



# Exploring Space & Time





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## **Section 1 - Introduction**

A Brief Synopsis & Statement of Intent

A Note On Terminology

## **Section 2 - The Concept of Inner & Outer Space**

## **Section 3 - The Five Sense Model**

Sight (Visual Data)

Hearing (Auditory Data)

Smell (Olfactory Data)

Taste (Gustatory Data)

Touch (Tactile-Kinesthetic Data)

## **Section 4 - Introducing The Map of Inner Space**

Mentally THINKING

Emotionally FEELING

Physically DOING

GOALS

DESIRES

VALUES

Behaviors & Motivations

Spiritually BEING

The Feedback Loop

## **Section 5 - Elaborating Upon The Behavioral Triangle**

Level of Intensity  
Range of Awareness  
Degree of Involvement  
The Three Spectrums & Conditioning  
Balance Through Cycling

## **Section 6 - Elaborating Upon The Motivational Triangle**

Types of Motivations  
Balance Through Fulcrums

## **Section 7 - The Science of Conscience**

Internalized & Externalized  
The Four Distinctions  
Ethics: Morals & Virtues  
The Importance of Conscience

## **Section 8 - The Concept of Inner & Outer Time**

## **Section 9 - Introducing The Clock of Inner Time**

Present AWARENESS  
Past EXPERIENCES

Future POTENTIALS  
A Slave To Time?  
Freedom of Choice

## **Section 10 - Elaborating Upon The Clock of Inner Time**

Defining Moments  
Timelines & Causality  
A Spiral Helix Motion  
Reverse Branching & Retrocausality  
Synchronicity  
The Three Flows of Time  
Temporal Coordinates

## **Section 11 - A Lifepath of Coherence**

Synergy  
Projection & Unrealistic Expectations  
Trajectory  
Learning

## **Section 12 - The ONE**

Characteristics of The ONE  
Functions of The ONE  
The Three Lights  
Our Ultimate Purpose

## **Section 13 - Conclusion**

The Five Sense Model (Summary Page)

The Map of Inner Space & The Compass of Four Distinctions (Summary Page)

The Clock of Inner Time, The Three Flows of Time, Temporal Coordinates (Summary Page)

The ONE, The Three Lights, Interpersonal Relationships, Lifepath Trajectories, Learning (Summary Page)

## List Of Charts & Diagrams

Figure 1 - A Symbolic Representation of *Inner Space & Outer Space*

Figure 2 - *The Five Sense Model*

Figure 3.1 - *Mentally THINKING*

Figure 3.2 - *Emotionally FEELING*

Figure 3.3 - *Physically DOING & The Behavioral Triangle*

Figure 3.4 - *GOALS*

Figure 3.5 - *DESIRES*

Figure 3.6 - *VALUES & The Motivational Triangle*

Figure 3.7 - *The Behavioral & Motivational Triangles*

Figure 3.8 - *Spiritually BEING*

Figure 3.9 - *Choice Arrows*

Figure 3.10 - *Influence Arrows & The Map of Inner Space*

Table 1 - *Level of Intensity*

Table 2 - *Range of Awareness*

Table 3 - *Degree of Involvement*

Table 4 - *Types of GOALS*

Table 5 - *Types of DESIRES*

Table 6 - *Types of VALUES*

Figure 4.1 - *A Fulcrum for GOALS*

Figure 4.2 - *A Fulcrum for DESIRES*

Figure 4.3 - *A Fulcrum for VALUES*

Figure 5 - *Internalized & Externalized Aspects*

Table 7 - *Constructive or Destructive?*

Table 8 - *Complements or Opposites?*

Table 9 - *Clarity or Confusion?*

Table 10 - *Opportunity or Temptation?*

Figure 6.1 - *Present AWARENESS*

Figure 6.2 - *Influence Arrow of Past EXPERIENCES*

Figure 6.3 - *Influence Arrow of Future POTENTIALS*

Figure 6.4 - *Choice Arrows*

Figure 7.1 - *A Timeline Following Causality*

Figure 7.2 - *A Timecycle Following Causality*

Figure 7.3 - *Reverse Branching Following Retrocausality*

Figure 7.4 - *The Three Flows of Time In The Clock of Inner Time*

Table 11 - *Temporal Coordinates w/ Musical Analogies*



## **Section 1 - Introduction**

### **A Brief Synopsis & Statement of Intent**

The following booklet presents a flexible framework which is intended to help one to organize their experience of Reality more efficiently, and thus operate more effectively within it.

If ever this framework becomes a hinderance rather than a help, please feel free discard it. We do not seek to convince anyone of its validity, but only to empower all whom may read and utilize it. All that we ask is for it to be given due consideration, and that suitable replacements be freely offered should any aspect of it be found deficient.

### **A Note On Terminology**

Throughout this work, some seemingly familiar terms may be defined in ways that are quite different from what some might be used to. Please have patience as you continue through it, interpreting each word within its own context.

## Section 2 - The Concept of Inner & Outer Space

Where do we begin? Where do we end? While it could be reasonably argued that our "being" extends beyond our bodies, for the sake of simplicity, we will herein define *Inner Space* as everything that occurs inside of our bodies and *Outer Space* as everything that occurs outside of it. Reality as a whole is made up of both *Inner* and *Outer Space*. [Figure 1]

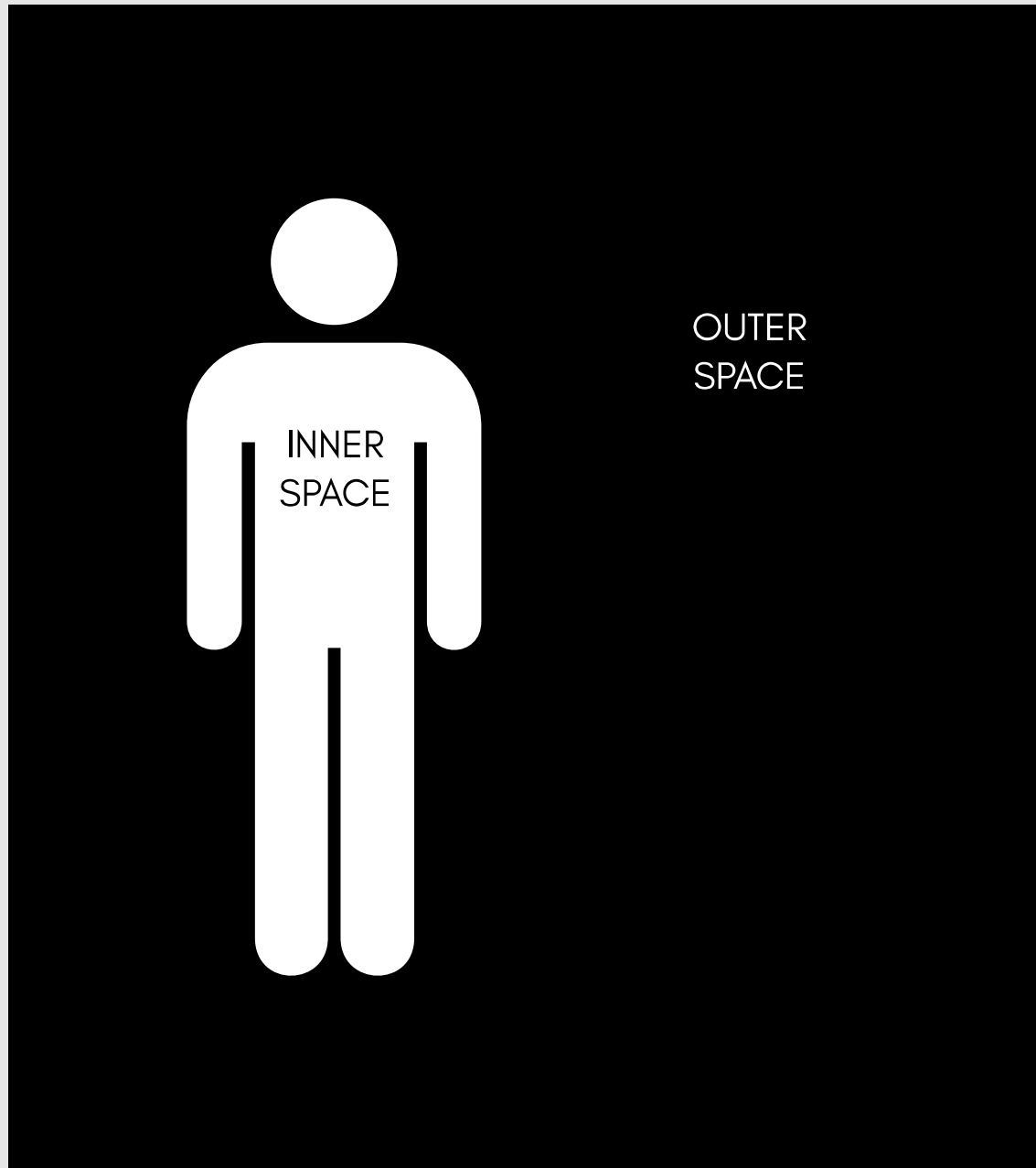


Figure 1 - A Symbolic Representation of  
*Inner Space & Outer Space*

We cannot have an "inside" without an "outside", and vice versa. Part of what makes each thing unique is this distinction between their "inside" and our "outside". As an individual, what occurs inside of us is wholly our own responsibility, but collectively, our environment is a shared one. Therefore, in order to live effectively, it is imperative that we each understand both *Inner and Outer Space*.

## Section 3 - The Five Sense Model

The surface of our bodies is not so much a boundary as it is an interface through which information is interchanged. To be more specific, it is through our senses that *Inner Space* and *Outer Space* are interconnected. We receive different types of input from each sense, and separate things into categories by comparing and contrasting these characteristics. Let's explore each of them in turn...

### Sight (Visual Data)

The first sense that we will cover is sight, which normally receives visual data through our eyes. By "visual data" we are referring to characteristics such as:

Dark ←Brightness→ Light  
Blurry ←Definition→ Sharp  
Cool ←Color→ Warm

### Hearing (Auditory Data)

The next sense is hearing, which normally receives auditory data through our ears. Auditory data includes features like:

Quiet ←Volume→ Loud  
Low ←Pitch→ High

## **Smell (Olfactory Data)**

To continue, there is the sense of smell, which receives olfactory data through our nose. This includes:

Rancid ←Odor→ Fresh  
Scent (e.g.: Flowers)

## **Taste (Gustatory Data)**

Then there is the sense of taste, which receives gustatory data through our mouth (with particular emphasis on our tongue). Gustatory data would include:

Weak ←Savor→ Strong  
Flavor (e.g.: Bitter, Sweet, etc.)

## **Touch (Tactile-Kinesthetic Data)**

Finally, there is the sense of touch, which receives tactile-kinesthetic data through our nerves (with particular emphasis on the skin of our hands). It encompasses qualities such as:

Cold ←Temperature→ Hot  
Light ←Pressure→ Heavy  
Texture (e.g.: Smooth, Rough, etc.)

We can represent all five of these senses on a single diagram. We will refer to this as *The Five Sense Model*.  
[Figure 2]



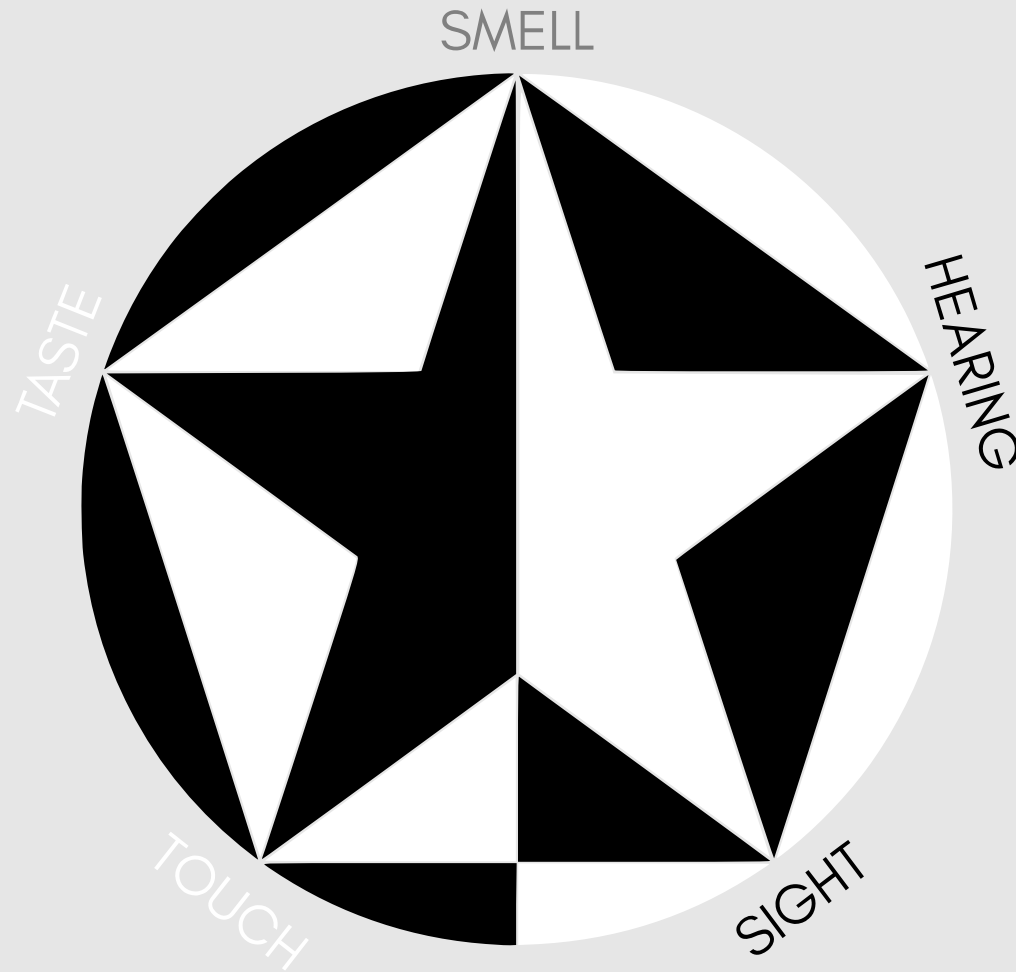


Figure 2 - *The Five Sense Model*

The pattern within the star has to do with the distance at which these senses operate (i.e.: sight and hearing can function at a distance, whereas taste and touch usually require close proximity).

One might argue that there are many more senses than just these five, but this simple framework gives us a useful and easily understood way of organizing the different types of information that we encounter within our environment.

However, it is important to keep in mind that, as amazing as they are, our senses operate within particular limits. Further, any one or more of these senses can become completely inhibited, and/or the information received through them can be distorted in a variety of ways. An example of the former would be total blindness, while an example of the latter would be an optical illusion.

## Section 4 - Introducing The Map of Inner Space

Just as one can chart out unknown territory within *Outer Space* on a map, let us form a "map" of our *Inner Space*.

### **Mentally THINKING**

*Mentally THINKING* is when we generate experiences inwardly from our sensory input (e.g.: through memory, imagination, dreams, etc.). We will represent this as a small white circle. [Figure 3.1]



Figure 3.1 - *Mentally THINKING*

*Mentally THINKING* is often predominantly visual in nature, but can involve any of the other senses as well. For example, if I asked you to imagine the taste of a strawberry, you could very easily do so if you had tasted one before. If you haven't tasted one, then you could piece together your "best guess" based upon all the sensations that you are familiar with, comparing and contrasting them to information about strawberries (e.g.: their texture, odor, weight, the verbal descriptions of other's who have tasted them, etc.). It may or may not be very accurate, but this process creates a representation of what "strawberry flavor" might be like within your *Inner Space*.

## **Emotionally FEELING**

*Emotionally FEELING* is when a set of bodily sensations are labeled as a particular mood (e.g.: happy, sad, etc.). We will represent this as another small white circle. [Figure 3.2]

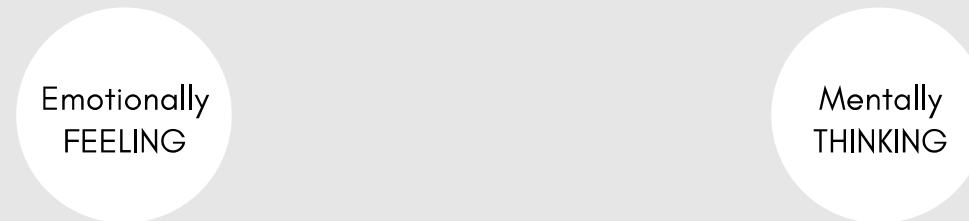


Figure 3.2 - *Emotionally FEELING*

*Emotionally FEELING* is predominantly tactile-kinesthetic in nature, but can affect the functioning of all the other senses. For example, perhaps you have experienced a situation in which you were so happy it felt as if all of your senses were functioning "better"?

## **Physically DOING**

*Physically DOING* is action, anything that we could possibly do with our body (e.g.: walk, sleep, talk, eat, etc.). We will represent this as yet another small white circle. [Figure 3.3]

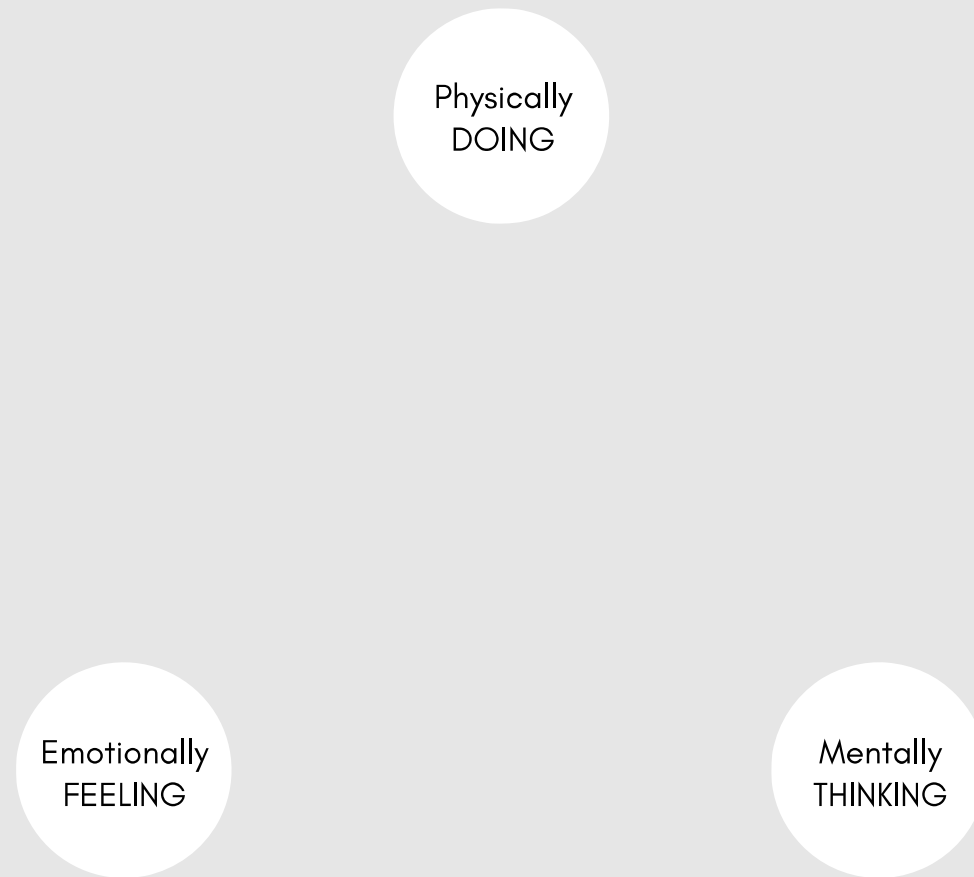


Figure 3.3 - *Physically DOING & The Behavioral Triangle*

These three circles form what we will call *The Behavioral Triangle*, as they deal specifically with behaviors (i.e.: what we think, feel, and do).

## GOALS

*GOALS* are when thoughts lead to actions. We will represent this by a black bar between *Mentally THINKING* and *Physically DOING*. [Figure 3.4]

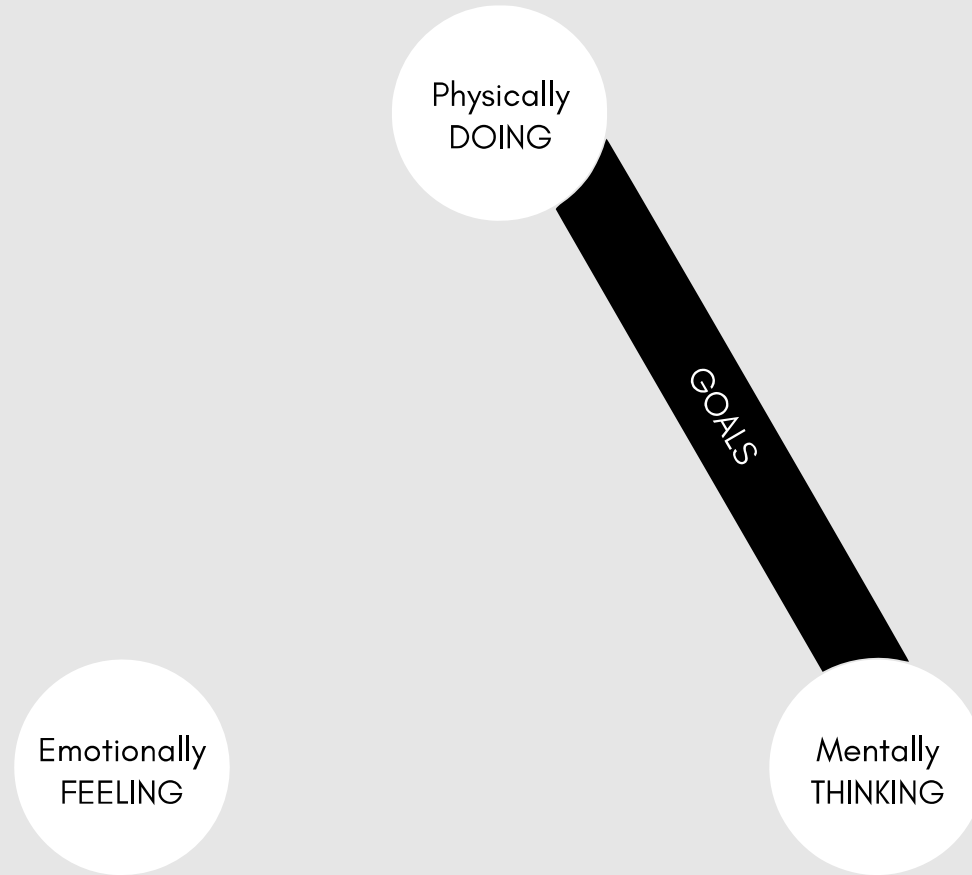


Figure 3.4 - *GOALS*



## DESIRES

*DESIRES* are when feelings lead to actions. This is represented by another black bar between *Emotionally FEELING* and *Physically DOING*. [Figure 3.5]

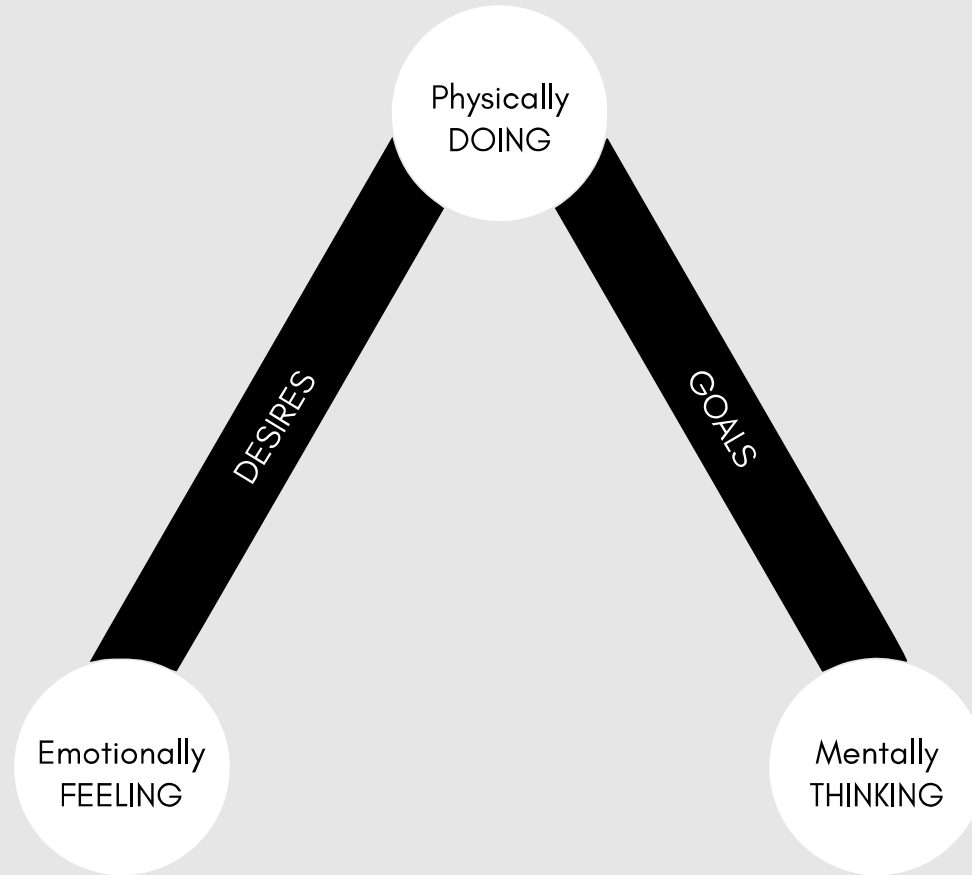


Figure 3.5 - *DESIRES*

## VALUES

The combination of our thoughts and feelings make up our *VALUES*. This is represented by another black bar between *Emotionally FEELING* and *Mentally THINKING*. [Figure 3.6]

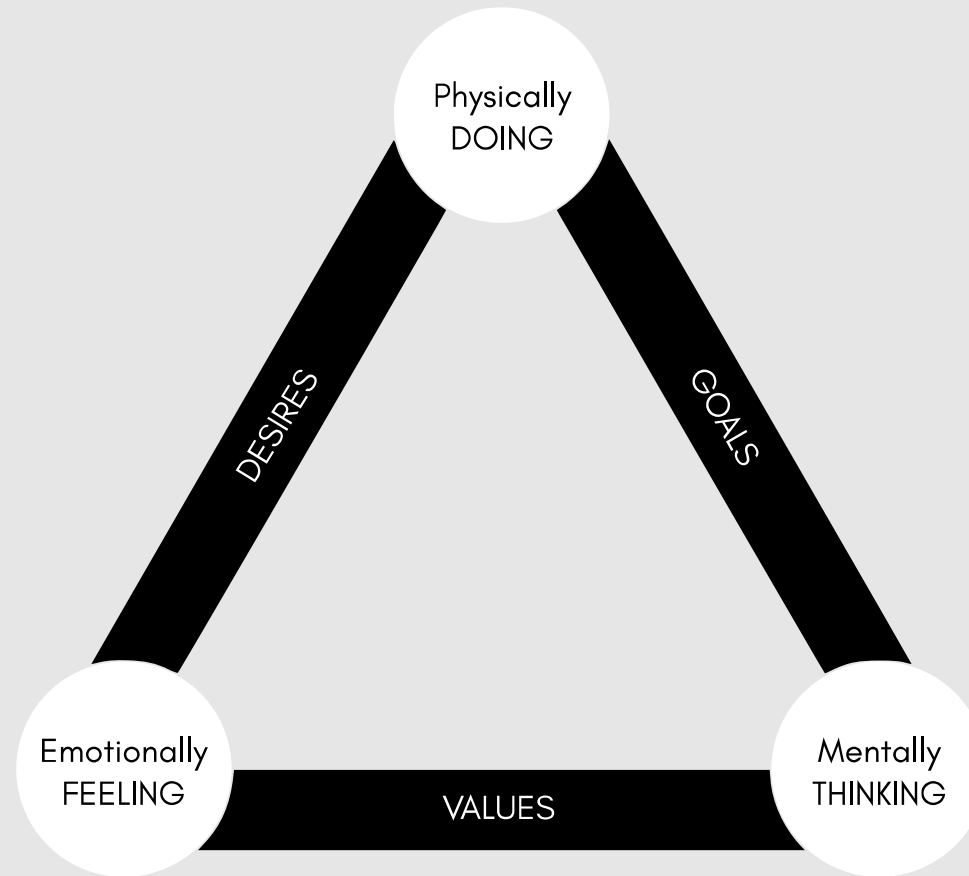


Figure 3.6 - *VALUES & The Motivational Triangle*

These three bars form what is called *The Motivational Triangle*, as they deal specifically with motivations (i.e.: our goals, desires, and values).

## Behaviors & Motivations

When referring to all aspects of *The Behavioral Triangle* at once, we will symbolize it as a large white triangle. Similarly, when referring to all aspects of *The Motivational Triangle* at once, we will symbolize it as a small black triangle. This is why they are both called "triangles". [Figure 3.7]



Figure 3.7 - *The Behavioral & Motivational Triangles*

## Spiritually BEING

Our potential, our *Spiritual BEING*, is represented by a small white circle in the center of both triangles. [Figure 3.8]

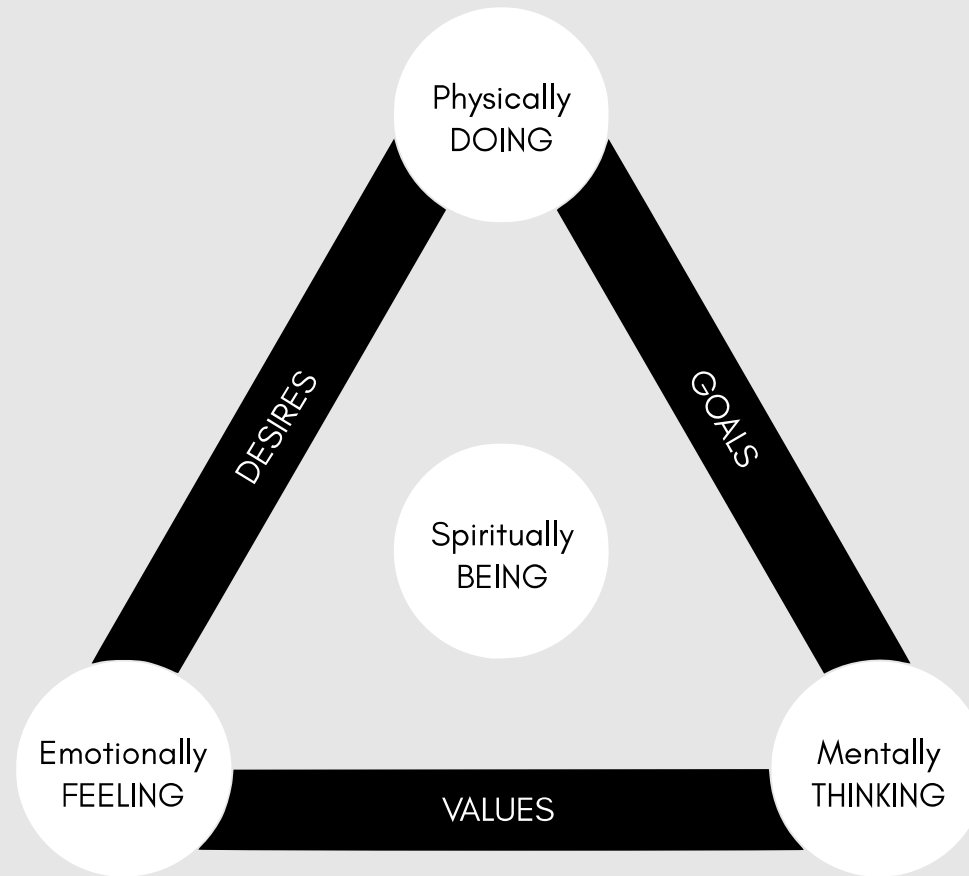


Figure 3.8 - *Spiritually BEING*

We uncover more of our potential by what we continually choose to think, feel, and do moment-by-moment. This is represented by three white arrows extending from each aspect of *The Behavioral Triangle*. [Figure 3.9]

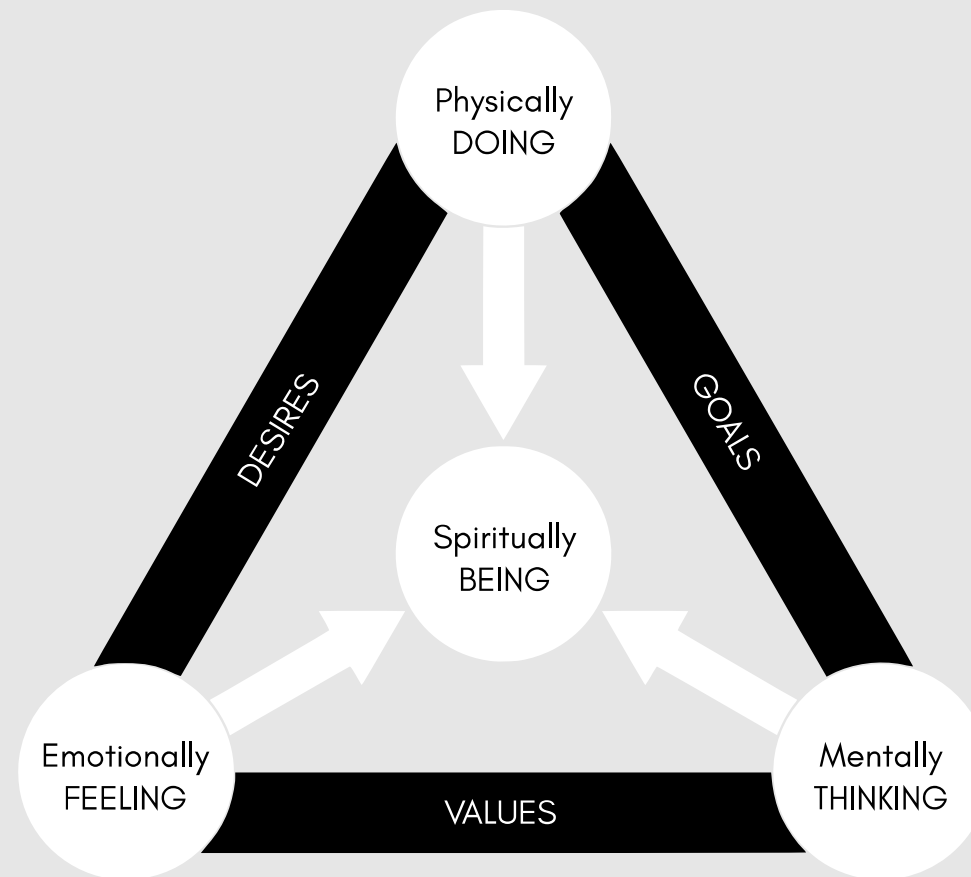


Figure 3.9 - *Choice Arrows*  
They are symbolic of our will, our ability to choose.

Every single one of our thoughts, feelings, and actions is under our control because they exist within our own *Inner Space*. We are never completely at the whim of *Outer Space*.

In turn, our potential influences the goals, desires, and values that we hold. This is represented by three black arrows extending from *Spiritually BEING* into each aspect of *The Motivational Triangle*. [Figure 3.10]

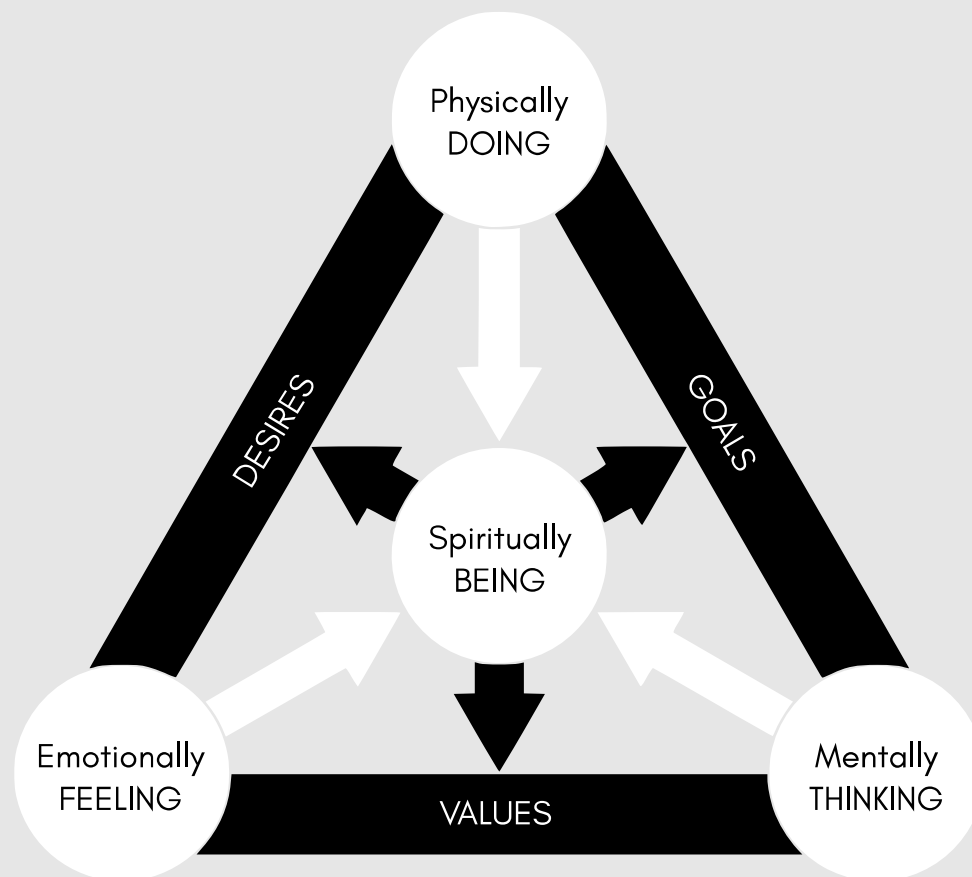


Figure 3.10 - *Influence Arrows & The Map of Inner Space*

This entire diagram as a whole is called *The Map of Inner Space*.



## The Feedback Loop

"Feedback," in the most general sense of the word, is when a signal is "fed back" into the system from which it arose in a loop. For example, a microphone attached to an amplifier can increase the volume of one's voice. But if the sound coming out of the speaker on the amplifier makes its way back to the microphone repeatedly, then it will eventually result in a high pitched squeal as the sound becomes louder and louder. This phenomenon has caused plenty of embarrassment to many a public speaker. :-)

*The Behavioral Triangle* and *The Motivational Triangle* also feedback into one another. In other words, each aspect is connected to all others. By changing one, all other aspects shift in response. Reinforce some behavior, and your motivations will respond accordingly.

To carry this analogy further, there is also a distinction between "positive" and "negative feedback". "Positive feedback" is when a process is triggered in the presence of some signal (e.g.: dust in one's eye may make them cry). "Negative feedback" is when a process is triggered from the lack of some signal (e.g.: hunger can appear with lack of food). Likewise, our potential is manifested both by what we actively pursue and what we passively allow within our *Inner Space*. Our *Spiritual BEING* is the nexus point for all of this.

## Section 5 - Elaborating Upon The Behavioral Triangle

Let's explore the properties of each aspect within *The Behavioral Triangle*.

### Level of Intensity

*Level of Intensity* is the strength with which we produce any thought, feeling, or action. These levels are called *Concentration*, *Passion*, and *Effort*, respectively. [Table 1]

Aspect of <i>The Behavioral Triangle</i>	<i>Level of Intensity</i> (Strength)
<i>Mentally THINKING</i>	Low ← <i>Concentration</i> → High
<i>Emotionally FEELING</i>	Low ← <i>Passion</i> → High
<i>Physically DOING</i>	Low ← <i>Effort</i> → High

Table 1 - *Level of Intensity*

For example, a person can feel an acute sense of rage. In other words, within their *Emotionally FEELING* aspect, *Passion* would be high for the mood of anger.

## Range of Awareness

*Range of Awareness* is what part of our thoughts, feelings, or actions are within our focus at any given moment.  
[Table 2]

Aspect of <i>The Behavioral Triangle</i>	<i>Range of Awareness</i> (Focus)
<i>Mentally THINKING</i>	<i>Unconscious ↔ Conscious</i>
<i>Emotionally FEELING</i>	<i>Indistinct ↔ Distinct</i>
<i>Physically DOING</i>	<i>Unintentional ↔ Intentional</i>

Table 2 - *Range of Awareness*

- *Mentally THINKING* can be *Unconscious*, as is sometimes the case with dreams, for example. However, it can also be *Conscious*, such as when we use imagination and memory. Likewise, something *Unconscious*, like a long-forgotten memory, can be made *Conscious* by continually choosing to remember.
- *Emotionally FEELING* can be *Indistinct* or *Distinct*. *Indistinct* is when the bodily sensations that make up a mood and/or the internal cause of a mood remain vague. To continue the example from the previous section, a person could feel a sense of rage without necessarily being aware of all of the bodily sensations that comprise it. Depending on the person, they might feel things like:
  - A sensation of heat, blushing as blood rushes to their face
  - Muscle tension as they tighten their fists, furrow their brow, or clench their jaw
  - A hunched posture
  - A sigh, or a growl
  - A bubbling of the stomach

-A headache  
etc.

...but will only generally refer to the mood as "anger," not aware of why it is appearing within their *Inner Space*. When a person becomes aware of both the bodily sensations behind it and its reason for it appearing, then that mood becomes *Distinct*.

Oftentimes, moods that we might find uncomfortable (e.g.: anger, sadness, etc.) seem to dissipate naturally when we acknowledge them in this way, instead of dwelling upon them or repressing them. The signal of pain is to keep one from doing that which might cause one harm, not something one should dwell upon without making attempts to resolve it, or try to completely ignore through repression.

- *Physically DOING* can be *Intentional* (i.e.: anything that you will with presence of awareness), or *Unintentional* (e.g.: a reflex or instinct).

## **Degree of Involvement**

*Degree of Involvement* is the length of time that we entertain any thought, feeling, or action. These degrees are called *Attention*, *Investment*, and *Commitment*, respectively. [Table 3]

Aspect of <i>The Behavioral Triangle</i>	<i>Degree of Involvement</i> (Duration)
<i>Mentally THINKING</i>	Short ← <i>Attention</i> → Long
<i>Emotionally FEELING</i>	Short ← <i>Investment</i> → Long
<i>Physically DOING</i>	Short ← <i>Commitment</i> → Long

Table 3 - *Degree of Involvement*

Notice how *Degree of Involvement* is different from *Level of Intensity*. For example, a feeling of rage can be strong but brief, or could be weak and persistent.

## **The Three Spectrums & Conditioning**

*Level of Intensity* (Strength), *Range of Awareness* (Focus), and *Degree of Involvement* (Duration) are collectively referred to as *The Three Spectrums*. Each of these is distinct, yet interrelated to all others. Together, they determine which thoughts, feelings, and actions become our *Conditioning*. For example:

- When *Concentration* is high, *Mentally THINKING* is *Conscious*, and *Attention* is long, then those thoughts become ossified into our *Perception* and we are more likely to repeat them.
- When *Passion* is high, *Emotionally FEELING* is *Distinct*, and *Investment* is long, then those feelings become ossified into our *Demeanor* and we are more likely to repeat them.
- When *Effort* is high, *Physically DOING* is *Intentional*, and *Commitment* is long, then those actions become ossified into our *Habit* and we are more likely to repeat them.

## **Balance Through Cycling**

We can bring balance to each aspect of *The Behavioral Triangle* by repeatedly *Cycling* through them. We always begin the cycle with *Mentally THINKING*, then move clockwise to *Emotionally FEELING*, and then finally go to *Physically DOING*. This is because most situations require that we thoroughly assess how we think and feel before we ever act in response, although there are a few exceptions (e.g.: a reflex that pulls your hand away from a hot object, an instinct to sleep when you are sincerely tired and need to regenerate the body, etc.).

## Section 6 - Elaborating Upon The Motivational Triangle

Let's explore the properties of each aspect within *The Motivational Triangle*.

### Types of Motivations

We will differentiate between two different types of *GOALS*, *DESIRES*, and *VALUES*. [Tables 4-6]

Types of <i>GOALS</i>	Definition
<i>Finite</i>	a goal that terminates with a particular achievement
<i>Infinite</i>	a goal that is continuously maintained

Table 4 - Types of *GOALS*

Types of <i>DESIRES</i>	Definition
<i>Aversion</i>	repulsion from that which seemingly causes pain
<i>Attachment</i>	attraction towards that which seemingly causes pleasure

Table 5 - Types of *DESIRES*

Types of VALUES	Definition
<i>Specific</i>	those beliefs that one holds about oneself
<i>General</i>	beliefs that one holds about anyone or anything else

Table 6 - Types of VALUES

### **Balance Through Fulcrums**

Each aspect of *The Motivational Triangle* can be brought into balance by bringing in the third component of *The Behavioral Triangle* across from it. These are called *Fulcrums*. For example, *Emotionally FEELING* is akin to a *Fulcrum*, while *Mentally THINKING* and *Physically DOING* are like the ends of a *GOALS* see-saw. [Figure 4.1]

In other words, we bring balance to our *GOALS* by considering what we truly feel about them.

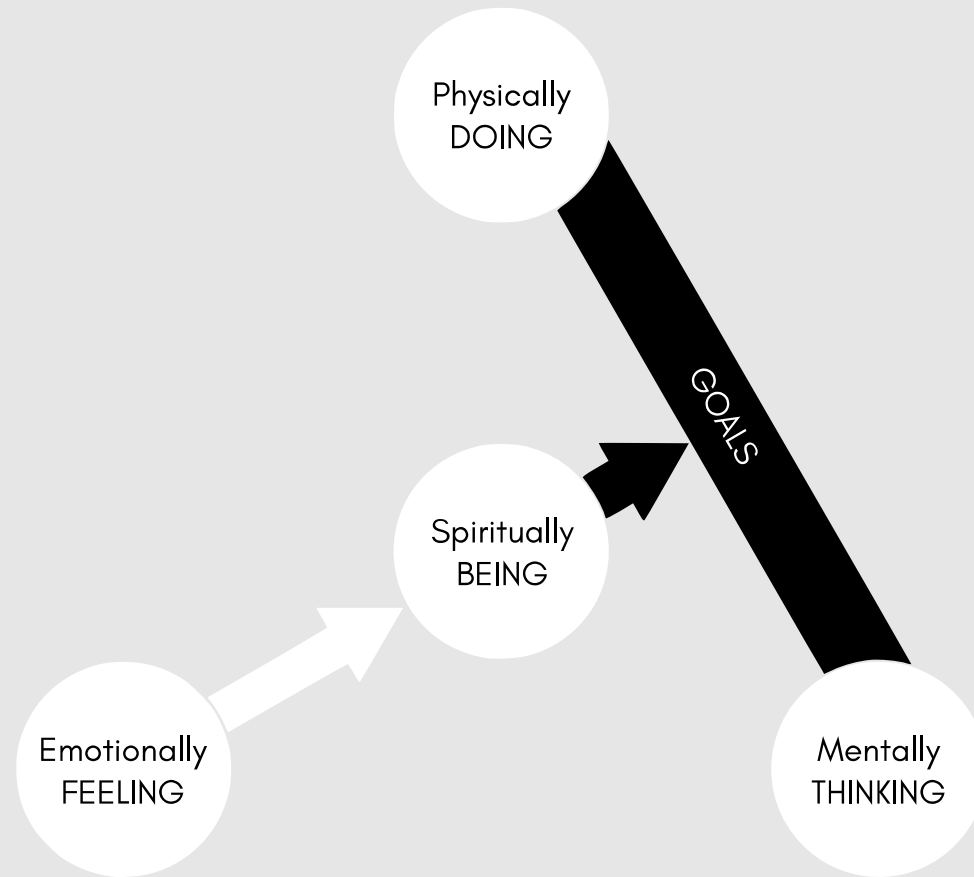


Figure 4.1 - A *Fulcrum* for *GOALS*



Likewise, we bring balance to our *DESIRE*S by carefully thinking about them [Figure 4.2]...

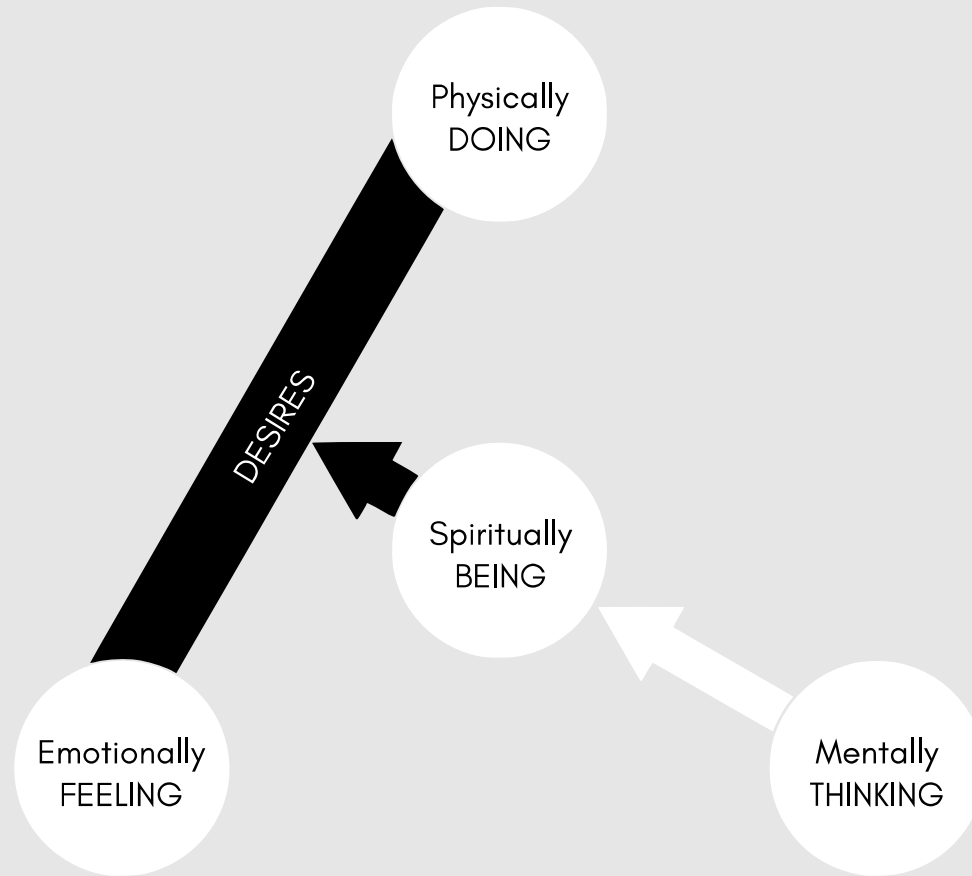


Figure 4.2 - A *Fulcrum* for *DESIRE*S

...and we bring balance to our *VALUES* by constructively acting upon them. [Figure 4.3]

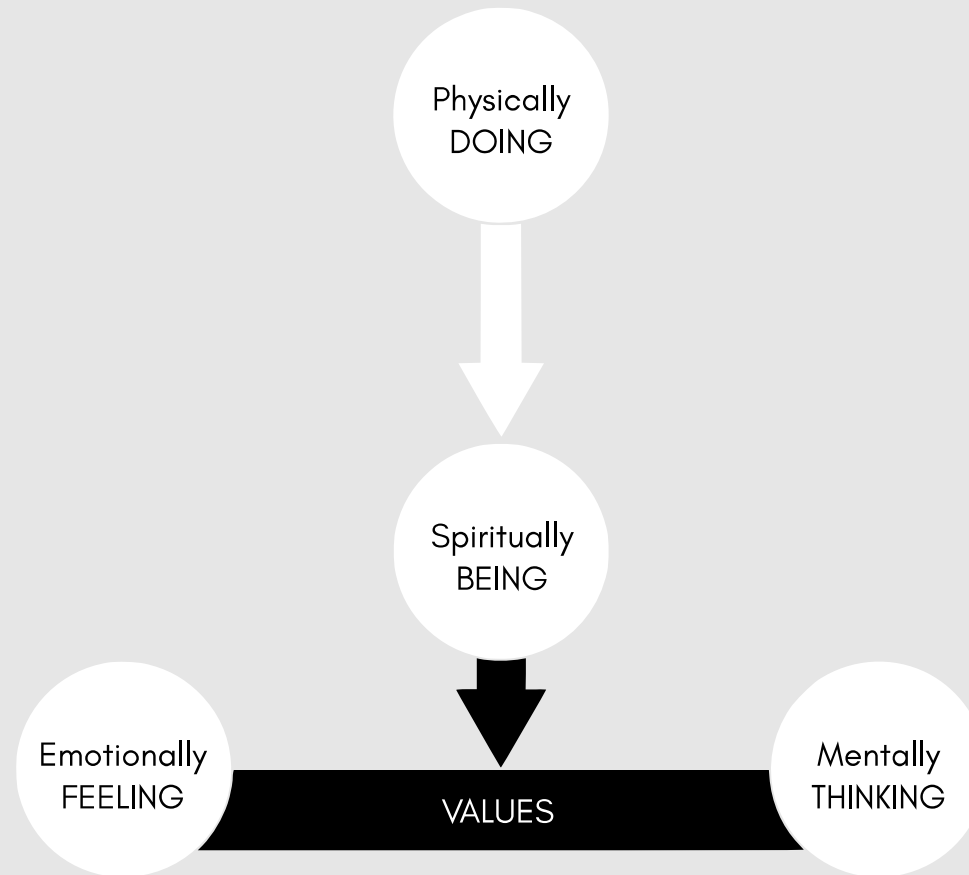


Figure 4.3 - A *Fulcrum* for *VALUES*

## Section 7 - The Science of Conscience

### Internalized & Externalized

Both *The Behavioral* and *Motivational Triangles* have *Internalized* and *Externalized* aspects. We will demonstrate this by dividing up *The Map of Inner Space* into two segments. [Figure 5]

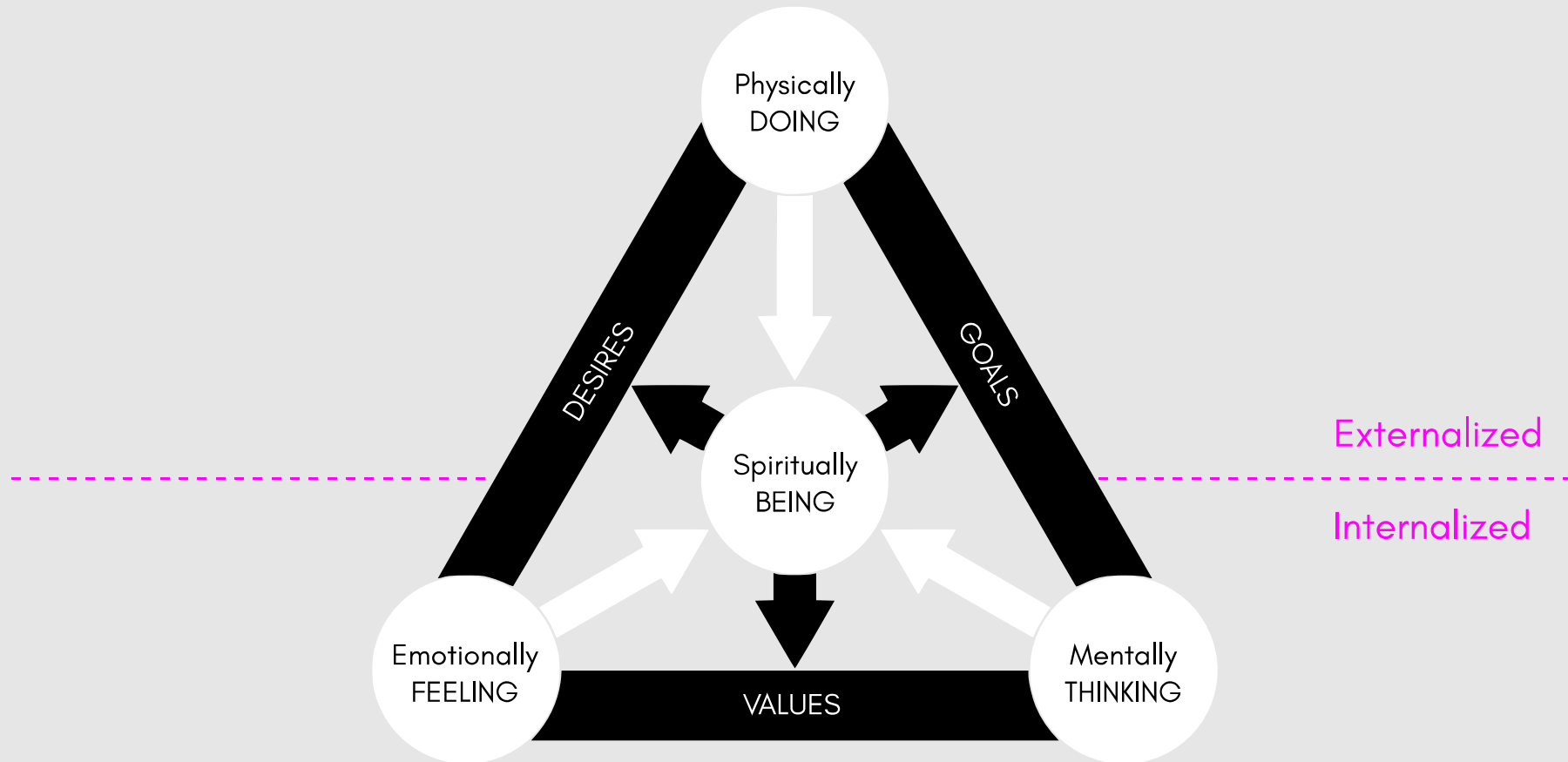


Figure 5 - *Internalized & Externalized Aspects*

The upper half is labeled *Externalized* because our actions are the means by which our *Inner Space* is extended outwardly to affect changes within our environment. The bottom half is labeled *Internalized* because thinking and feeling are processes which take place wholly within ourselves. This accounts for *The Behavioral Triangle*.

In the same manner, our *GOALS* and *DESIRES* are partially *Externalized* because they often affect *Outer Space*, while our *VALUES* are often completely *Internalized* within our *Inner Space* unless expressed in some manner. This accounts for *The Motivational Triangle*.

## The Four Distinctions

Whenever we use a map, we also need a compass to help guide us. *The Four Distinctions* are like that compass. To be more specific, they are a series of questions for developing a sense of "right" and "wrong", for helping to bring coherence to our *Inner Space* by providing direction as we interact with *Outer Space*. They form the basis of what we will refer to as *The Science of Conscience*. Let's go through them one-by-one:

### 1. *The Distinction of Quality* (Internal)

*The Distinction of Quality* asks whether or not a behavior is *Constructive* or *Destructive*. [Table 7]

<i>Quality</i>	Definition
<i>Constructive</i>	mutually beneficial towards all simultaneously
<i>Destructive</i>	placing oneself above or below another in some way

Table 7 - *Constructive or Destructive?*

## 2. The Distinction of Relation (External)

The Distinction of Relation asks whether behaviors are *Complements* or *Opposites*. [Table 8]

<i>Relation</i>	<i>Definition</i>
<i>Complements</i>	working together, even if they seem different from one another
<i>Opposites</i>	undermining each other, even if they seem alike

Table 8 - *Complements or Opposites?*

Each person has their own *Inner Space*. In the context of interpersonal relationships, *Observation* is required to understand another's *Externalized* aspects, while *Communication* is required to understand their *Internalized* aspects. We should never make assumptions about who someone "is", or jump to conclusions about others based on hearsay.

We must carefully observe other's actions and fully listen to how they communicate their thoughts and feelings in order to understand them as individuals. The more *Complementary* that two person's *Inner Spaces* are, the more likely it is that they will get along. Notice that it has little to do with what they might look like, and more to do with how they actually behave.

Further, understanding is not equivalent to agreement. We can and should take the time to understand the motivations behind everyone's behavior, even when it may seem "difficult" or "unnecessary". For example, even when someone has killed others, we should take the time to understand their motives. How could we ever hope to resolve the situation if we do not first understand its cause? However, this does not mean that we agree with the act of killing itself, or that we would ever choose to kill another personally.

### 3. The Distinction of State (Internal)

*The Distinction of State* asks whether motivations are in a condition of *Clarity* or *Confusion*. [Table 9]

<i>State</i>	Definition
<i>Clarity</i>	when a type is appropriate to the situation
<i>Confusion</i>	when one type is mistaken for the other

Table 9 - *Clarity or Confusion?*

- A *GOAL* can be *Confused* when a *Finite* one is treated as an *Infinite* one and vice versa. If a *Finite GOAL* is vaguely defined, how will we ever know that we have achieved it? For example, having a *GOAL* of "earning \$200" is specific, while having a *GOAL* of "being rich" is not.

This situation can become inverted as well. As another example: A marriage relationship is an *Infinite GOAL*. It does not end with a wedding or an exchange of vows. It requires constant *Attention, Investment, and Commitment* of a *Constructive* nature in order to be maintained.

- A *DESIRE* can be *Confused* when something *Destructive* induces *Attachment* rather than *Aversion* and vice versa. For example, when people mistake fear for excitement, they may learn to "enjoy" and seek out things that are actually harmful to them:

- incompatible relationships that are pursued only because they are "new",
- engaging in dangerous activities to try to experience an adrenaline rush,
- consuming media which is ever more violent and vulgar under the impression that it is "normal",
- etc.

People can become addicted to situations instead of only substances (e.g.: drugs, unhealthy foods, etc.). What kinds of things do you allow into your *Inner Space*? Do they serve you?

- A *VALUE* can be *Confused* when a *Specific* one is made *General* and vice versa. For example, when we hold others to a standard that we don't also live for ourselves (i.e.: a "double standard"). How could we ever ask for something that we are unwilling to give as well?

#### 4. *The Distinction of Circumstance* (External)

*The Distinction of Circumstance* asks whether motivations lead to *Opportunity* or *Temptation*. [Table 10]

<i>Circumstance</i>	Definition
<i>Opportunity</i>	situations that induce <i>Constructive</i> and <i>Complementary</i> behavior and bring <i>Clarity</i> to our motivations, even if seemingly painful
<i>Temptation</i>	situations that induce <i>Destructive</i> and <i>Oppositional</i> behavior and bring <i>Confusion</i> to our motivations, even if seemingly pleasurable

Table 10 - *Opportunity or Temptation?*

### **Ethics: Morals & Virtues**

Questions 1 and 2 are related to *The Behavioral Triangle* because they have to do with standards for our own behavior and its relation to others. They make up our *Morals*. Questions 3 and 4 are related to *The Motivational Triangle* because they have to do with the principles which motivate us. They make up our *Virtues*. Together, our *Morals* and *Virtues* make up our personal system of *Ethics*.

While lists of rules or laws can sometimes be helpful for providing structure, they have their limitations. Ultimately, *Ethics* must be a dynamic understanding that arises from within, and which generates the responses most appropriate to a given situation without. We cannot always look to those around us to know what is "right". What if we find ourselves amidst *Destructive* things?

## **The Importance of Conscience**

Why should any of this be considered important? "Karma" is a scientific principle. Things are drawn towards us through sympathetic vibration. In other words, "like attracts like". Therefore, we can never escape accountability for our own *Inner Space* and whatever is extended from it into *Outer Space*.



## **Section 8 - The Concept of Inner & Outer Time**

Just as we measure *Outer Space* by the seeming dimension of objects (i.e.: their length, width, and height relative to some other object), we also measure *Outer Time* by the seeming movement of objects relative to one another (e.g.: the rotation of the Earth, the oscillations of an atom or crystal, etc.).

In general, "time" is not something that can "run out", and therefore, is not something that we do or do not "have enough of". Neither is "time" synonymous with aging or decay, but only with movement and change. The direction in which you channel yourself is up to you. Therefore, this experience of change, of our own movement, is our *Inner Time*.

## Section 9 - Introducing The Clock of Inner Time

Clocks visually symbolize the movement of things in *Outer Space*. We can also form a visual representation, or "clock", to describe the changes within the ever-shifting landscape of our *Inner Space*.

### **Present AWARENESS**

We always operate from our *Present AWARENESS*, the arrangement of our Inner Space "right now". We will represent this as a small white circle. [Figure 6.1]



Figure 6.1 - *Present AWARENESS*

## Past EXPERIENCES

Our *Past EXPERIENCES*, all of those arrangements of our *Inner Space* that seemed to have passed on, will be represented by another small white circle. These *Past EXPERIENCES* affect the expression of our potential "right now", our *Present AWARENESS*. We will symbolize this *Influence* by a black arrow. [Figure 6.2]

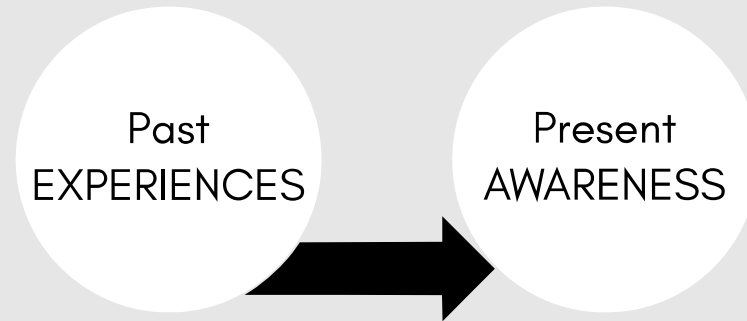


Figure 6.2 - *Influence Arrow of Past EXPERIENCES*

## Future POTENTIALS

All of the things which our *Inner Space* could possibly become, our *Future POTENTIALS*, are represented by another small white circle. Like *Past EXPERIENCES*, these too affect our *Present AWARENESS*, and this *Influence* will also be symbolized by a black arrow. [Figure 6.3]

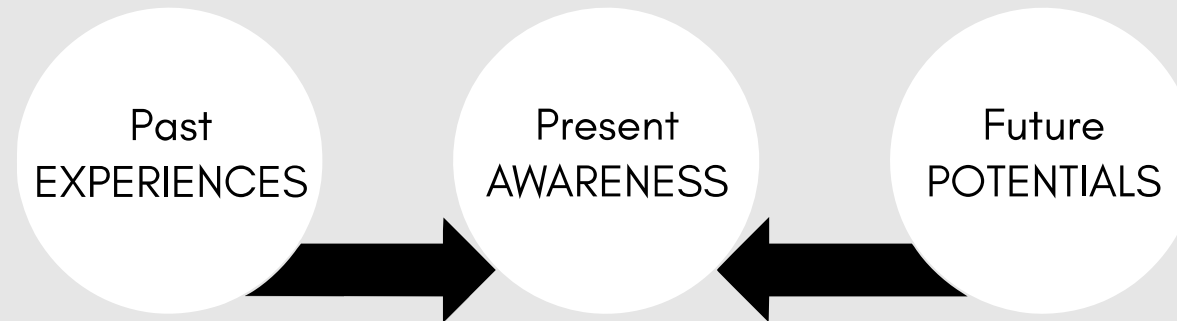


Figure 6.3 - *Influence Arrow of Future POTENTIALS*

## A Slave To Time?

Sometimes we allow ourselves to be influenced in ways that do not serve us. For example:

- we might dwell upon mistakes and regrets, instead of taking the steps necessary to correct them or learning from hindsight
  - we might look back on the *Constructive* in longing, instead of reminiscing fondly about it in appreciation, and attempting to manifest it "right now" in this moment
  - we might worry about uncertain futures or come up with "worst-case scenarios", instead of taking control of the direction of our lives through careful planning and foresight
- etc.

## Freedom of Choice

However, even if we are cautious about the situations that we place ourselves in, we cannot always control every *Circumstance* that we are presented with in life. The only thing that is always within our control is how we choose to respond. If it seems that all of our current options only lead to the *Destructive*, we can carve out a new path for ourselves towards the *Constructive* by continually seeking out *Opportunities*, rather than chasing the transitory pleasures of *Temptation*.

Further, our potential, our *Spiritual BEING*, is unlimited. We are not completely defined or limited by our *Past EXPERIENCES* or our *Future POTENTIALS*. Every moment, within our *Present AWARENESS*, we make decisions as to what parts of our *Past EXPERIENCES* and *Future POTENTIALS* we will live by. This is represented by two white arrows extending from *Present AWARENESS*. [Figure 6.4]

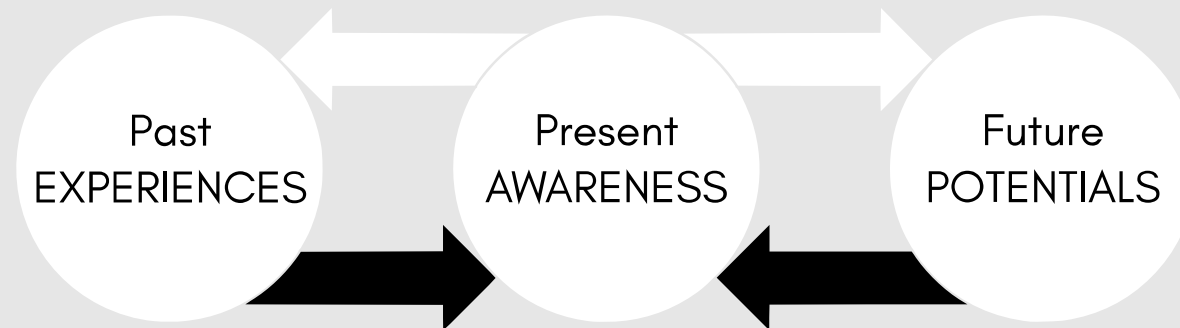


Figure 6.4 - *Choice Arrows*

When all of these aspects are taken together, it is called *The Clock of Inner Time*.

## Section 10 - Elaborating Upon The Clock of Inner Time

While the following section may seem very abstract, these patterns can be useful in working deeply with *Inner* and *Outer Time*...

### Defining Moments

An *Event* or *Moment* is merely a particular arrangement of *Space*. In other words, "Now" is how things interrelate with one another. However, these relationships are constantly changing. "Now" becomes "Then" repeatedly and continuously.

### Timelines & Causality

We usually experience the transformation of *Events* in this manner as a *Timeline*. [Figure 7.1]

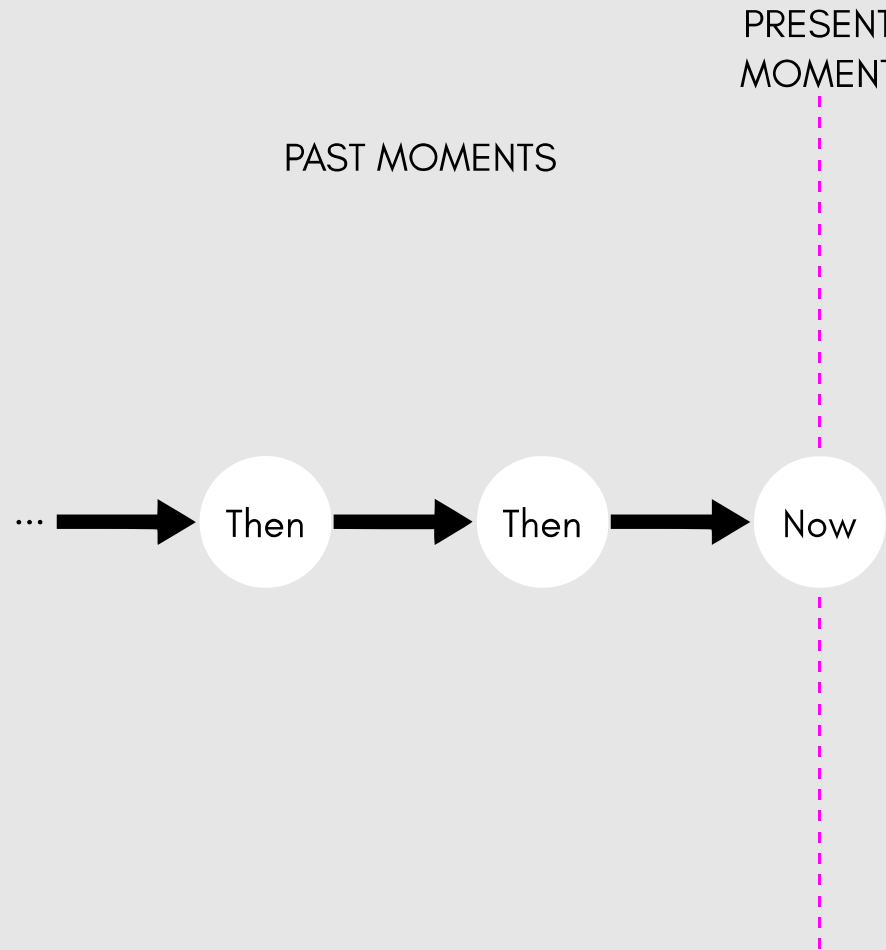


Figure 7.1 - A *Timeline Following Causality*

The *Events* seem to form a chain of causes and effects. To put it another way, *Past EXPERIENCES* follow *Causality*. It is analogous to the succession of frames within a movie. Each frame flicks by to give the illusion of continuity.

## A Spiral Helix Motion

Because our concept of *Outer Time* is based on the movement of objects, all of which seem to be pulsating and spinning, then perhaps it would be more appropriate to model this *Timeline* as a spiral, or what we will call a *Timecycle* [Figure 7.2]

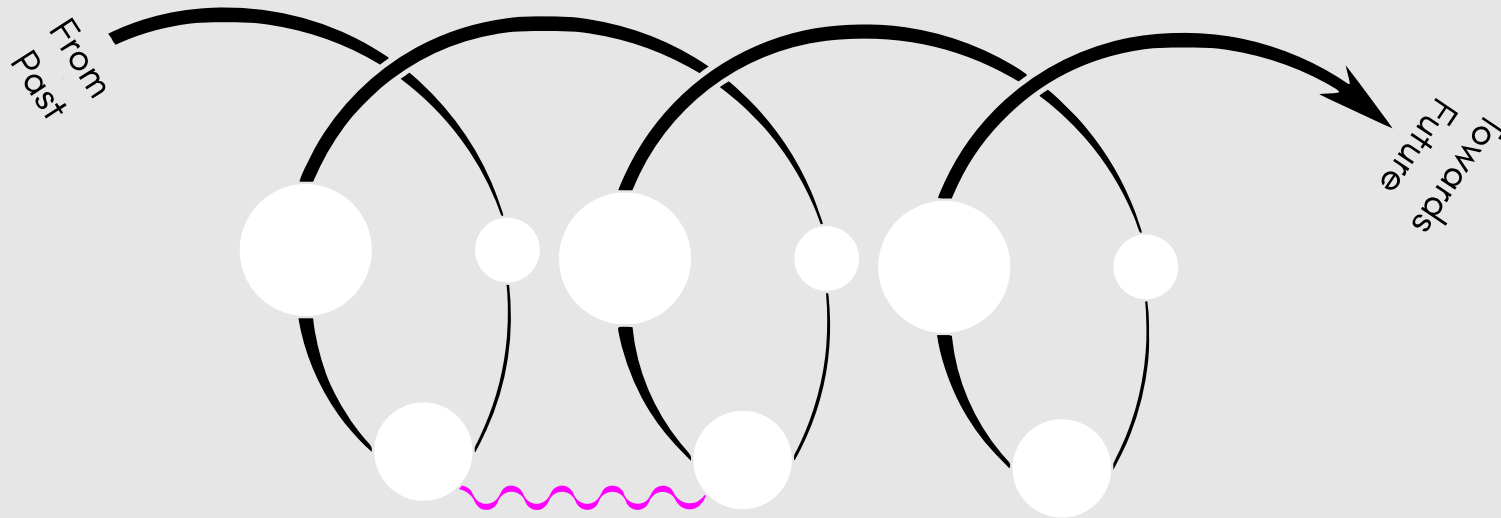


Figure 7.2 - A *Timecycle* Following *Causality*  
Experiences like déjà vu would be a kind of resonance between moments,  
shown in the above diagram as a magenta wave.



## Reverse Branching & Retrocausality

Our *Future POTENTIALS* are all possible *Events* branching out from our *Present AWARENESS*. But instead of *Events* flowing forwards like a *Timeline*, we experience them as flowing backwards. They follow *Retrocausality*. "Soon" becomes "Now" repeatedly and continuously. [Figure 7.3]

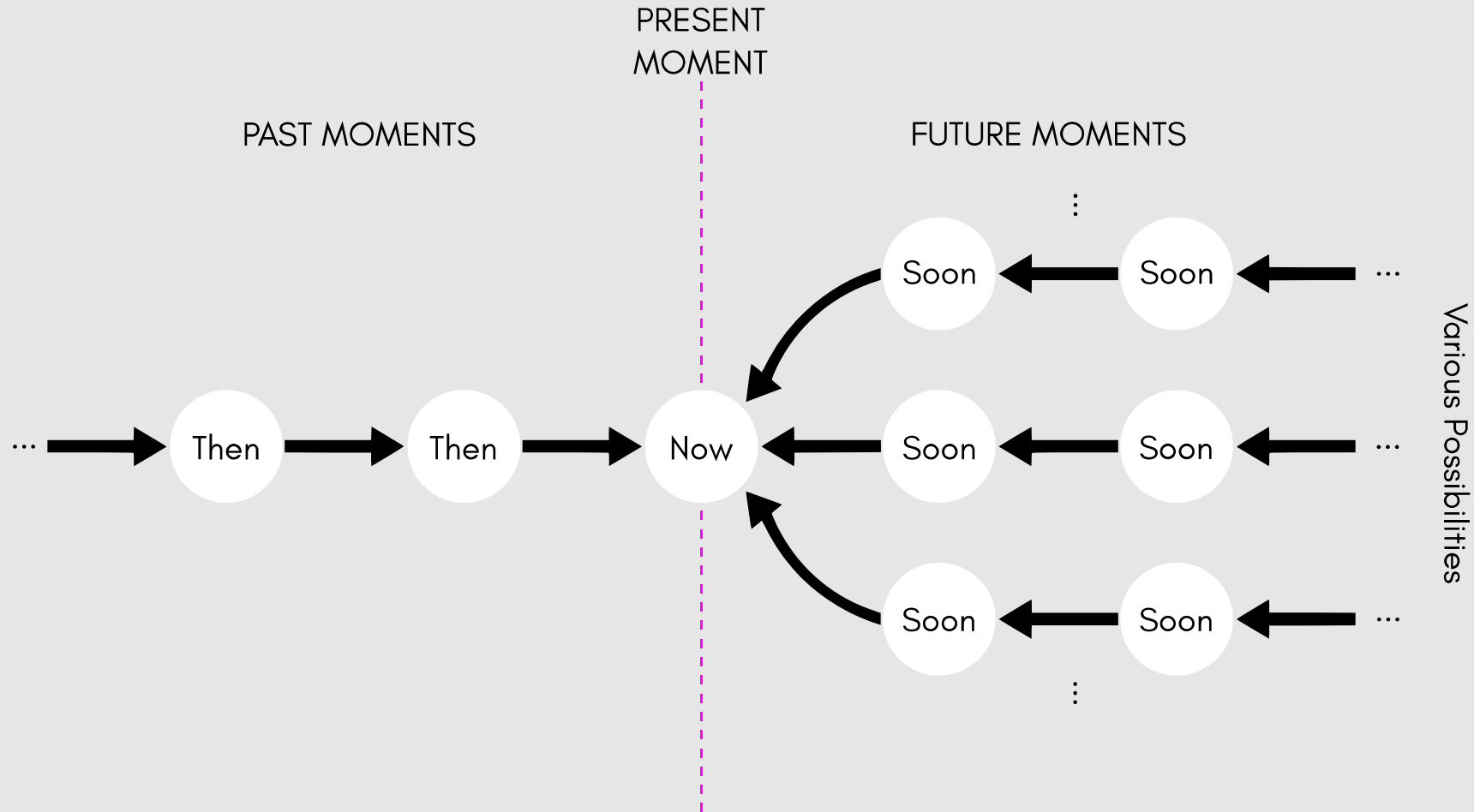


Figure 7.3 - *Reverse Branching Following Retrocausality*

We often experience this when setting *Finite GOALS*. For example, within our imagination we see that *GOAL* as already accomplished and work backwards towards our *Present AWARENESS* by asking ourselves what steps we need to take "Now" in order to get there.

## Synchronicity

Because there are many *Inner Spaces* in parallel, there are many *Events* that seem to occur at the same time. I experience "Now" as you experience your own "Now" as well. This is *Synchronicity*.

## The Three Flows of Time

We can see the correspondence between the previous three diagrams [Figures 7.1-7.3] and *The Clock of Inner Time*. We will refer to these patterns of *Causality*, *Retrocausality*, and *Synchronicity* as *The Three Flows of Time*. [Figure 7.4]

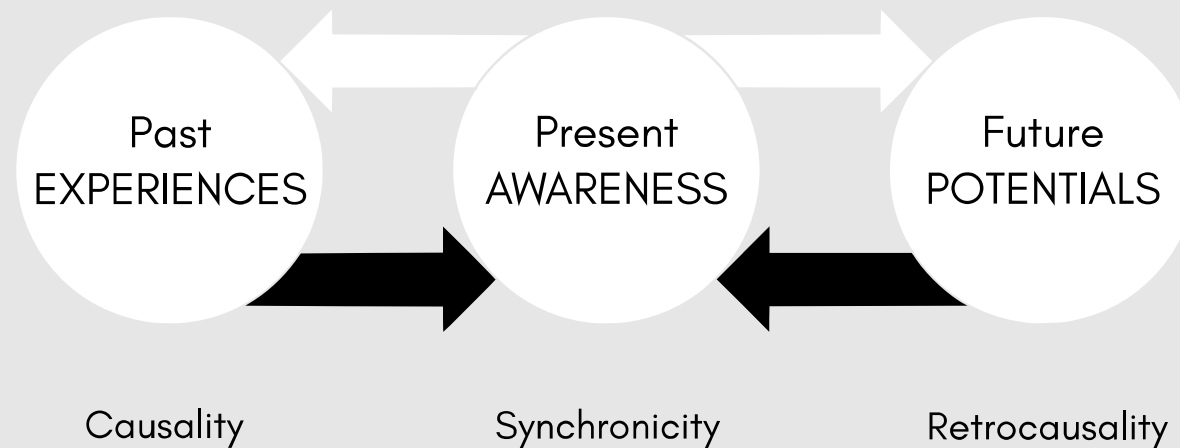


Figure 7.4 - *The Three Flows of Time Within The Clock of Inner Time*

## Temporal Coordinates

Similar to how there are *Spatial Coordinates* that help us to locate a position in space (e.g.: X, Y, and Z), there are *Temporal Coordinates*, which can help us to locate a moment in time. [Table 11]

<i>Temporal Coordinates</i>	Musical Analogy
<i>Relative Duration</i>	Rhythm
<i>Sequential Ordering</i>	Melody
<i>Simultaneous Occurrence</i>	Harmony

Table 11 - *Temporal Coordinates* w/ Musical Analogies

We can experience *Time* as:

- The *Relative Duration* of *Events* (i.e.: length in relation to one another)

For example, one *Event* can seem to pass in an instant, while another may seem to take place over a "longer period of time" in comparison. If *Events* were music notes, then this would be similar to changing the shapes of the notes to express different durations (e.g.: "half-notes", "quarter-notes", etc.). This is part of Rhythm.

- The *Sequential Ordering* of *Events* (i.e.: movement from one into another)

This is equivalent to the succession of *Events* within a *Timeline* (i.e.: *Causality*). If *Events* were music notes, then we could play them in a sequence. This is part of Melody.

- The *Simultaneous Occurrence of Events* (i.e.: happening together)

This is equivalent to *Synchronicity*. If *Events* were music notes, then we could play them at the same time (e.g.: within a "chord"). This is part of Harmony.

## Section 11 - A Lifepath of Coherence

We now have a map, a compass, and a clock: everything we need to fully navigate life. We will refer to this "journey" as our *Lifepath*. Before we say "bon voyage", we would like to provide a "travelogue", some ideas to help people's trips go more smoothly so that they can safely reach their destinations.

### Synergy

While all of these tools can interact in an infinity of ways, all of them interlock in a very particular manner. Let's look at *The Map* and *The Clock*...

We must carefully distinguish between when a *GOAL* requires our *Attention* and *Commitment*, and when it would be more prudent to patiently wait for it to naturally unfold. Some *GOALS* require a high level of *Effort* and *Concentration* for an extended period of time in order to come to fruition. These can often be split into smaller "sub-goals" that are more manageable.

In general, the "difficulty" with which a *GOAL* can be accomplished is a matter of opinion. Instead of complaint, we should find ways to make the *Constructive* continually "easier", and the *Destructive* ever "harder" for ourselves. For example, if we take pleasure in the *Constructive* process by which an *Infinite GOAL* is maintained or a *Finite GOAL* is achieved, then they will always seem "effortless" to do. In this way, one's *GOALS* and *DESIRES* become synchronized. Additionally, if we only entertain beliefs which can help us to focus again on the *Constructive* should we ever become discouraged, then we also integrate our *VALUES*.

While we may feel a sense of elation when a *GOAL* is reached, we must be cautious of making our happiness outcome dependent, or holding off a sense of peace for a moment that is perpetually "in the future". Constantly focusing on wants can be truly exhausting, but can be remedied by a simple expression of thanks for needs that have already been fulfilled. We do not feel lack when our hearts are filled with gratitude. Even simple things, like

the fact that one has a meal to eat, are cause for praise.

## **Projection & Unrealistic Expectations**

Limits can be both real and imagined. In some instances, we might limit how something can manifest within our lives by demanding that it appear to us in a specific way, instead of working with what is already in *Outer Space*. Similarly, we may demand an instantaneous change within the behavior and motivations of ourselves or another person when a gradual one would be more appropriate, and vice versa.

Sometimes people project their personal *VALUES*, *DESIRES*, and *GOALS* upon others, assuming that they think, feel, and act in the same ways as they do, and then become disappointed when they come to notice these differences. This often revolves around *VALUES*. For example, how do you define "love" and what actions express this concept for you? These definitions may change significantly from person to person, so much so that their *Inner Spaces* might become incompatible with one another when this becomes evident.

## **Trajectory**

The *Trajectory* of one's *Lifepath* is the overall direction that it seems to take, and how fast or slow we seem to move along that path. When two people's *Inner Spaces* are complementary, particularly through the cultivation of shared *VALUES*, *DESIRES*, and *GOALS* of mutual benefit, then their *Lifepaths* are *Convergent*, or moving in the same direction. If they are in opposition, then they are *Divergent*, moving in different directions. This opposition may not always necessarily be expressed as violent confrontation either, like when two people drift apart through prolonged indifference.

## Learning

All forms of learning seem to be the building up of a useful network of associations. For example, we can build "models" within our *Inner Space* as to how things within *Outer Space* seem to function. The closer these two seem to correspond, the more apt we are to state that "truth" has been found.

We will herein define *Knowledge* as information which affects our *THINKING* and *FEELING*, and *Skill* as our way of *Physically DOING* something. *Constructive Knowledge* and *Skill* are required to manifest the potential of our *Spiritual BEING*. It is not enough to have "good intentions"; one must also have a *Constructive* means of carrying them out.

How does one acquire the necessary *Knowledge*? One way is to learn from our mistakes. We should always learn from our mistakes, but without seeking to make more merely for the sake of learning. Likewise, we must be humble enough to learn from the mistakes of others, instead of lying to ourselves that our situation will be different when it truly isn't. Honest self-assessment is imperative at every step within the process of learning.

How does one cultivate the necessary *Skills*? To borrow a familiar phrase, "perfect practice makes perfect". "Mastery" is just a *Conditioning* of the *Constructive*. First, become aware of what must be done. Then, think, feel, and do it consistently.

However, it is not only about good technique / form, but also about finding motivations that will encourage us to continue in the *Constructive*, even when we become distraught. *Knowledge* and *Skill* must always come together as one unified whole.

## Section 12 - The ONE

After reaching far enough into the depths of our *Inner Space*, we come to find *The Absolute Potential*, *The One* which lies at the center of everyone's *Spiritual BEING*, including our own. It is both transcendent and immanent.

### Characteristics of The ONE

*The One* cannot be defined without limiting in some manner, but attempting to do so personally can aid one in knowing *The One* experientially for themselves. If we had to attempt to describe *The One* in words, then we might say that *The One* has the following characteristics:

- *Omnipotence* ("All-Power") for *The One* is *The Absolute Potential* from which All things arise. All things find their source within *The One*, are constantly surrounded by *The One*, and continually move towards *The One*.
- *Omniscience* ("All-Wisdom") for if All things are extended from *The One*, then *The One* contains the pattern of All things, even that which is yet to be known.
- *Omnipresence* ("Everywhere" & "Everywhen") for if even *Space* and *Time* come from *The One*, then *The One* exists infinitely at every point and eternally in every moment.
- *Omnibenevolence* ("All-Love") for *The One* is completely *Constructive* in nature.

### Functions of The ONE

Similar to the above, if we were to attempt to describe *The One* in words, then we might say that *The One* has the following functions:

- *Creation* - *The One* creates only that which is *Constructive*.
- *Sustainment* - *The One* sustains only that which is *Constructive*.
- *Transformation* - *The One* transforms All of that which is *Destructive* into that which is *Constructive*.



## **The Three Lights**

On the most fundamental level, everything is truly connected together as One, but this can seem almost impossible to notice if we are caught up in the *Destructive*. If the path ahead seems dark, then sometimes we need a light. There are three guiding principles that may help in this regard. We will call them *Love*, *Hope*, and *Faith*. They are defined here in the following manner:

- *Love* is to be passionate about the *Constructive*. What is most important to you?
- *Hope* is to always seek out the *Constructive*, even when it does not seem apparent. Optimism is useful.
- *Faith* is to only place your trust in that which has proven itself trustworthy, otherwise, faith is "blind".

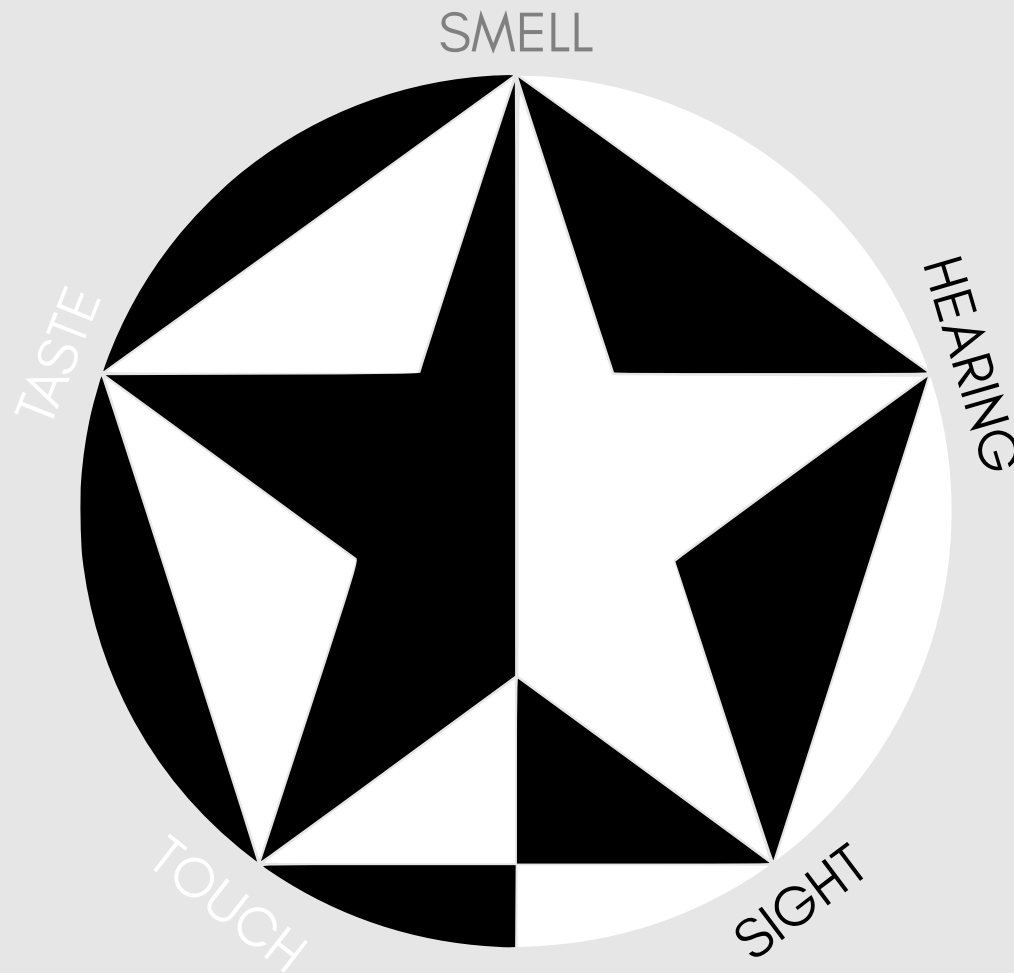
## **Our Ultimate Purpose**

The characteristics of *The One* are extended to each person's *Spiritual BEING*, and by choosing to align with the functions of *The One* by always attempting to emulate them, we can help to manifest *The One*. No thought, feeling, or action is "too small" to be significant. However, this must be out of personal choice, because you can see its importance, not out of obligation, coercion, or force. It is the choice which makes it meaningful.

## **Section 13 - Conclusion**

Unfortunately, we now have come to the hardest part of traveling, when it is time for us to say "goodbye". The following pages summarize most of the tools contained throughout this document, a "travel bag" of sorts. May it always help you on your journey.

Thank you for reading!



**Sight (Visual Data)**

Dark ←Brightness→ Light  
Blurry ←Definition→ Sharp  
Cool ←Color→ Warm

**Hearing (Auditory Data)**

Quiet ←Volume→ Loud  
Low ←Pitch→ High

**Smell (Olfactory Data)**

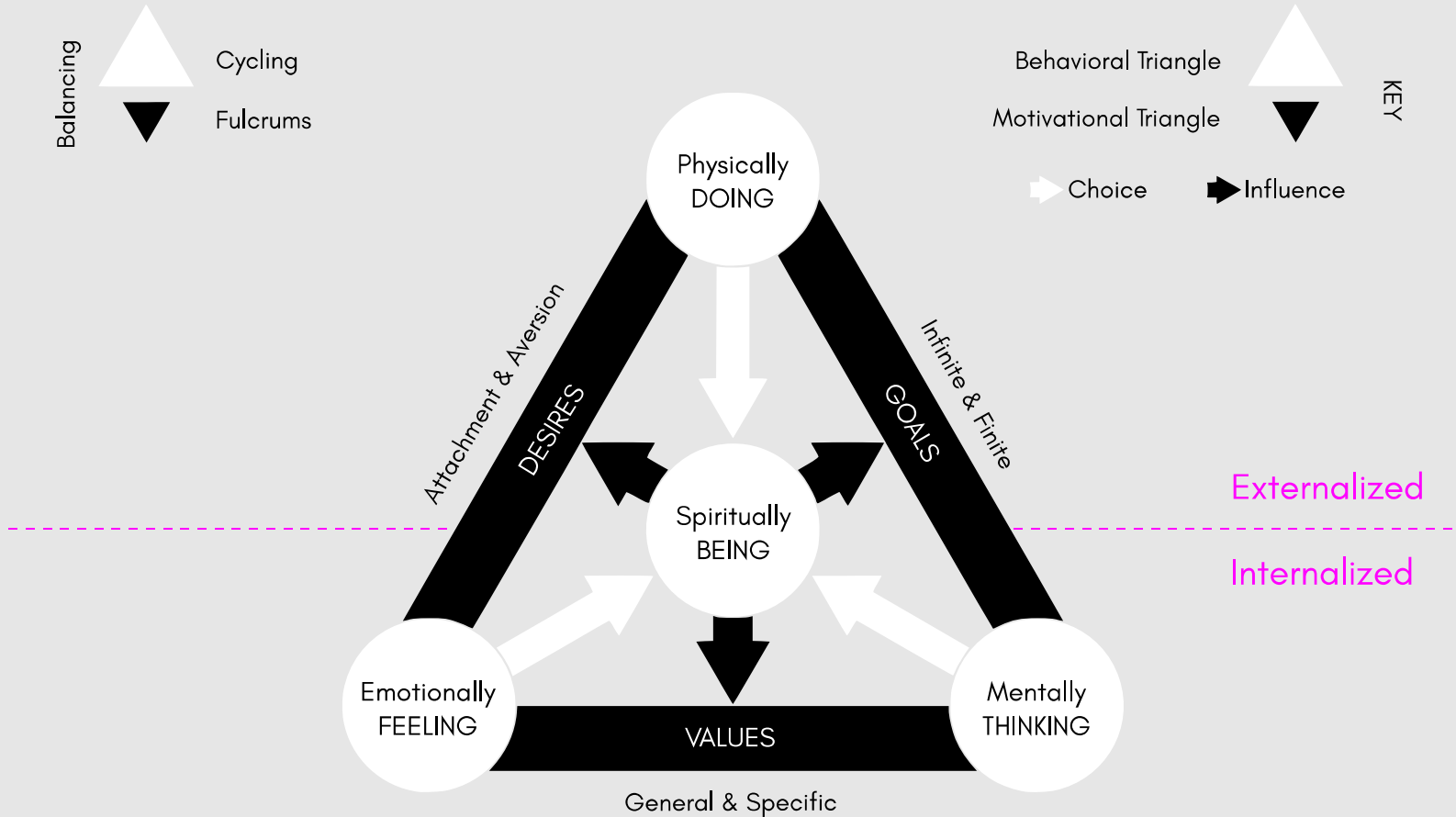
Rancid ←Odor→ Fresh  
Scent (e.g.: Flowers)

**Taste (Gustatory Data)**

Weak ←Savor→ Strong  
Flavor (e.g.: Bitter, Sweet, etc.)

**Touch (Tactile-Kinesthetic Data)**

Cold ←Temperature→ Hot  
Light ←Pressure→ Heavy  
Texture (e.g.: Smooth, Rough, etc.)



The Three Spectrums	Mentally THINKING	Emotionally FEELING	Physically DOING
Level of Intensity (Strength)	Concentration	Passion	Effort
Range of Awareness (Focus)	Conscious - Unconscious	Distinct - Indistinct	Intentional - Unintentional
Degree of Involvement (Duration)	Attention	Investment	Commitment
<b>Conditioning</b>	Perception	Demeanor	Habit

**The Four Distinctions**

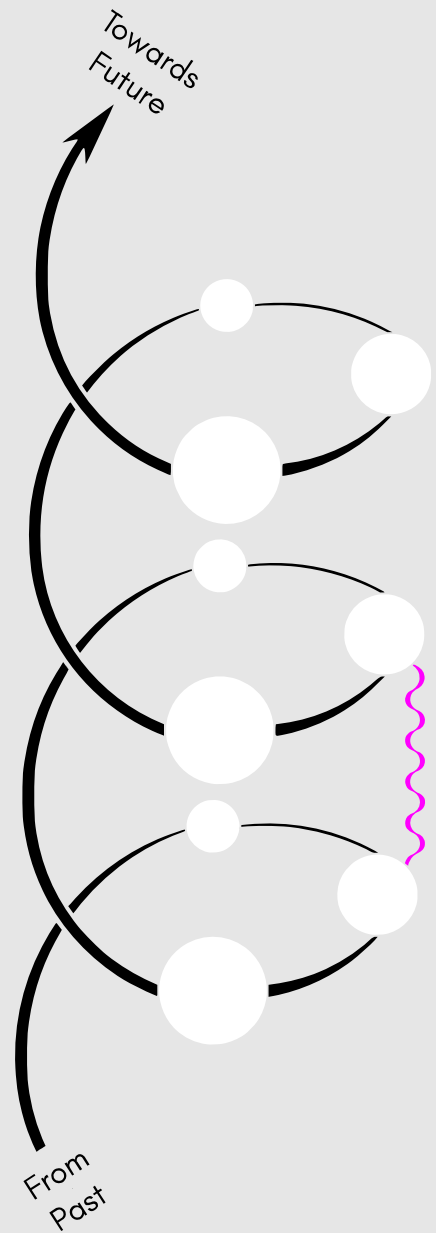
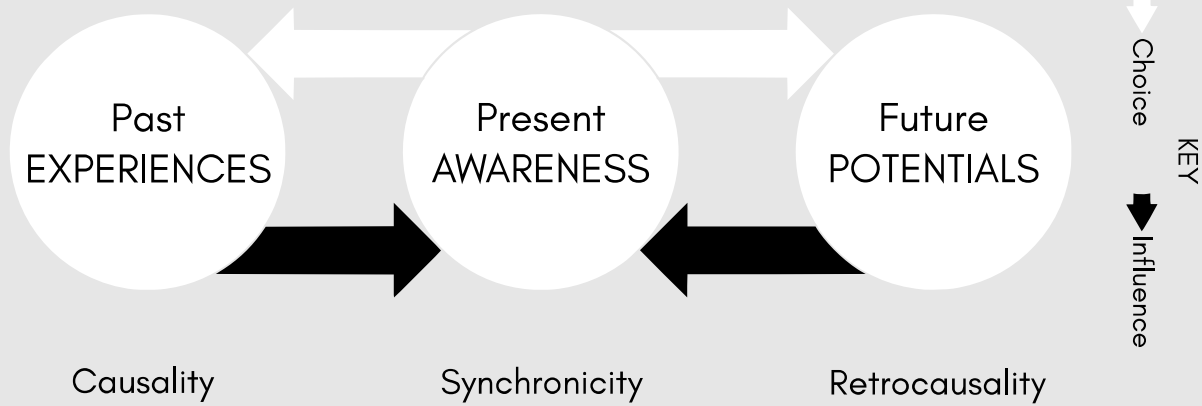
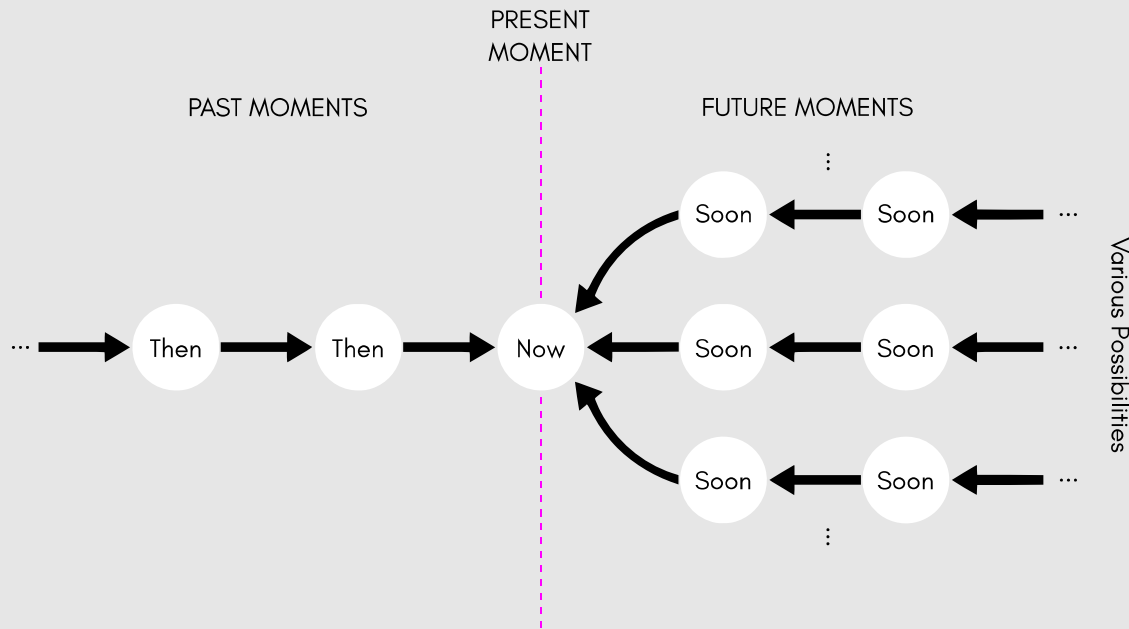
**Ethics**

**Morals** ▲

- Of Quality: Constructive or Destructive? (Internal)
- Of Relation: Complements or Opposites? (External)

**Virtues** ▼

- Of State: Clarity or Confusion? (Internal)
- Of Circumstance: Opportunity or Temptation? (External)



Temporal Coordinates	Musical Analogy
Relative Duration	Rhythm
Sequential Ordering	Melody
Simultaneously Occurring	Harmony

### **Characteristics of The ONE**

Omnipotence ("All-Power")  
Omniscience ("All-Wisdom")  
Omnipresence ("Everywhere" & "Everywhen")  
Omnibenevolence ("All-Love")

### **Functions of The ONE**

Creation  
Sustainment  
Transformation

### **The Three Lights**

Love  
Hope  
Faith

### **Interpersonal Relationships**

Observation (of Externalized aspects)  
Communication (about Internalized aspects)

### **Lifepath Trajectories**

Convergent  
Divergent

### **Learning**

Knowledge  
Skill