall** you in an emotional cycle. Then “**what you resist, will persist.**”

Let yourself *have* your emotions. As Kahlil Gibran wrote in *The Prophet*, “*accept the seasons of your heart, even as you have always accepted the seasons that pass over your fields.*”²²

Have them, but don’t wallow in them. *Wallowing* in an emotion is as counterproductive as avoidance, and just as limiting. When **stuck** anywhere in one of the cycles you can founder. Staying in any one ‘place’ too long – longer than it takes to meet its ‘need’ – can cause you to ‘forget’ the motivating force meant to keep you cycling. **When the time for an emotion is over, it’s over** – just as surely as winter turns to spring. Continuing to shiver after the sun comes out may be a personal ‘reality,’ but it is self-defeating.

²² *The Prophet*, Kahlil Gibran, 1923, Alfred A. Knopf, Publisher, N.Y.

Chapter 4: Relating and Inner Emotional Energy Cycles

Reality Check – Section 4.2

You must ‘get’ the basic concepts of Section 4.2 before moving on to Chapter 5.

Take some time now (one or two days at least) to *try on* what you have read. The following are designed as exercises to help you distinguish Inner center cycles and recognize their compound, transition and precise emotions:

1. Intentional Attention

One more time, I risk putting you back in ‘school homework’ mode. The best way to ‘get’ what you have learned in this section is to *memorize* critical information.

Your first exercise is to find and memorize:

- a. Commit to memory the names (fundamental emotional appetites) of the six emotional cycles of this section. List them, repeatedly, until you can name them without pause.
- b. Make each emotional cycle ‘real’ for you by finding an example from your own life experience.

2. Deep Exploration

For this exploration, recall two more specific and personal scenarios:

- a. One where you were ‘stuck in’ or denying a compound, transition or precise emotion in one of the six Inner Emotional Cycles covered in this section.
- b. One where you ‘went with the flow’ and moved through unpleasant emotions.

Click this link to go the [Emotion Coach™ \(TEC™\)](#) and select, one-at-time, the emotions you were feeling in each of (a). Find the applicable emotional cycle, let yourself *feel* the emotions, and allow yourself to move through the complete cycle.

For (b), use the [TriUnity™ EEC™ Web app](#) to find the emotional cycle, then *feel* the emotions again, reinforcing your strength in ‘getting through it.’

Authors’ note: it is not our intent to reinforce emotional pain. You may want to try these exercises in the company of a trusted friend or loved one.

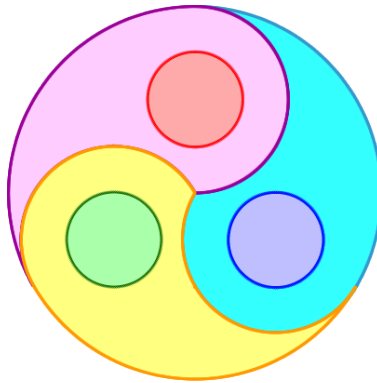
Preparatory Exercise for Chapter 5

In the next Chapter you will explore fundamental appetites. In preparation for that, do the following:

In each category following, write down two or three things you would like to see:

1. For **you**.
2. For **others** close to you.
3. For the **world**.

[\(click to jump to table of contents\)](#)



Chapter 5:

Life Energy Assemblies

Chapter 5: Life Energy Assemblies

Where to from Here?

In the beginning of this book I promised you would discover all about your life energy, the non-physical side of your being.

So far you have learned all about your Relating cycles and Inner cycles (your emotional cycles are the building blocks of your life energy). Now, I will begin assembling them for you into your complete *non-physical self*. I will do this one ‘chunk’ at a time for the next two chapters. Each chapter will be a springboard to lift you to the next level of understanding your life energy.

Six Fundamental Emotional Appetites

What I want you to remember from the last two chapters are your emotional cycles. We will start with your Relating cycles.

Recall that each of the three possible combinations of primary emotions:

sadness ⇔ joy	disgust ⇔ warm acceptance	disgust ⇔ warm acceptance
expectation ⇔ surprise	expectation ⇔ surprise	sadness ⇔ joy

... sources a corresponding group of four Relating Emotional Energy Cycles:

Play Work	Economy Problem Solving	Adaptation Restoring Integrity
Meaning and Purpose Aspiration	Enrollment Orchestration	Relation Improvement

Each cycle is named after the emotional appetite it produces.

You know that each Emotional Energy Cycle combines emotions to generate a ‘larger’ emotional appetite. So too, within each cycle group, appetites ‘pair’ to be part of still ‘larger’ appetites. In the example below, your appetites for Play and Work are part of a ‘larger’ appetite for Challenge. Your appetites for Purpose and Aspiration are part of a ‘larger’ appetite for Destiny. Your appetites for Challenge and Destiny are each part of your ‘still larger’ appetite for Advancement.

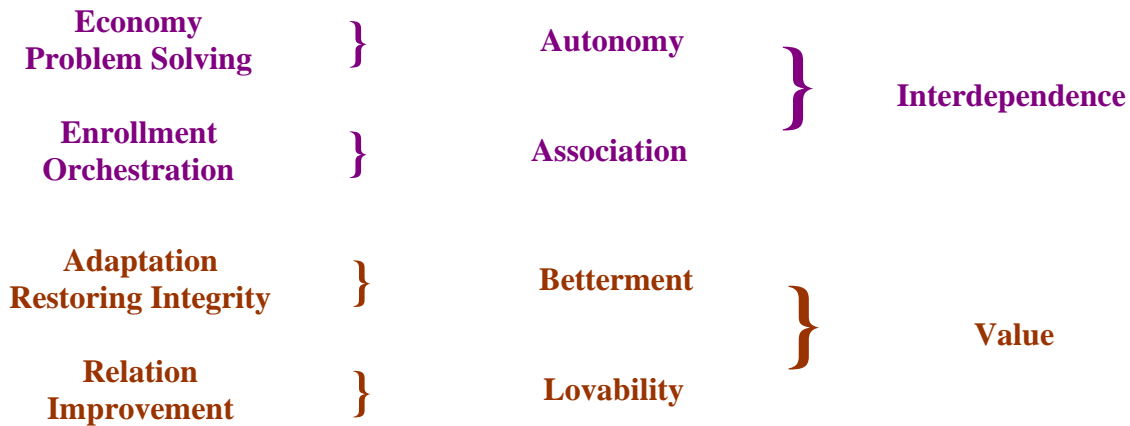
Play Work	}	Challenge	}	Advancement
Meaning and Purpose Aspiration	}	Destiny		

In each pairing, you will tend to prefer or emphasize one constituent appetite. Your preference will ‘flavor’ your expression of the ‘larger’ appetite of the pair. For example, if you prefer Work to Play, you might find your workplace sources most of the Challenge in your life. However, suppose you also emphasize Destiny over Challenge and Aspiration over Purpose. Your work itself will provide satisfaction, but you might find still greater fulfillment through your drive to ‘rise in the ranks’ within the organization in which you work.

All told, your particular preferences will influence the kind of ‘Advancement’ you go for.

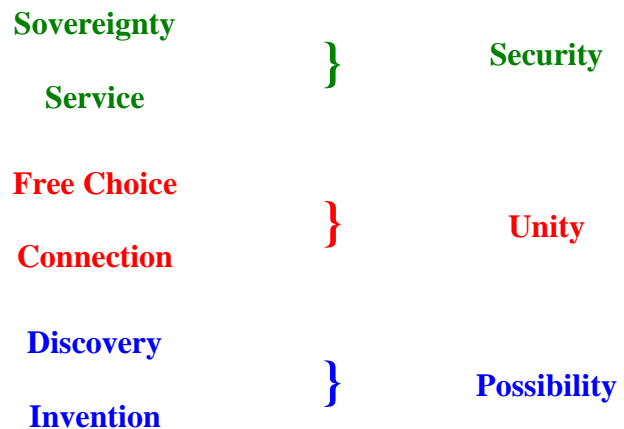
Chapter 5: Life Energy Assemblies

Here are the ‘appetite pairings’ of your remaining Relating Emotional Energy Cycles. Of each pair, which appetite do you emphasize in your life?



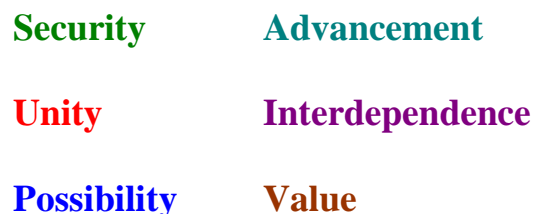
Definition: The ‘largest’ appetite produced by each group of cycles is called a **Fundamental Emotional Appetite**. Your Relating Emotional Energy Cycles generate three of your Fundamental Emotional Appetites: namely, your appetites for Advancement, Interdependence and Value.

Similarly your Inner Emotional Energy Cycles generate three more Fundamental Emotional Appetites. If anything, your Inner appetites are more basic and even ‘stronger’ than your Relating cycle appetites. Of each pair, which appetite do you emphasize in your life?



At the end of the day, your Inner Emotional Energy Cycles generate your Fundamental Emotional Appetites for Security, Unity and Possibility.

All of these drives add up to your six **Fundamental Emotional Appetites**:



Chapter 5: Life Energy Assemblies

Note: As you continue reading, refer to your responses for the “Preparatory Exercise for Chapter 5.” You will begin to see your own “fundamental emotional appetites” and what “drives” you to meet them.

Examples of Meeting Your Fundamental Appetites

Security, Unity and Possibility are the fundamental emotional appetites of your *Inner* cycles. Remember the example stories you read via the Internet:

Security

You feel comfortably secure when either you ‘take charge and have your way,’ or you fit into a group that grants you ‘safety in numbers.’

1. Nathan takes charge of customers’ debt and provides relief from creditors - *Sovereignty*
2. Marcia ‘picks her battles’ and complies with her workgroup’s ‘farewell gift money collection’ - *Service*

Unity

You are united with other(s) when you exercise your ‘right to choose’ and team up to get closer together

1. Ruth and Rick negotiate a way for each to meet differing needs - *Free Choice*
2. Melody and Mike team up and work together to achieve common goals - *Connection*

Possibility

You are inspired by possibilities when you either get insight that frees you from limitation, or ideas on how to achieve a ‘big win’ outcome.

1. Gomer gets insights that help him understand the love of his life - *Discovery*
2. Derek devises a way to keep warehousemen interested in interviewing skills - *Invention*

Advancement, Interdependence and Value are the fundamental emotional appetites of your *Relating* cycles. Remember the example stories you read via the Internet:

Advancement

You advance by either ‘cutting your teeth’ on challenges, by fulfilling your destiny or both.

Challenge

You are ‘challenged’ in play to take risks for fun, and by work to surmount difficulties.

1. Kyle gets over initial hesitation and ‘dances the night away’ with Cheryl - *Play*
2. John strives to build his own business - *Work*

Destiny

You get closer to your destiny when you persevere in your purpose and aspire to fulfill your ambitions.

3. Sheila persuades Condo Association board members to work together – *Meaning and Purpose*
4. Adrienne launches a networking campaign to expand her customer base - *Aspiration*

Chapter 5: Life Energy Assemblies

Interdependence

Interdependence is achieved when you are autonomous enough to be self-sufficient but you associate productively with other people for the greater gain of all.

Autonomy

You establish your autonomy through economically allocating scarce resources and through your ability to solve problems that create trouble for you.

1. Jeff conserves animal life with a vegan diet - *Economy*
2. Jerry digs himself out of debt - *Problem Solving*

Association

Your associations are most productive when you are able to enroll others and orchestrate them in the achievement of goals.

3. Roger signs up his carpet installers to double as salesmen - *Enrollment*
4. Karen gets her friends through a tough spot to build a family room - *Orchestration*

Value

You feel your greatest value when you better yourself and by loving and being loved.

Betterment

You 'feel like a better person' when you gracefully respect limits, and adapt to change by learning and developing.

1. Instead of texting in company, Donna pays attention to the person she is with - *Restoring Integrity*
2. A new public relations person learns how to represent her company - *Adaptation*

Lovability

You feel lovable when you relate lovingly to others and when you heroically serve people.

3. Neil reaches out to Sheila and invites her on a date - *Relation*
4. Nancy nurtures her relationship with John by getting him to take the weekend off - *Improvement*

In summary, you have six **fundamental emotional appetites**, three *inner* and three *relating*:

Fundamental Inner Appetites

Security
Unity
Possibility

Fundamental Relating Appetites

Advancement
Interdependence
Value

Chapter 5: Life Energy Assemblies

Physical and Spiritual Appetites

As well as emotional appetites, you have physical appetites (like thirst and hunger) and probably spiritual appetites (like to feel ‘one’ with all of nature, or be connected with all of humankind).

You have physical and spiritual energy, as well as emotional energy. So it makes sense that your life energy should include all three. Before writing this book, I realized that jumping from emotion to all human feeling would be a huge ‘mental’ leap. To make it easier I carefully selected ‘just the right words’ to name your fundamental emotional appetites. I picked generic words that cover more than your emotions. I picked words that span every human appetite under the sun, whether physical, emotional or spiritual. Here are three examples:

A ‘High’:

What do the following experiences have in common?

- Riding a roller-coaster
- Getting a new car for Christmas
- Being promoted
- A feeling of spiritual oneness

One Answer: they all give you a ‘high.’

In English, there are some words like ‘a high’ that span the complete range of physical, emotional and spiritual feeling. You can use words like these in all three situations! For example, you will be understood whether you say “I’m high on sports,” “I’m in high spirits” or “I’m high on my religion.” But words like ‘high’ are the exception.

‘Lust’:

Use of the word ‘lust’ is restricted to physical feeling. If you try to use it in a spiritual context (e.g. “I feel lust for God”) people will think you’ve lost your mind. Even using this word in an emotional context, you could be treading on thin ice.

The *emotion* parallel to lust is love (notice how well the two go together in the word ‘lovemaking.’)

A spiritual analog of lust and love is *passion*, as in ‘The Passion of Christ.’

Chapter 5: Life Energy Assemblies

‘Unity’:

- (i) Physical sense: a partnership between people
- (ii) Emotional sense: an unspoken bond between people
- (iii) Spiritual sense: spiritual completeness

Unity is another word like ‘High.’ Your appetite for Unity is very broad. It spans still more ‘physical’ appetites like “longing for shelter, a place to call ‘home,’” emotional appetites like ‘wanting to be in rapport’ and your spiritual appetites like those for ‘wholeness’ and a ‘soulmate.’

Like ‘Unity,’ all the words for your fundamental emotional appetites broadly apply to your physical, emotional and spiritual appetites.

Definition: Accordingly, within this broader frame for life energy, here forward I will drop the word ‘emotional’ and simply refer to your six **Fundamental Appetites**. You have fundamental appetites for:

Inner Appetites

Security

Unity

Possibility

Relating Appetites

Advancement

Interdependence

Value

The more you learn about your fundamental appetites, the more you will come to know how very broad and comprehensive your ‘appetites’ are. It’s little wonder that it takes a lifetime to really get to know yourself, never mind another person. You want so many things, it’s impossible to count them all. Part of the dilemma of being human is your insatiable appetites. One of the biggest reasons you may be ‘insatiable’ is that you are often unaware of – and blindsided by – the many ‘appetites’ you have. Alluding to this aspect of the human condition, Melanie Safka sings²³:

“... it’s sad that we weren’t born
Like horses and sheep,
To know where we’re goin’,
To know what we need.”

I promise you a ‘jump start’ in achieving knowledge and awareness of your ‘appetites’ – and your life energy – as you read the rest of this book²⁴.

²³ [The Good Book by Melanie Safka](#) (click to play song on YouTube)

²⁴ The leap from emotional appetites to **all** your appetites is the “largest leap” I will ask you to take. It’s bound to look foggy, considering most of the “emotion words” used to construct Emotional Energy Cycles apply only to emotions. Unlike the word “high,” most words for emotion do not extend naturally to the realms of physical and spiritual feeling. This is an important gap in the English language, which I cannot directly bridge without risking boring you to death! So this is a “leap” I will ask you to “take on faith” – temporarily. Will you suspend judgment until you read Chapter 6 and complete Part 2 of this book? As you read Part 2, I promise the “fog will lift” and the truth behind this “leap” will become increasingly evident.

Chapter 5: Life Energy Assemblies

Life Energy Centers

In Chapter 6, you will finally get to integrate the physical, emotional and spiritual appetites of your life energy. In preparation, you are going to need one more bit of new language. This chapter has already introduced the term: **fundamental appetite**. There is one more new term to 'get' – ***Life Energy Center***.

Definition: a **Life Energy Center** is an assembly of a *fundamental appetite*, all its associated *emotional energy cycle(s)* and their corresponding *primary emotions, compound emotions, transition emotions* and *precise emotions*.

Life Energy Centers are named after their fundamental appetite. Since you have six fundamental appetites, you have six Life Energy Centers.

Advancement Center (Relating)
Interdependence Center (Relating)
Value Center (Relating)

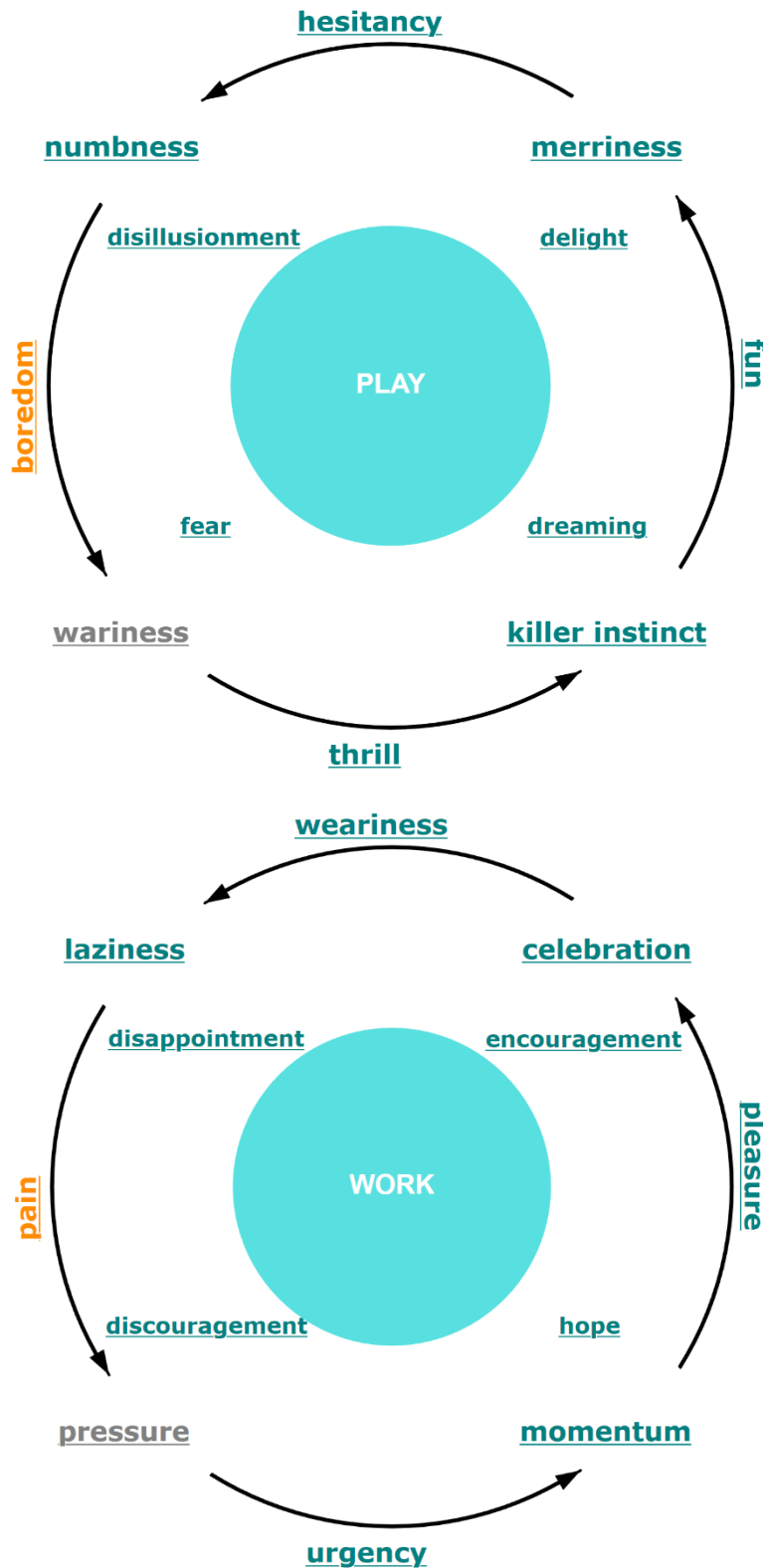
Security Center (Inner)
Unity Center (Inner)
Possibility Center (Inner)

Each Relating Life Energy Center has two pairs of associated Relating Cycles. Each Inner Life Energy Center has just one pair of composite Inner Cycles.

Let's look at an example of each.

Chapter 5: Life Energy Assemblies

Advancement Life Energy Center (Relating) – 1st ('Challenge') Pair of Emotional Energy Centers



Tenth Emotional Energy Cycle: Play

2 Unlike Pairs of Opposing Primary Emotions:
expectation ↔ **surprise**,
sadness ↔ **joy**

4 Compound Emotions:
disillusionment, **fear**,
dreaming, **delight**

4 Transition Emotions:
boredom, **thrill**,
fun, **hesitancy**

4 Precise Emotions:
numbness, **wariness**,
killer instinct, **merriness**

Eighth Emotional Energy Cycle: Work

2 Unlike Pairs of Opposing Primary Emotions (same):
expectation ↔ **surprise**,
sadness ↔ **joy**

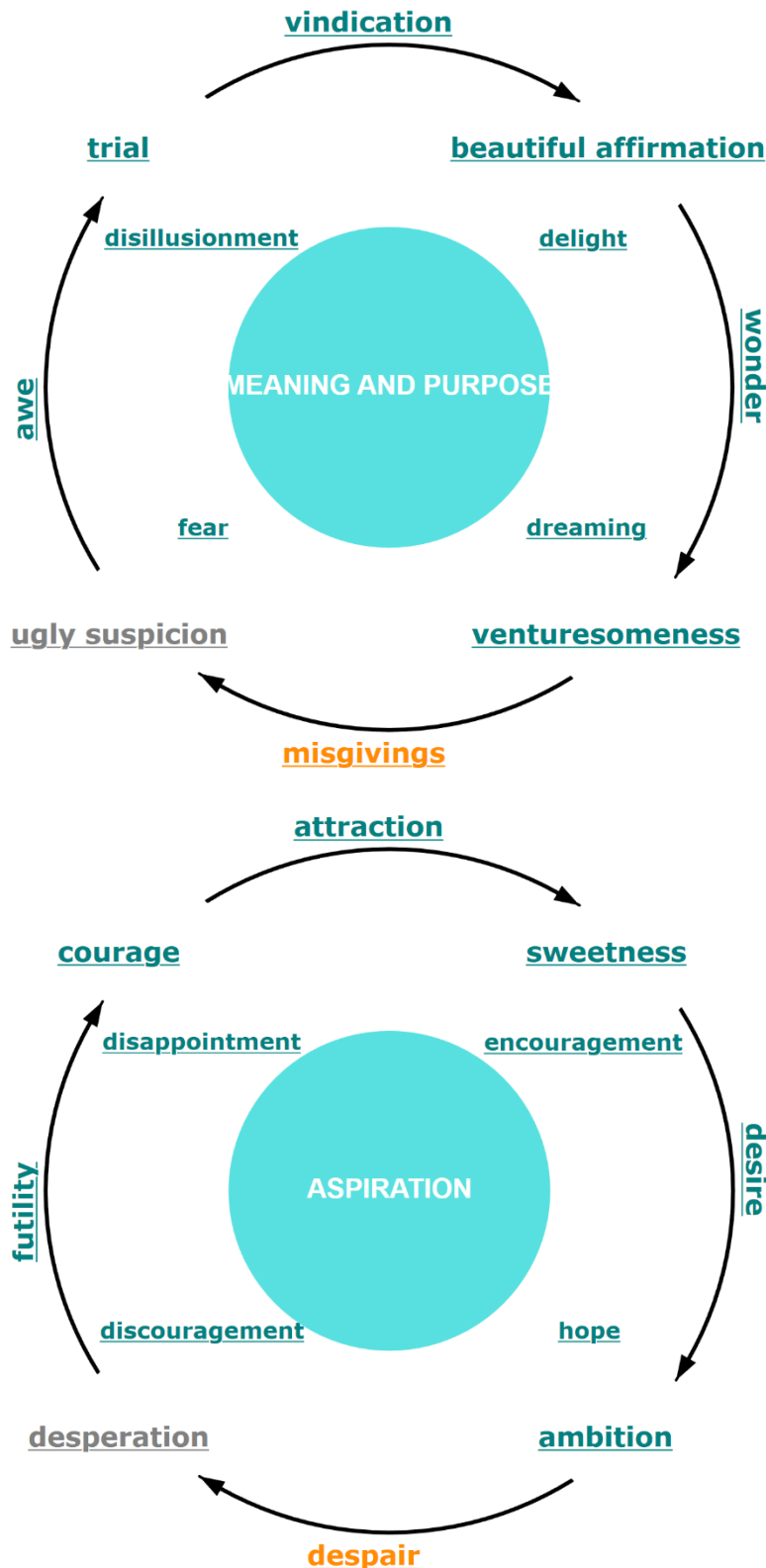
4 Compound Emotions:
disappointment,
discouragement,
hope, **encouragement**

4 Transition Emotions:
pain, **urgency**,
pleasure, **weariness**

4 Precise Emotions:
laziness, **pressure**,
momentum, **celebration**

Chapter 5: Life Energy Assemblies

Advancement Life Energy Center (Relating) – 2nd ('Destiny') Pair of Emotional Energy Centers



Ninth Emotional Energy Cycle: Meaning and Purpose

2 Unlike Pairs of Opposing Primary Emotions (same):
expectation ↔ surprise,
sadness ↔ joy

4 Compound Emotions (same as for the Play cycle – in reverse):
fear, disillusionment, delight, dreaming

4 Transition Emotions:
misgivings, awe, vindication, wonder

4 Precise Emotions:
ugly suspicion, trial, beautiful affirmation, venturesomeness

Seventh Emotional Energy Cycle: Aspiration

2 Unlike Pairs of Opposing Primary Emotions (same):
expectation ↔ surprise,
sadness ↔ joy

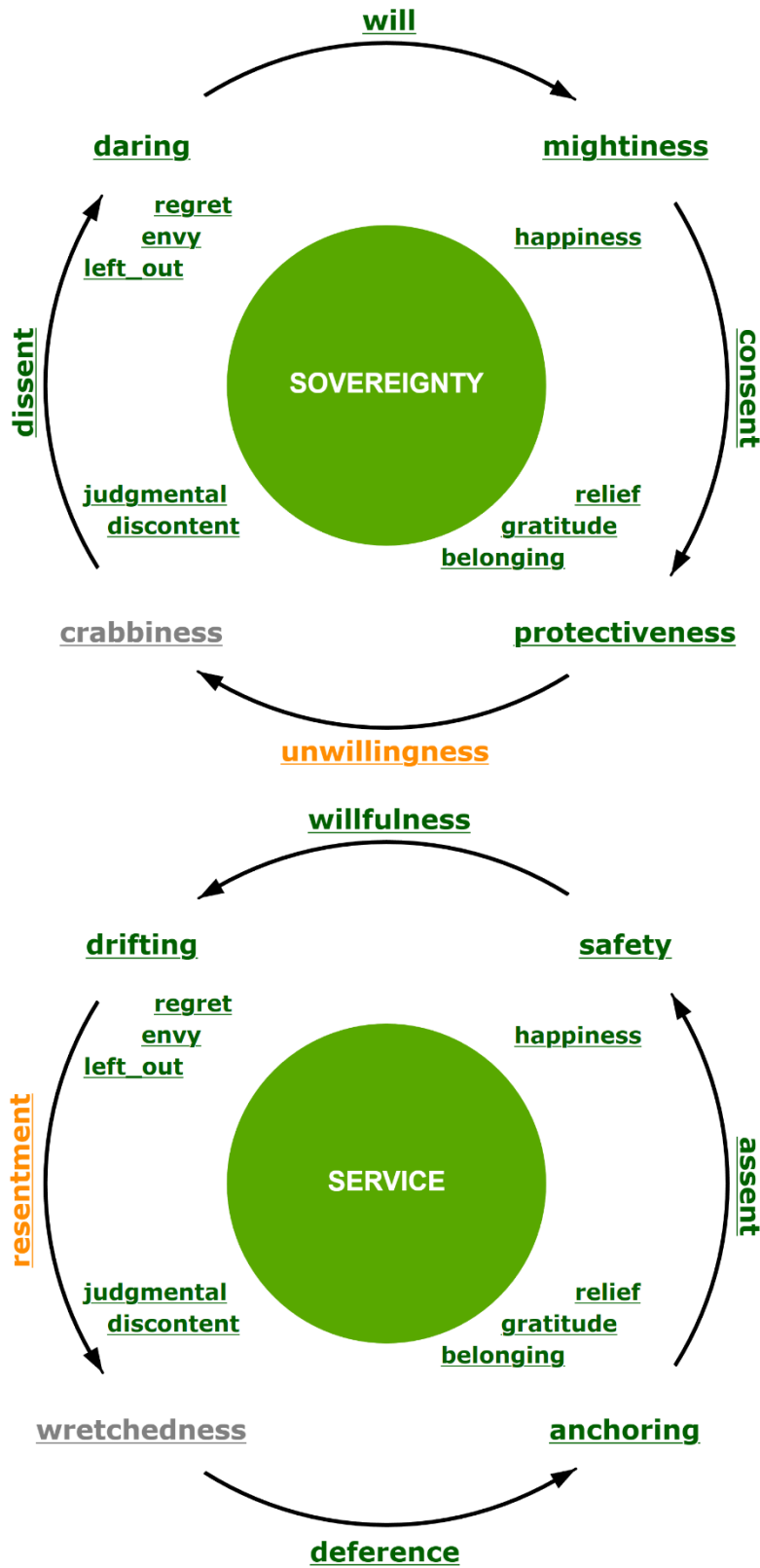
4 Compound Emotions (same as for the Work cycle – in reverse):
discouragement, disappointment, encouragement, hope

4 Transition Emotions:
despair, futility, attraction, desire

4 Precise Emotions:
ambition, desperation, courage, sweetness

Chapter 5: Life Energy Assemblies

Security Life Energy Center (Inner)



First Emotional Energy Cycle: Sovereignty

2 Like Pairs of Opposing Primary Emotions:

sadness ↔ joy
sadness ↔ joy

4 Compound Emotions:

judgmental discontent, regret / envy / left out, happiness, relief / gratitude / belonging

4 Transition Emotions:

unwillingness, dissent, will, consent

4 Precise Emotions:

crabbiness, daring, mightiness, protectiveness

Second Emotional Energy Cycle: Service

2 Like Pairs of Opposing Primary Emotions (same):

sadness ↔ joy
sadness ↔ joy

4 Compound Emotions (reversed):

regret / envy / left out, judgmental discontent, relief / gratitude / belonging, happiness

4 Transition Emotions:

resentment, deference, assent, willfulness

4 Precise Emotions:

divergence, resentment, unwillingness, assent

Chapter 5: Life Energy Assemblies

Altogether, the emotional energy cycles of your life energy centers incorporate all your compound emotions (36), all your transition emotions (72) and all your precise emotions (72).

In the next chapter you are going to discover **what your life energy centers do for you**. You are going to discover your *Major Aspects*.

Mid-Point Reality Check – Chapter 5

You must ‘get’ the basic concepts covered so far in Chapter 5 before moving on.

Take some time now (one or two days at least) to *apply* what you have read. The following are designed as exercises to help you distinguish fundamental appetites:

7. Intentional Attention

Make the fundamental appetites ‘real’ for you by taking each item in your “Preparatory Exercise for Chapter 5” and matching it to one (or more) fundamental appetites.

Your list item	Fundamental Appetite(s)
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

8. Deep Exploration

Broaden your understanding of fundamental appetites by listing one physical, emotional and spiritual feeling for each of the following experiences:

	Physical	Emotional	Spiritual
Rejecting a ‘come on’			
A hug			
Being manipulated			
Receiving a gift			
Resolving a conflict			

Chapter 5: Life Energy Assemblies

The Natural Tides of Your Life Energy

Like the ebb and flow of ocean tides, your Life Energy Centers surface, swell and subside.

Meet Charlie. Let's look at one day in his life and how his Life Energy ebbs and flows.

Charlie is an entrepreneur out to get rich. It is Monday. Since he is driven by Aspiration and Work, much of his day revolves around his fundamental appetite for *Advancement*. He spends Monday morning making dozens of sales calls to prospects.

At lunch, he begins to daydream about how to increase his sales. His appetite for *Possibility* kicks in; he is curious about what products would really interest his market niche. His *Security* drive also contributes a desire for an exclusive product that no competitor could offer. Shortly after lunch Charlie works up a strategy for a new product line and starts designing.

While business is good, Charlie can take his company only so far as a one-man band. Like Scrooge and Marley in Charles Dickens' *A Christmas Carol*, Charlie finds himself longing for *Unity* with a partner who will commit to similar goals. He calls an old college buddy to arrange a dinner get-together. After talking about old times, Charlie moves the conversation into the present to test his friend for interest in joining him in business.

Notice what went on 'inside' Charlie. During his workday, Charlie's Possibility, Security and Unity Life Energy Centers subordinated themselves to his Advancement Center. "All for one."

After concluding his workday with dinner, Charlie returns alone to his empty apartment. He begins to feel lonely for companionship, particularly of the female persuasion. His thoughts turn to Helen, who lives on the next floor up. He is attracted to her.

His *Unity* appetite for *Connection* looms large. He gives Helen a call and they chat warmly about their day. His *Advancement* appetites for *Play* and *Purpose* surface energy that he uses to persuade her to go out with him to see a movie.

In his personal life, Charlie's appetite for Unity is in charge. His appetite for Advancement subordinates itself to help satisfy his hunger for Unity (he will chase Helen until she catches him).

Chapter 5: Life Energy Assemblies

Charlie has always wanted to have his own company to run. Starting his company expressed his *Interdependence* appetite for *Economy* – the optimal investment of his time and energy. Similarly, his appetite for *Problem Solving* ensures he will be able to handle the inevitable difficulties that will come up. This latter appetite further draws on Charlie's Advancement Center to Aspire to the most competent and self-reliant businessman he can be.

Accordingly, to develop his talent as a business owner, Charlie recently registered for leadership, management and accounting courses offered by the Carnegie-Mellon Institute.

By energizing his personal training, Charlie's Advancement appetite gave him a welcome jump towards developing the Problem Solving skills he wants as part of his appetite for Interdependence.

In both examples above, Charlie's Advancement Life Energy Center subordinated itself: first to his Unity Center, and then to his Interdependence Center. "One for all."

Notice how vital the contributions of Charlie's subordinated Life Energy Centers were to meeting his dominant Center appetites.

Life Energy Centers 'step up' into the dominant role because their fundamental appetites are perfectly tuned to address specific human situations.

In **all** situations – whether the 'need of the situation' is physical, emotional and / or spiritual – **all** your Centers can simultaneously manifest. Thus every one of your Security, Possibility, Unity, Advancement, Interdependence and Value Life Energy Centers can 'show up' either physically, emotionally and / or spiritually. *However*, each of your Centers is '*strongest*' is just one of these areas. That 'area of strength' is also the area in which it is *best suited* to deal with the types of human conditions encountered there.

For example, if you lose your job and find yourself broke, your physical needs will likely 'rise to the fore.' Your Security drive will most likely 'kick in.' Your other Centers will dutifully support your Security Life Energy Center until your privation is over. If your 'survival instinct' is strong, this will happen well before you end up homeless on the street!

On the other hand, "man does not live by bread alone." If you have been working for twelve years in a dead-end job with no future, and endless days of boring humdrum routine, you stand an excellent chance your appetite for Possibility will influence your next career decision – simply because you are starved for inspiration. "Without a vision, the people perish". You might find yourself curious about other careers, or even alive with ideas for a career change.

Accordingly, in each common human condition, one Life Energy Center 'steps up' to be dominant.

Chapter 5: Life Energy Assemblies

Human Conditions

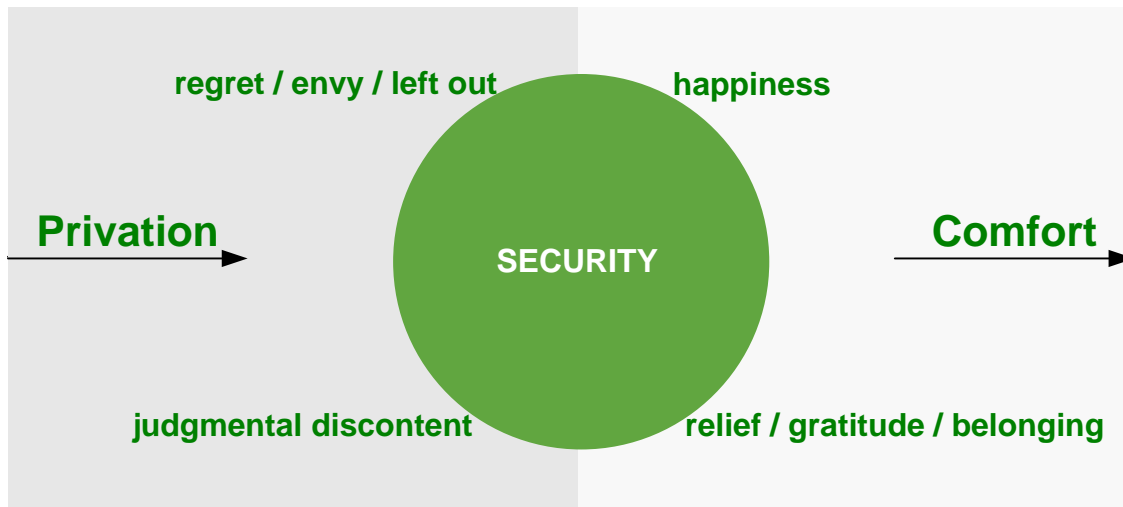
Each cycle of your life energy resolves an unresolved human condition:

'Unresolved' Condition	'Resolved' Condition Your Cycles Produce	Life Energy Center that 'Steps Up'
Privation	Comfort	Security
Conflict	Harmony	Unity
Uncertainty	Inspiration	Possibility
Aimlessness	Direction	Advancement
Unreliability	Faith	Interdependence
Change	Stability	Value

As an example, look at how your Security Center 'steps up' to transform **privation** to **comfort**.

Your Security Center contains two Emotional Energy Cycles that share the compound emotions shown. One cycles clockwise (Sovereignty Cycle) and the other counterclockwise (Service Cycle).

On the left are 'negative' (unpleasant) compound emotions of *insecurity* that feel like **privation**:



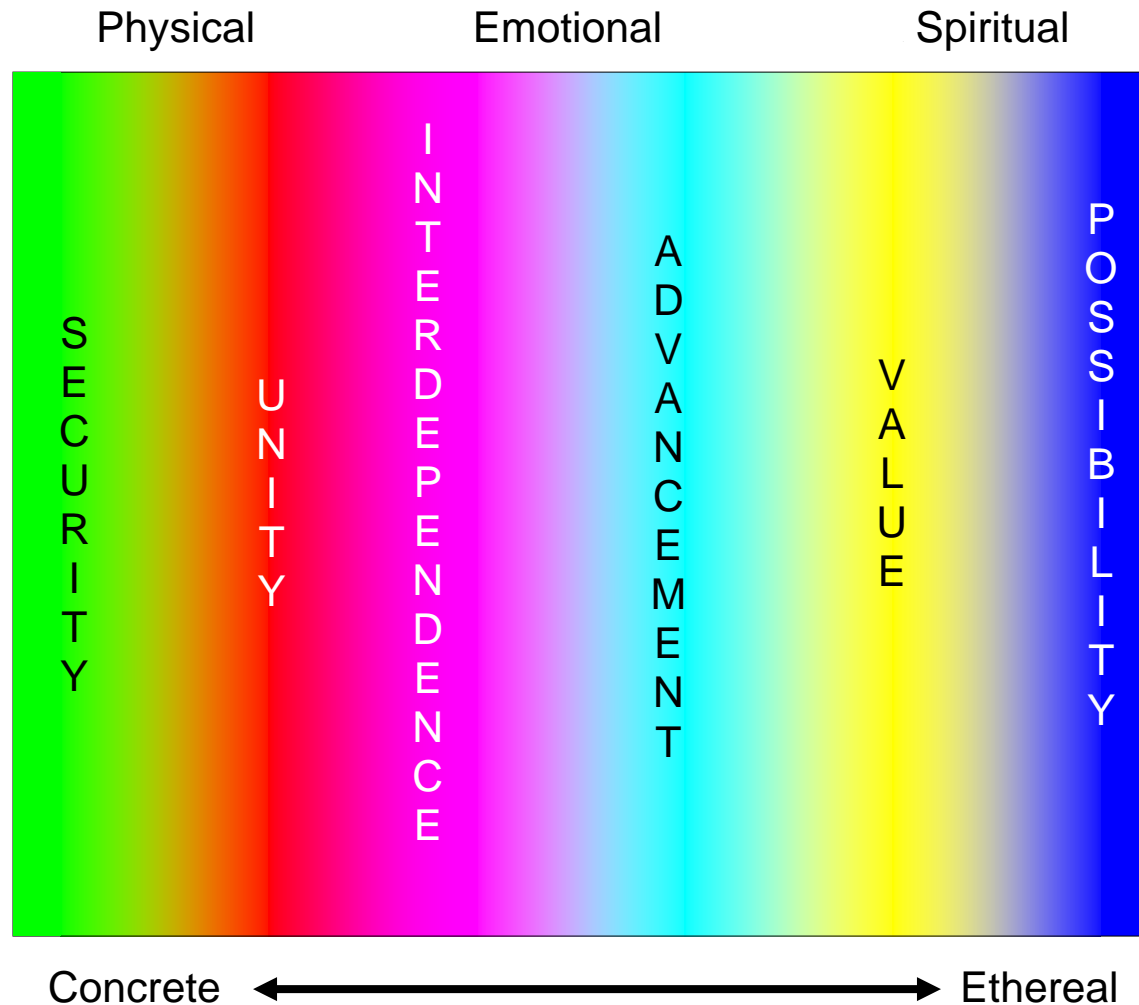
When you cycle through to the 'positive' (pleasant) side, whether via the Sovereignty or the Service Cycle, you feel **comfort**.

Chapter 5: Life Energy Assemblies

Spectrum of Tangibility

Life experience houses a spectrum of situations, ranging from concrete to intangible, and all of them stimulate your appetites.

Following, your Life Energy Centers have been ‘ordered’ according to their tangibility:



The most physical situations – and your most physical appetites – are the most concrete.

Emotional situations are less tangible.

As for spirit – whenever I bring up spirituality there are inevitably those who mutter “woo – woo.” Spiritual appetites are the least tangible of all.

Now let’s examine in greater depth, how and why your Life Energy Centers ‘step up’ to meet physical, emotional and spiritual conditions.

Chapter 5: Life Energy Assemblies

Human Conditions		Life Energy Center that ‘Steps Up’
Physical	Privation ⇔ Comfort	Security - you would feel ‘privation’ most intensely if you did not have enough food and water to live very long. If you are like most people, your Security center seems the best designed to overcome life or death situations. Specifically, <i>physical</i> life or death. Your Security Center is the life energy at the root of your survival instinct.
	Conflict ⇔ Harmony	Unity - Unity gives you a warm feeling of being in harmony. Unity probably means the most to you in physical ways: having territory that is yours such as a place to call home, being close to family and being free to reach out and <i>touch</i> someone (e.g. babies deprived of touch suffer developmentally). Your Unity center grounds you in the physical world.
Emotional	Unreliability ⇔ Faith	Interdependence - ‘Unreliability’ and ‘faith’ are most often relationship issues. They arise in situations where the most important question is betrayal versus loyalty.
	Aimlessness ⇔ Direction	Advancement - Aimlessness and direction also arise primarily in relationships. These conditions arise largely out of discouragement or encouragement.
Emotional and Spiritual	Change ⇔ Stability	Value - Your Value center deals with change by attaching negative or positive value to it, whether the ‘situation’ is physical, emotional or spiritual. Arguably, your most noble values come from a spiritual source.
Spiritual	Uncertainty ⇔ Inspiration	Possibility - ‘Uncertainty’ is vague by its very nature. It is the least <i>concrete</i> of all the conditions. Uncertainty about the <i>future</i> is the most common kind of uncertainty. To look forward to the future, your Possibility center gives you <i>inspiration</i> . This is a basic role that spirituality plays in your life. For example, if you are like most people, you look for a <i>spiritual</i> answer to life’s most uncertain question: “What will happen when I die?”

Chapter 5: Life Energy Assemblies

Final Reality Check – Chapter 5

You must ‘get’ the basic concepts of Chapter 5 before moving on to Chapter 6.

Take some time now (one or two days at least) to *apply* what you have read. The following are designed as exercises to help you get familiar with your fundamental appetites and your life energy centers.

1. Intentional Attention

- a) ‘Order’ your six Fundamental Appetites b) Set a six-month goal for satisfying each Fundamental Appetite

Assign priorities #1 through #6 **
(i.e. at this point in your life, #1 gives you the most energy and / or stress relief)

_____	Security	
_____	Unity	
_____	Interdependence	
_____	Advancement	
_____	Value	
_____	Possibility	

** Note: complete this with a perspective of ‘habitual’ versus ‘situational’ thought.

2. Deep Exploration

The first step in *resolving* ‘Unresolved Human Conditions’ is to become *consciously aware* of them.

- Exercise:
- a) For each type of relationship, list and describe any ‘unresolved condition(s)’ you want to resolve in your life.
 - b) For each ‘unresolved condition,’ write the ‘resolved condition’ and its corresponding Life Energy Center.

Relationship	Unresolved Condition(s)	Resolved Conditions	Life Energy Center
<u>self</u>			
<u>other</u> (one or more significant persons)			
<u>world</u> (your community at large)			

Chapter 5: Life Energy Assemblies

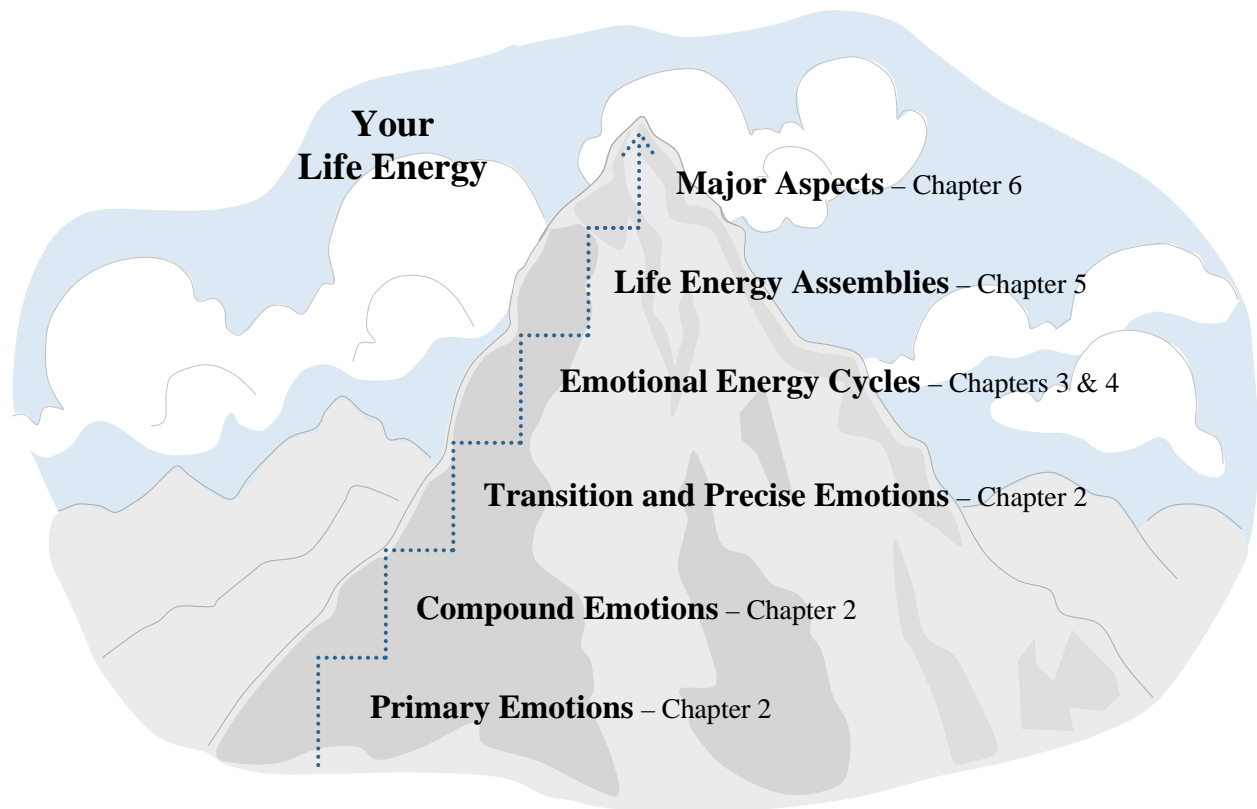
Preparatory Exercise for Chapter 6

You have worked hard to get here. You are so close to the top of the mountain!

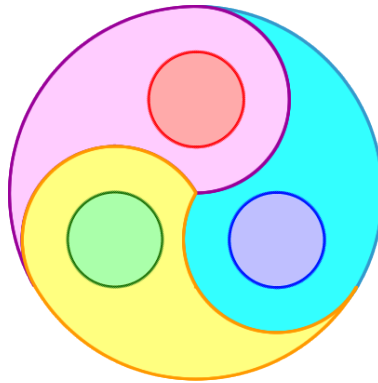
You are finally reaching the pinnacle of BOOK 1 – you are about to discover your *Major Aspects*. These are where you will find the mother lode of ‘juice’ in this book. Your Major Aspects are the foundation for BOOKS 2 - 6: – Your Life Journey.

Like climbing a mountain, each ‘increase in altitude’ gives you a ‘bigger picture’ – in this case, you are getting the ‘big picture’ of your life energy. However, jumps to ‘higher altitudes’ can also make you dizzy!

Accordingly, just before you venture the final climb to the peak, take stock of all you have learned so far. Review the progression of the first five chapters. Key points are shown below for each stage in the progression. If there are any that seem ‘fuzzy,’ this is your chance to go back to the appropriate chapter and get clear.



[\(click to jump to table of contents\)](#)



Chapter 6:

Your Major Aspects

Chapter 6: Your Major Aspects

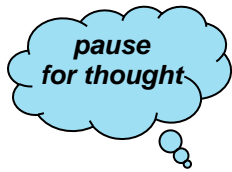


To this point, we have purposefully taken you – in painstaking detail – through the maze and complexity of your ‘parts’ – your full range of emotions, appetites, Emotional Energy Cycles and Life Energy Centers.

Now we can give you your ‘whole.’

The ‘whole’ of you encompasses SIX **MAJOR ASPECTS**:

1. Genetic Survival
2. Material Nature
3. Ego
4. Soul
5. Identity
6. Spirit



*Indulge us for a few moments;
allow us a little amateur ‘mind reading’ – it’s important.*

You see, we suspect that – right now – you’re thinking, “This is nothing new. I already know about all these, and what they are. Why didn’t you just give them to me right up front?”

We’re so glad you asked!

*Believe us when we say, you do not know what these major aspects encompass. If you (and humankind in general) **did** know, we wouldn’t be seeing all the problems people are having in all arenas of their lives.*

Our take on your Major Aspects is new, and radically unconventional. Thus, giving you the parts before the whole (contrary to ‘common sense’) was essential. It is the parts that come together to make the whole, not the other way around. Through a ‘conventional’ whole presented up front, you would never have been able to see these parts.

The ‘whole’ we present – while seemingly familiar – is subtle and novel in so many ways. Only now, by having travelled the path you have taken, are you fully ready to deeply understand it.

*Are we on the same page? Good! Let’s go forward with your **MAJOR ASPECTS**.*

Definition: Each **Major Aspect** is a dominant Life Energy Center, supported by subordinate Life Energy Centers.

To help you reacquaint yourself with your Major Aspects – and, in fact, to be able to clearly distinguish each (e.g. there is a clear distinction between Soul and Spirit), here are capsule descriptions.

Chapter 6: Your Major Aspects

Genetic Survival	Without the appetite for Security, you would not physically exist. Your genetic survival <i>instincts</i> compel you to gain what you need to survive . They serve your most basic requirements, for air, water, food, shelter, guardianship and movement.
Material Nature	Your material nature Unites you with the material world – which is where you are. Material appetites are tangible wants that enhance but are not absolutely required for your individual survival. They include possessions, physical closeness and territory, conception, hunting and gathering, making and trading goods and sex.
Ego	Your ego in the ‘TriUnity sense’ does not mean having a swelled head or being egotistical. Rather, <i>ego</i> refers to your source of competence. Its appetites for Interdependence are your most conscious. They confer on you the ‘know how’ to process information all the way from perception to decision. Your ego develops means to attain your ends. Some ego appetites are for presence, stimulation, communication, goals, stature and development.
Soul	‘Soul’ is the source of your most powerful emotional drives , and answers more than any other Major Aspect why you live your life as you do. “Soul is the part of the psyche that connects us with the eternal and provides a sense of meaning and value in our lives. ... In popular usage, Soul is associated with the capacity for deep feeling as in the expression ‘soulful,’ or, as in ‘soul-loss,’ with the sense (or the loss of such a sense) of meaning, value, and purpose ²⁵ .” Without your Soul’s motivation, you would have all the aspiration and dynamism of a contented cow as it chews its cud. Some of your Soul’s Advancement drives are for advantage, knowing, commitment, go-getting, sharing and caring.
Identity	Your identity gives your self , ‘who’ you are. Without your appetite for identity, you would be unstable. An early source of identity was your gender. When you were born, what was the first question people asked about you? Most likely, it was “Is it a boy or a girl?” Some basic ‘identities’ you might have an appetite to Value are to be a ruler, a caregiver, a sage, a warrior, a lover or a seeker.
Spirit	<p>Your spiritual, mystic side answers the uncertainty of the future. Spirit provides you Possibility to answer the question, “when?” Your Spirit inspires ‘knowings’ that answer mysteries like “What happens when I die?” and “Does it all end, or is there something meaningful beyond?” In the face of the unknown, you want to <i>know</i>: “What does it mean when bad things happen to good people?” “What’s it all for?” “Where does it all lead?” “When will I find out?”</p> <p>With strong spiritual inspiration, you are more likely to integrate your Major Aspects and find your life purpose. Some spiritual appetites are for oneness, wholeness, nothingness, communion, humor, holiness, law, divinity and essence.</p>

²⁵ *Awakening the Heroes Within: Twelve Archetypes to Help Us Find Ourselves and Transform the World*, © Carol S. Pearson 1991, Harper Collins Press.

Chapter 6: Your Major Aspects

In each of your Major Aspects, all six life energy centers support the dominant center's specialty. They take on its character by focusing their fundamental appetites to serve the dominant. The table below summarizes how all six life energy centers support the dominant center in each of your Major Aspects. You do not need to remember everything in this table! Its purpose is to have you realize just how broad and diverse your appetites are.

Major Aspect	Dominant Life Energy Center	Subordinate Life Energy Centers						Transforms Negative Condition → Positive
		Security	Unity	Inter-dependence	Advancement	Value	Possibility	
Genetic Survival	Security	Will to Live Tribalism	Shelter Family	Movement Cleansing	Energy Subsistence	Consumption Digestion	Exploration Manipulation	<i>privation</i> → <i>comfort</i>
Material Nature	Unity	Possession Attraction	Territory Pecking Order	Producing Trading	Targeting Hunting	Sex Reserve	Conceiving Gathering	<i>conflict</i> → <i>harmony</i>
Ego	Inter-dependence	Sensation Discrimination	Expression Impression	Responsibility Authority	Leadership Occupation	Socialization Adjustment	Interest Variety	<i>unreliability</i> → <i>faith</i>
Soul	Advancement	Legitimacy Joining	Freedom Friendship	Association Autonomy	Destiny Challenge	Lovability Betterment	Knowing Why Knowing How	<i>aimlessness</i> → <i>direction</i>
Identity	Value	Innocent Conformist	Warrior Caregiver	Executive Contributor	Leader Follower	Loving Person Good Person	Seeker Guru	<i>change</i> → <i>stability</i>
Spirit	Possibility	Omnipotence Materialization	Reach Divinity	Community Law	Abundance Art	Essence Being	Truth Holiness	<i>uncertainty</i> → <i>inspiration</i>

Table 1: Life Energy Center Fundamental Appetites Focused on Serving the Dominant Life Energy Center in Each Major Aspect

Chapter 6: Your Major Aspects

Having discovered your Major Aspects and their depth you may now be awestruck, because there is a ‘lot more to you’ than you ever realized. This brings up the major dilemma that this chapter is determined to help you resolve: how do you reconcile competing appetites?

You have learned how each of your Major Aspects organizes your life energy to fit the conditions of each particular situation. But life is more complex than handling one situation at a time. In today’s busy world, you are often besieged with a myriad of challenges to deal with.

So how do you decide which appetite to meet first? In complex situations, which Major Aspect will swell to dominate the moment?

Major Aspect Priority Factors

Your Major Aspect that has the strongest appetite in the moment will be ‘boss.’ Four factors govern which this will be:

1. **Situational Urgency:** Abraham Maslow identified that situation types have a natural order of precedence. Survival issues get first attention, followed by relationship and ego issues. Maslow’s hierarchy of needs expresses well how the *urgency* of the situation matches one-for-one with how *concrete* the conditions are that a situation presents. For example, if your bladder fills past a certain point, nothing else will matter except getting to a restroom as soon as possible.
2. **Situational Importance:** Unless you spend your whole life under survival pressure, Maslow’s hierarchy of needs is **not** the full story. During discretionary time, urgency gives way to importance. Your preference for meeting particular appetites then comes shining through: what is important to *you*.
3. **Prolonged ‘Starvation’:** No matter which Major Aspect you consider, it will ‘come up for air’ and take over the ‘boss’ position once it has been ‘starved’ long enough. Even a camel has to drink sometime.
4. **Coming of Age:** This is really a combination of the first three. As you age, your ‘situation’ naturally changes. Life’s challenges are different when you are fifty than when you were two, or even when you were twenty or thirty.

When you are older, you tend to spend more time developing your less ‘tangible’ Major Aspects because you have more discretionary time: your children have left the nest, your expenses are less and your reputation is established in your career.

‘Coming of age’ also gives you more latitude to satisfy long-forgotten needs and dream once forbidden dreams. When older you get a chance to meet parts of yourself that you suppressed long ago while obeying the (slightly modified) adage, “When the going got tough, the tough got going.”

Chapter 6: Your Major Aspects

At least in the western world, where day-to-day survival is not an overbearing matter, in your life you stand an excellent chance of meeting the appetites of your preferred Major Aspect. Albeit in some manner you cannot foresee, barring death, disease or disaster *you will get from this life what you most want.*

A Final Word on Maslow's Hierarchy

Some people almost *ignore* urgency in favor of importance. Even major insecurity may fail to make their survival instinct 'kick in.' Consider history's martyrs who have sacrificed their lives for political causes.

Other people so abhor change that they insist on stability first and foremost, and some of them are real control freaks. Even though Identity ranks fifth in terms of urgency, it is *important* enough to some folks to practically take over their entire world.

Given relatively ordinary circumstances, still others (the voice of experience speaks) will hold onto their soul's 'sense of life purpose' like a dog with a bone.

Different people have different appetites.



26

²⁶ The cartoon is a custom composite of multiple drawings found on the Internet with my caption added.

Chapter 6: Your Major Aspects

Natural Order of Major Aspect Development

During your life, you tend to develop your most ‘concrete’ Major Aspects first. You work through to your more ‘intangible’ ones as you ‘come of age.’ Here are your Major Aspects numbered in their natural chronological order of development:

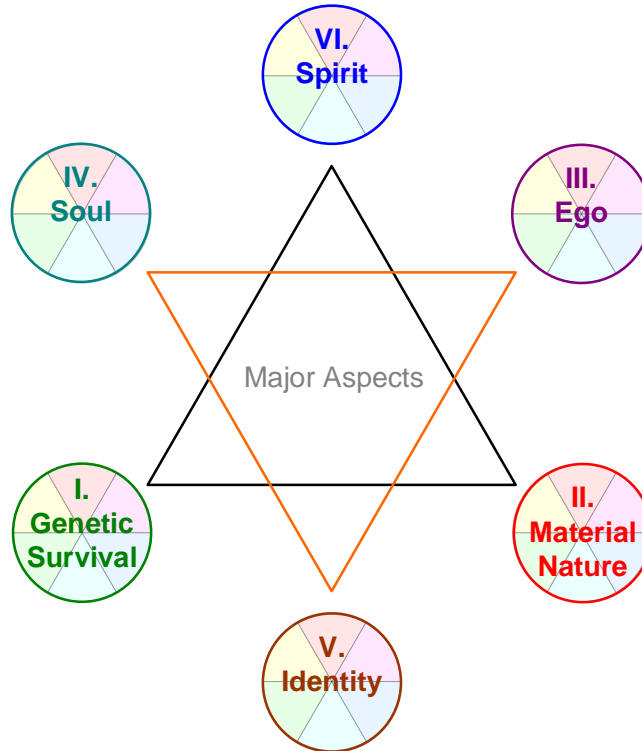
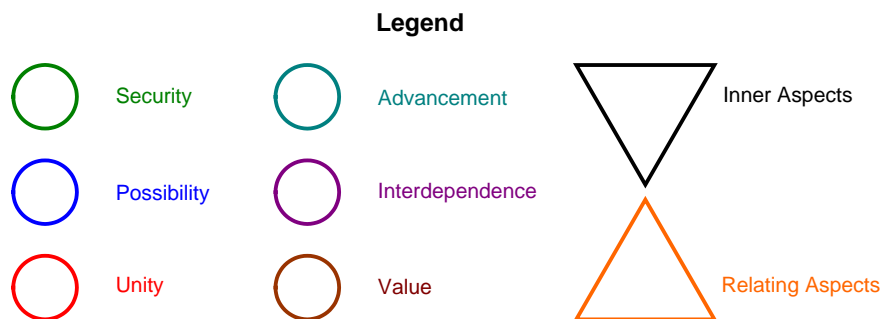


Figure 2: The natural order of your Major Aspect development



The color of the perimeter of each circle corresponds to the dominant Life Energy Center per TriUnity’s color code (for more detail, see “[Appendix B – The TriUnity Color Scheme](#)”).

The background colors in each circle represent subordinate Life Energy Centers.

The black triangle links your three **Inner aspects**, dominated by an *Inner* Life Energy Center. The orange triangle links your three **Relating aspects**, dominated by a *Relating* Life Energy Center. The two triangles together form a star representing your six **Major Aspects**.

Chapter 6: Your Major Aspects

Major Aspect Development in Your Life

We now invite you to hear your life story retold from the perspective of your *Major Aspects*. BOOKS 2 - 6 of this series will help you understand your development as you journey through life.

How to Get the Most from BOOK 2

As you read, you will become aware of yourself and others in ways you have never imagined. Fresh awareness has long-term benefits, but risks self-consciousness short-term.

For example, imagine yourself golfing or playing tennis. If during every backswing, you tried to answer the question “Am I breathing in or out?” it would throw you ‘off your game.’ Similarly, for a while, you may find your new emotional awareness distracting.

You will probably find it easier to focus your new ‘eyes’ on others first. Immediate benefit: Huge insight dawns when you realize people you consider ‘difficult’ treat everyone much the same way. There is barely anything *personal* about the way other people are with you. For example, next time a driver cuts you off in traffic, notice his behavior as he continues down the road. There is an excellent chance he will continue weaving in and out of lanes, cutting off other drivers as he goes.

For maximum benefit, use your new awareness for compassionate validation. Use it to understand. If you ‘see yourself,’ show mercy and take your feelings in stride. This book is not meant for ‘diagnosis’ and ‘fixing;’ but rather, for ‘understanding,’ ‘healing’ and ‘growth.’

It is time to explore each of your Major Aspects as they develop in their natural order. BOOK 2 begins with your instincts for Genetic Survival.

Chapter 6: Your Major Aspects

Reality Check – Chapter 6

You must ‘get’ the basic concepts of Chapter 6 before moving on to BOOK 2.

Take some time now (one or two days at least) to *apply* what you have read. The following are designed as exercises to help you become aware of your Major Aspects:

9. Intentional Attention

Exercise: ‘Order’ your Major Aspects. Assign them priorities 1 through 6. Number 1 gets your most time and attention at this point in your life.

- | | | | |
|-----|------------------|-----|----------|
| ___ | Genetic Survival | ___ | Soul |
| ___ | Material Nature | ___ | Identity |
| ___ | Ego | ___ | Spirit |

(Note: this is ‘preview’ information. You will likely refer back to it often while reading BOOKs 2 - 6).

10. Deep Exploration

Your six Major Aspects constitute your ‘whole.’ How ‘whole’ are you? Now is the time to self-evaluate.

- For each intangible Aspect, assess where you ‘stand tall’ through to where you could use some development to ‘grow.’
(Note: be honest – this is just for you. To help you answer, you may want to seek and consider feedback from others).
- Where you evaluate yourself as needing development, cite one action you can take today to ‘grow’:

Standing Tall	↔	Room to ‘Grow’	Action (if applicable)					
_____		Ego	_____					
_____		Soul	_____					
_____		Identity	_____					
_____		Spirit	_____					
9	...	7	...	5	...	3	...	1

Note: this is a great relationship-building exercise for you and a partner to complete and discuss.

Chapter 6: Your Major Aspects

Preparatory Exercise for BOOKS 2 - 6 – Your Life Journey

You're there – you're 'on top' of BOOK 1. If you are ready to move forward, you are invited to explore further. Click one of the six [blue links](#) below to take a Quiz designed to help you assess the currently strongest appetites of a Major Aspect of your Life Energy²⁷!

BOOK 2 is anticipated to be published on this web site by the end of 2024. It will cover:

Chapter 7 - [Genetic Survival](#)

Chapter 8 - [Material Nature](#)

Chapter 9 – [Ego](#)

If you would like to be an early reviewer of BOOK 2, contact the author at triunitytransformations@outlook.com.

BOOK 3 is anticipated to be published by the end of 2025. It will cover:

Chapter 10 - [Soul](#)

Chapter 11 - [Understanding Gender Differences](#)

BOOK 4 is anticipated to be published by the end of 2026. It will cover:

Chapter 12 - [Identity](#)

Chapter 13 – [Spirit](#)

Chapter 14 - [Fully Integrating Your Major Aspects](#)

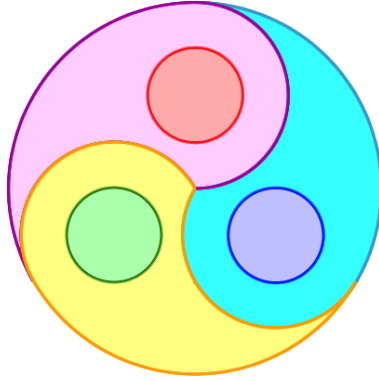
BOOK 5 is expected to follow by the end of 2027. Anticipate its subject to be:

[Rediscovering Truth in Today's World](#)

BOOK 6 is planned to be the final book in the TriUnity series. Publication is contemplated by the end of 2028. It will be a reference work that will catalog the results of research studies designed to validate TriUnity theory by statistically correlating Life Energy Quiz 'mass *depersonalized* results' with *depersonalized* results from popular 'personality assessment tool' tests including the MBTI, Five-Factor Personality Theory, DISC, NLP and the Enneagram.

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²⁷ All six Quizzes are still pending validation. Your participation will assist in the compilation of sufficient mass depersonalized results to refine the Quizzes and to statistically validate them. Once scientifically validated, the Quizzes will provide you results with greater quality, accuracy and reliability. Meanwhile, kindly take all and any 'Quiz results' with about 1,000 grains of salt! For now, please regard all Quiz Results as 'for entertainment purposes only.' Thanks for trying out a Quiz!



Appendices

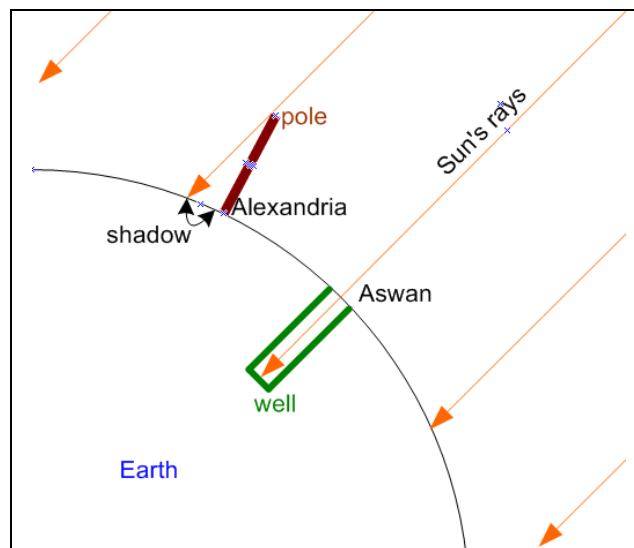
Appendix A – How Perceptual Blindness Held Back Europe for a Thousand Years

Without meaningful distinctions, you are perceptually blind. Meaningful distinctions are *perceptions that matter*.

Perceptual blindness can incur **terrible cost**. Consider the graphic example below. Did you know Eratosthenes discovered the Earth was round circa 240 years B.C.? Mass blindness to his *meaningful distinction* kept the Americas unknown to European civilization for over 1,000 years.

In Ancient Times, Eratosthenes Discovers the World is Round

At Aswan in Egypt, the Sun's rays fall vertically at noon at the summer solstice. Eratosthenes, who was born in c. 276 BC, realized this when he noticed the sun shone directly to the bottom of a deep well there. At the same date and time, an upright pole cast a visible shadow some 500 miles to the northwest at Alexandria. Eratosthenes measured the angle the sunlight fell there as about 7° off the vertical. From this data Eratosthenes deduced the Earth was a sphere approximately 8,000 miles in diameter.



Egypt at noon at the Summer Solstice (not to scale)

Even today Eratosthenes' experiment stands as one of the most beautiful in the history of science. But 'old-school' thinkers took Eratosthenes' data and declared the sun was shining on a **flat** Earth from about 8,000 miles away. *Europe embraced their ignorance for over a thousand years.*

Some of the 'old school' were geniuses who otherwise made magnificent contributions to human thought. But a blind genius is just as blind as any other blind person.

Even a common peasant could have come to the correct conclusion were it not for the blinders of preconception. Because the beliefs of their day didn't allow it, people didn't notice *conclusive evidence* even though it was literally in front of their eyes. That evidence was there 'hidden in plain view' for anyone in Medieval Europe to behold: When a tall ship sailed away, the top of its mast would always be last to disappear. So too would mountains as you traveled away from them.

Appendix A – How Perceptual Blindness Held Back Europe for a Thousand Years

Notice what the Europeans' 'blindness' were made of. The Europeans wore blinders of *preconception*, and kept them in place by clinging to a dearly held but false belief. Such 'blindness' were not necessary to keep out overwhelming detail. Perceiving the Earth is round amounted to acknowledging a single fact, and one fact is in no danger of 'cluttering people's minds with unnecessary information.' The only 'overwhelm' that 'removing the blinders' implied, was having to change their minds about a flat Earth.

The Americas went uncolonized for over a thousand unnecessary years because so many European sailors were afraid of sailing off the edge of a flat Earth. If believing something made it real, their hesitation might have been not so much a problem as a solution.

However, despite the majority of people believing the Earth was flat, *this did not alter the fact that the planet is a sphere*. There was an objective reality they simply did not perceive. Their belief in a lie only limited their opportunity.

Well, shades of the Dark Ages! -- many hold today that *it is our beliefs* that create reality itself. Some, even some of today's geniuses, are convinced that our beliefs alter the physical universe (as in "faith can move mountains," and "the mountain will come to Mohammed.") They cite scientific experiments in which acts of observation inevitably alter what is observed, especially at the subatomic level.

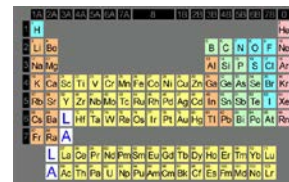
The notion is absurd, because belief is not observation. Observation may lead to belief ('seeing is believing') or belief may open us to observation ('you'll see it when you believe it'). But at its core, observation is an act, while belief is passive. Unless belief stimulates or alters some act it changes nothing²⁸. The only way the mountain is going to come to Mohammed is if that belief motivates enough people with enough bulldozers to move it there.

Alone and passive, belief matters in and of itself **not one whit** to physical reality.

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²⁸ James 2:20 – "But wilt thou know, O vain man, that faith without works is dead?"

Appendix B – The TriUnity Color Scheme



Throughout this book, the colors used to represent life energies are consistent. This Appendix explains the choice of those colors.

Primary emotions are represented by the primary colors of light: red, green and blue²⁹:

Sadness	Joy
Expectation	Surprise
Disgust	Acceptance

The emotions of your Inner Emotional Energy Cycles and Inner Life Energy Centers are compounded from a single pair of primary emotions. Accordingly, that pair's primary color is used to represent them.

Relating Emotional Energy Cycles and relating Life Energy Centers each have compound emotions based on two *different pairs* of primary emotions. Accordingly, the primary colors of ink (e.g. as used by printing companies) are used: **yellow**³⁰, **cyan** and **magenta**.

Each of these 'primary inks' reflects back *two* primary colors of light. For example, yellow ink absorbs blue light but reflects back red and green light to the eye. Yellow represents Valuation, because the Valuation center is compounded from **<sadness-joy>** and **<disgust-acceptance>**.

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²⁹ Your retina has three types of cone cells, respectively sensitive to red, green and blue light. The rules for color mixing are very different for light than they are for pigments such as ink and paint. Everyday devices that mix light to produce color are computer monitors and televisions. Both use the RGB (red-green-blue) model. One way to see this graphically is to go into Microsoft Word and click Format > Font. Click the 'Font Color' dropdown and then click 'More Colors.' You will see a hexagon that looks like this:



Notice the color at the far left (green), and the color at lower right (red). Red and green are primary colors of light (not pigment). They combine to make yellow, the color at the lower left. Red and green paint do not do this! The first time I saw proof that red, green and blue were the primary colors of light was in a science class. The teacher shone red and green beams of light together onto a white screen. I was stunned to see yellow appear in the overlap.

³⁰ **Brown** is used in place of yellow wherever **yellow** would not show up clearly on a white page.

Appendix C – Limits to the Usefulness of Analyzing Physical Processes ('Scientific Approach')

In the early 20th century, a popular scientific journal published a photograph as evidence of a minor subatomic particle interaction. Right in the photograph was a particle trail that clearly showed a much more dramatic event – the creation of an electron-positron pair. But not until years later, when Paul Dirac published his theory of antimatter, was it noticed in the photograph. Hundreds of trained scientific eyes missed it. The problem: Until a theorist distinguishes meaningful patterns, scientists regularly get lost analyzing experimental data by being overwhelmed with detail.

Analysis, or breaking things into smaller and smaller pieces, is valuable to understanding. Synthesis, however, can be even more important. Synthesis distinguishes a whole that is greater than the sum of its parts. Synthesis is meaningful when a newly distinguished 'whole' has emergent properties, aspects that none of the parts have alone, nor that any of the parts can explain. A simple example is your brain. No cell in your brain, by itself, is capable of thought: Thought is an emergent property of the brain as a whole.

To perceive the brain as a 'whole,' people had to notice a pattern that related its parts (i.e. that its neurons 'talk to each other.')

Discovered patterns of meaningful relationship are the 'stepping stones' of synthesis.

Recently biologists have discovered our still larger 'whole mind.' They now believe our minds may be broadly distributed throughout our bodies, rather than localized in the brain. In support of this view, scientists have discovered large neural nets around our hearts and in our gut regions.

Each time we synthesize a greater 'whole,' we create a higher *level of abstraction*. Levels of abstraction are key to understanding the layers of TriUnity, so I will provide two examples. We'll start simple and then proceed to a more complex one.

Consider Einstein's formula $e=mc^2$. This formula is expressed at a rather high level of abstraction. Mathematically speaking it is equivalent to $e=mc*c$ ($c^2 = c$ multiplied by c). Here the level of abstraction is *reduced* by expressing exponentiation in terms of multiplication. We can reduce the level of abstraction still further by expressing the multiplication in terms of addition: $e=m*(c+c+\dots+c)$ where c is added to itself c times. Given that c is a very large number (about 300,000) this is a very long formula indeed. This latter formula is a very detailed and repetitious expression of the original.

Alternatively, we can *raise* the level of abstraction from $e=mc^2$. We will get still more meaning when we simply say: "matter and energy are actually the same thing in different forms."

Let us make this point clearer with a second example, the personal computer. Imagine that an engineer from the 1940's, before modern computers were invented, came forward to the year 2023 and was invited to analyze and figure out a personal computer or a Smartphone using just an oscilloscope, a tool of his day. Oscilloscopes monitor the waveform of electrical signals in circuits. No matter where inside the engineer measured the waveform, he would see an apparently random signal, roughly equivalent to a long, meaningless string of zeroes and ones.

Appendix C – Limits to the Usefulness of Analyzing Physical Processes ('Scientific Approach')

Suppose a child is playing a video game on the PC or phone, unbeknownst to the engineer who is conducting the analysis. Imagine the engineer's difficulty trying to figure this out, based on looking just at the electrical signals at various points in the device. He would stay totally in the dark as to what the device is actually doing. The engineer would be looking at a humongous amount of detail at the lowest level of abstraction. The data he would collect would be practically *indistinguishable* from electrical noise.

So let's start raising the level of abstraction. When it comes to computers, semiconductors are the next level of abstraction up from electricity – they make possible the transistors that process the electrical signals according to fixed rules. At a level still higher, clusters of transistors implement logic gates (like 'AND,' 'OR' and 'NOR') which work together in logical operations.

Let's abstract a level further – to the machine instruction. Here we find our first program, or sequence of logical operations. Granted, the instructions are still strings of zeroes and ones, but they execute in order and many implement more complex operations such as arithmetic. At a still higher level, we find assembly language, with mnemonics to represent the operations rather than bits. At a higher level still, we find block structured languages with English-like procedural constructs like 'if ... then do ... else do ... end if' and 'do while ... loop.'

Next we arrive at the highest level of abstraction of most current programming languages, object-oriented constructs. Using these, we can directly represent entities like a monster in the game, a weapon or the hero. We can tell them programmatically to obey rules of the game.

At last we have arrived at a level that is meaningful to the user of the computer, seven levels above that at which our 1940's electrical engineer is working. Is it apparent to you just how blind that engineer is, in his task to analyze all that detail? At the level of electric current the computer is so much less than the sum of its parts, that understanding it meaningfully *from that level* is inconceivable.

A close comparator to such mucking about is early research on the human brain. As part of their research, neurologists would place electrodes at random places on a surgically exposed brain. They would then stimulate it electrically to see what effects they could produce. Scientists' early use of EEGs was not much different than our 1940's engineer using his oscilloscope. Perceiving how much more complex the human brain is than any computer, is it any wonder that even now we have only scratched the surface in our efforts to comprehend it?

In the early 1960's the Chilean biologist Humberto Maturana distinguished physical life itself in a meaningful way with what became the theory of autopoiesis³¹. Simply put, the relationship he discovered distinguishes the living from the non-living. Common to all life are a structure, a process and a pattern. In all living beings the process of life keeps reproducing the living being's structure according to a consistent pattern.

³¹ Ilya Prigogine was awarded the Nobel Prize in chemistry in 1977 for his contributions to nonequilibrium thermodynamics, particularly the theory of dissipative structures. This work stemmed directly from the conceptual foundation laid by Humberto Maturana and his student, Francisco Varela.

Appendix C – Limits to the Usefulness of Analyzing Physical Processes ('Scientific Approach')

Let's take a concrete example: your body. A structure of cells and organs, it is more than the sum of its parts. Why you are physically animate and alive is because of its complex **structure**. If you took all your chemical compounds and simply mixed them together, the result would be lifeless. Your body's physical structure is organized to contain and process physical energy.

Your physical **process** is the biochemistry and metabolism that keeps your body functioning over time. Your biochemistry represents '**how**' you stay alive.

Your physical pattern and the ultimate governor of the process – is mostly your DNA. Equally contained in every cell³², your genetic material identifies '**who**' you are physically. It is the essence of you as a physical human being, and is behind the fact that you won't (or didn't) 'grow up to be a horse.' Every seven years your body *might* be on average chemically replaced, but your identity is retained. Your body chemistry keeps recreating your physical body in its original structure according to your genetic and epigenetic **pattern**.

It is much simpler to understand a living being by distinguishing its pattern than its process or structure. For example, scientists have successfully mapped the human genome, but mystery still shrouds our electrome, which seems to govern how we develop from a single cell to a newborn. A further example is the blind 'trial and error' approach most commonly used for developing new prescription drugs – scientists 'tinker' with biochemical processes until a desirable result is achieved.

Unfortunately, when studying life, conventional science tends to focus primarily on process and structure, and then analyzes their detail to death.

When one studies the computer with an oscilloscope, or the brain with an EEG, one is studying *process*. Of the three (pattern, structure and process), process burgeons with the most detail. The best view of the forest, without getting lost in the trees, is gained by distinguishing *pattern*.

I believe distinctions of pattern are the most simple and elegant way to get to *meaning*. Patterns provide the fastest way to synthesize wholes, the clearest picture of root causes and the points of greatest leverage from which to transform living systems. For example, genetic engineering with its promise of 'designer drugs' stands to ultimately grant us much more power than conventional pharmaceuticals. The biggest strength of AI may be its ability to find patterns in 'big data.'

TriUnity™ is a network of meaningful, *non-physical* patterns. Where Maturana's autopoiesis describes the physical pattern of life, TriUnity™ purveys your *non-physical* life energy. TriUnity identifies basic life energy patterns and then builds several layers of abstraction upon them. Its elemental energy patterns are your emotions. Its target level of abstraction is a model of 'What it is to be a human being' beyond the mere fact of physical existence. Beginning with the emotions, each of TriUnity's layers of abstraction adds new meaning to your life energy, your non-physical existence and your humanity.

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³² With the minor exceptions of your red blood cells, which contain no nuclei, and your sperm or eggs cells which each contain just half of your genome.

Inside Cover Message – The Author Declares His Life Purpose

The author declares his life purpose: **Advance emotional development to catch up to technology.** He contends that without equal attention to advancing emotional development, accelerating technological development stands an excellent chance to be our undoing instead of our salvation.

Our technology has progressed far faster than the average citizen's emotional skill. As technology advances, more and more powerful weapons are being put in our hands. Yet we remain little more emotionally developed than those who lived 2,000 or 20,000 years ago.

When it comes to emotional development, our society has a 'break-fix' attitude. If you aren't 'broken,' you just carry on. If something isn't broken, you say, why fix it? If you should break, we have institutions for fixing broken people: prisons, mental hospitals and rehab centers. Things aren't much different now than when Dickens put these words in the mouth of Scrooge, "Are there no prisons? Are there no workhouses?"

If we took that attitude toward technology, we'd all still be carrying clubs.

The 'break-fix' approach is not working. We are still facing the same problems as those of centuries past. Our diversity is a greater source of conflict than of synergy. The nuclear family is frequently split by divorce. Children are generally devalued by society, as evidenced by poor wages child care workers receive, barbed wire surrounding many of our schools and our general lack of social energy to combat the suffering of our young, who receive neither choice nor voice.

Despite centuries of chances to learn from history, our world is still flush with fanaticism, war, poverty, starvation, slavery, genocide and terrorism. Naysayers dismiss these problems as unsolvable, claiming human nature 'is what it is.' The author contends this is ostrich-style thinking that abdicates responsibility and accountability for deeply examining and advancing 'human nature.' Emotions *are* part of human nature and we risk forfeiting a huge opportunity by underestimating the difference emotional development makes to the quality of life.

Global emotional development has to start with individual development – which begins with yours and mine. For example, it is when you are stuck in the emotions of cynicism and resignation that you incline to be an abdicating naysayer! With advanced development you will flow through these emotions and find possibility and commitment on the other side.

You have an opportunity **now** to begin advancing your emotional development, by dramatically raising your self-awareness. You can understand who you really are and claim your life purpose.

I guarantee that obstructing your way are certain ubiquitous illusions and insidious untruths that scatter your energy, dull your emotions and rob your power. They silently, invisibly impinge on your relationships with your self, with your important others, and with the world at large.

You will obtain new clarity from these pages. You can use it for new and meaningful personal, social and business breakthroughs. As you read, expect your beliefs to be challenged. Yet in the light of broadened perspective, you will discover new frontiers of human understanding.

That will be only the beginning. Your growth will accelerate with each passing year. You will be inspired and invigorated to become part of the critical mass of people needed to generate the 'tipping point' – the time of *genuine* solutions to our so-called 'intractable' world problems.

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