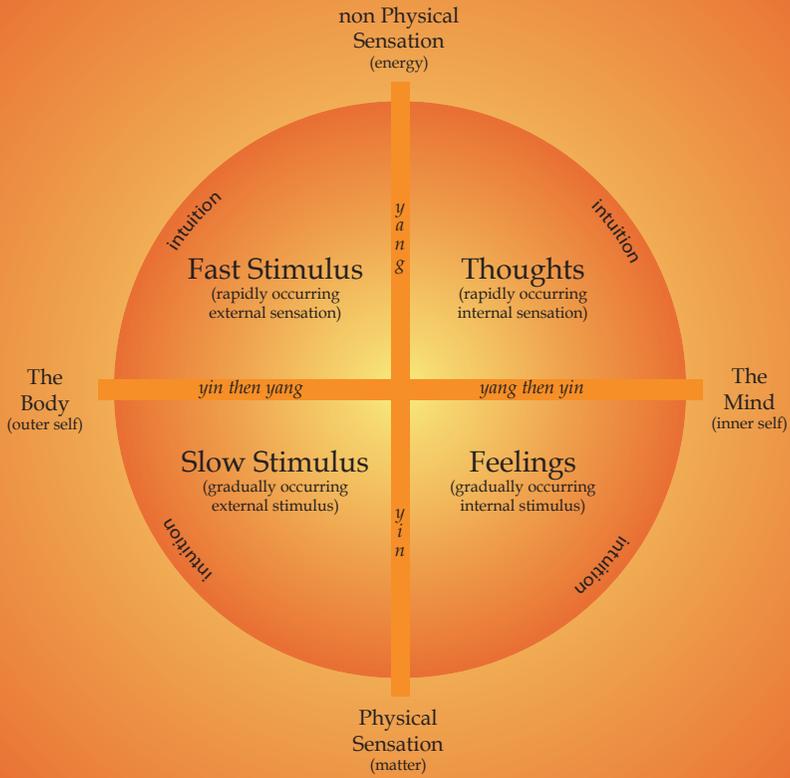


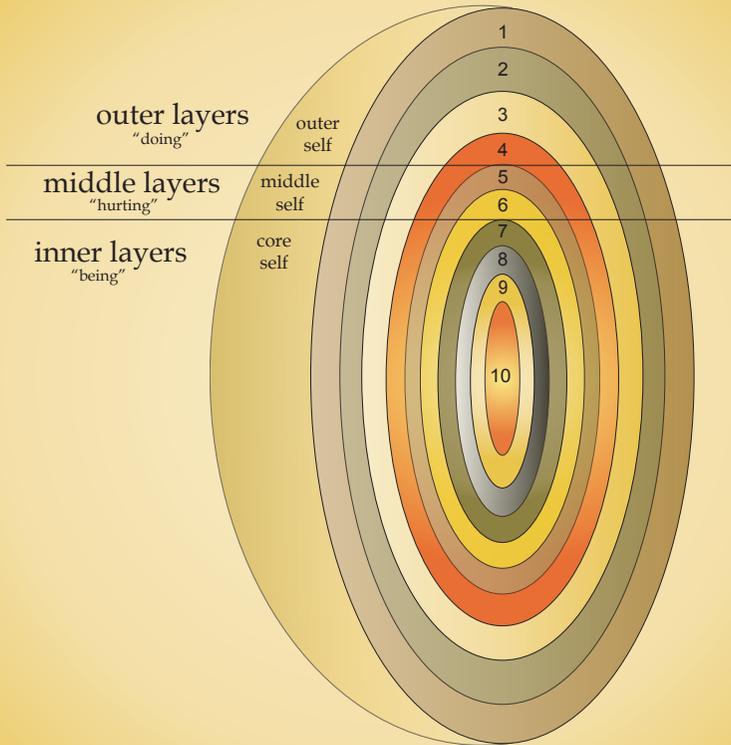
The Fractal For Mind Body (per Emergence Personality Theory)

(© 2007 Steven Paglierani, The Center for Emergence)



Personality as a Ten Layered Onion (according to Emergence Personality Theory)

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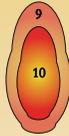
The Ten Layers Listed

- 1 - personal non existence
- 2 - punishing question, excuses, and explanations for not punishing
- 3 - time limited punishments
- 4 - eternal punishments
- 5 - symptoms
- 6 - blocks
- 7 - needs
- 8 - disconnections
- 9 - personal connections
- 10- connections to the "all"

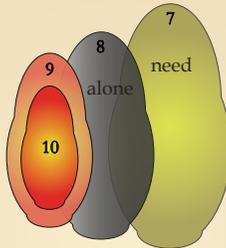
The Birth Separation Moment

How Our Core Personality Forms (The Inner Four Layers)

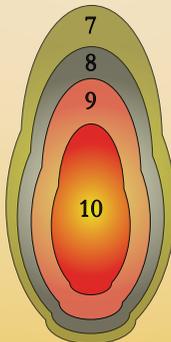
(© 2007 Steven Paglierani The Center for Emergence)



before birth



the birth separation moment
the primary life sequence
(connect - disconnect - need)



after birth
(the first four layers of personality have formed)

The 12 Categories of Blocked Needs Markers (How Emergence Personality Theory Identifies Wounds)

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The following list of twelve experiences comprise the master list for psychological symptoms. Thus whenever you encounter one of these experiences, you will always find a set of blocked needs associated with it. Along with a startling event or events.

Category One:

Vivid Visual Recall of a Painful Event

Category Two:

Being Unable to Picture a Common Childhood Event

Category Three:

Hating an Ordinary Life Event

Category Four:

Under-reacting to a Loving Event

Category Five:

Under-reacting to a Violent Event



Category Six:

Feeling You Have No Choices

Category Seven:

Feeling Urgency During an Ordinary Life Event

Category Eight:

Feeling Abandoned During an Ordinary Life Event

Category Nine:

Feeling Trapped During an Ordinary Life Event

Category Ten:

Repeatedly Making the Same Painful Error



Category Eleven:

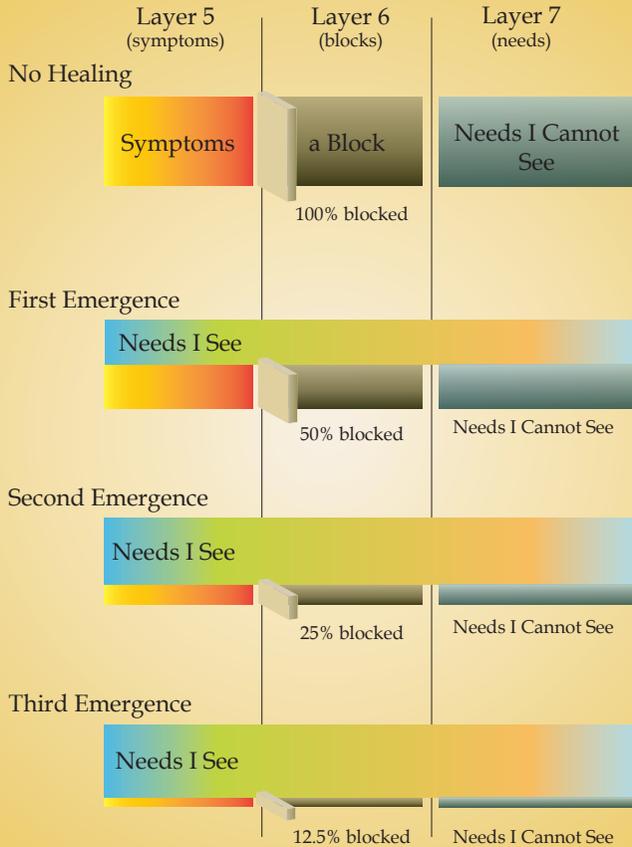
Feeling Markedly Older or Younger During an Ordinary Life Event

Category Twelve:

Feeling Compelled to Do Ordinary Acts

How Blocks Heal

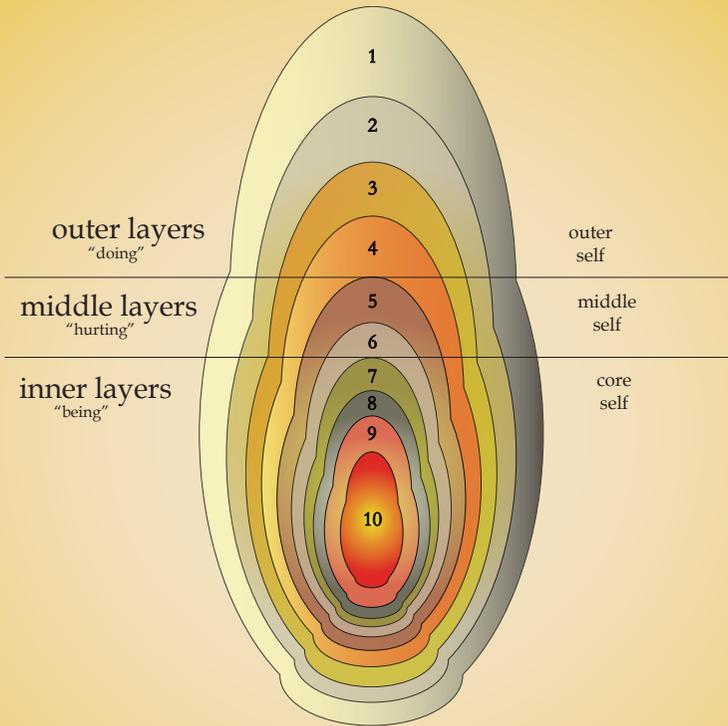
(according to Emergence Personality Theory)
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Just as Zeno's paradox predicts, reducing anything by one half still leaves half of a half. Healing occurs this way. In other words, the first emergence adds one visual possibility to one non visual possibility, resulting in a 50% reduction in the block. Each successive emergence then adds one more visual possibility and thereby reduces what is left of the block by yet another 50%.

Personality as the Ten Russian Nesting Dolls (according to Emergence Personality Theory)

(© 2007 Steven Paglierani The Center for Emergence)



The Ten Layers Listed

- 1 - personal non existence
- 2 - punishing question, excuses, and explanations for not punishing
- 3 - time limited punishments
- 4 - eternal punishments
- 5 - symptoms
- 6 - blocks
- 7 - pure needs
- 8 - disconnections
- 9 - connections to persons
- 10- connections to the "all"

Altering Time - the Basis of Addiction

(How Emergence Personality Theory explains addiction)

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Despite the obvious differences, all addictions share one thing. Indulging in them alters the way you perceive time. Thus the most basic references we make to addicting substances divide them into only two groups; uppers and downers. In other words, they either speed up our sense of time or slow it down.



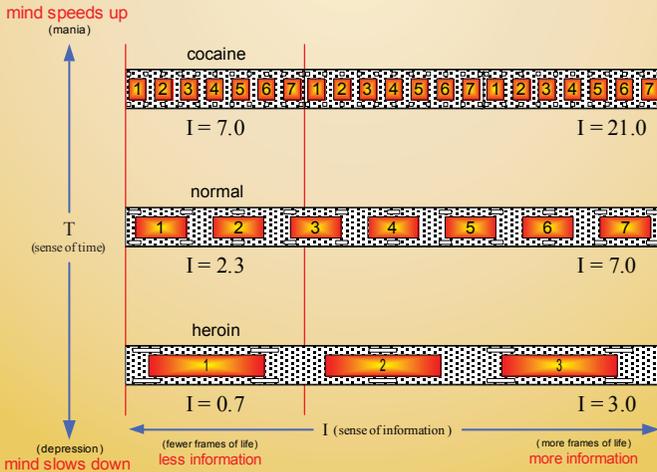
Meaning = Information (Time)

$$M = I(T)$$

(cocaine) $35.0 = 7.0 (5)$

(normal) $11.5 = 2.3 (5)$

(heroin) $3.7 = 0.7 (5)$





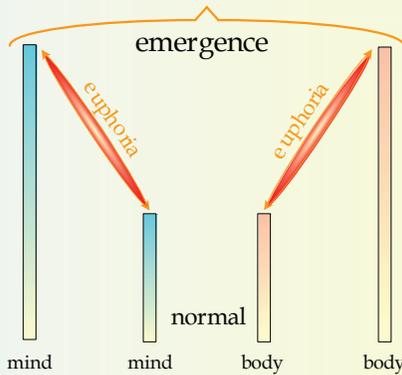
Mind Body Clock Differences

(How Emergence Personality Theory explains getting high)
(© 2007 Steven Paglierani The Center for Emergence)



How Mind / Body Differences Create Euphoria

The greater the difference between mind and body awareness, the greater the euphoria. Moreover, whichever has the higher awareness determines the nature of the high; mind high (upper); body high (downer), or both (emergence).



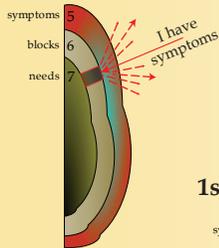
Making a Breakthrough

(according to Emergence Personality Theory)

(© 2007 Steven Paglierani The Center for Emergence)

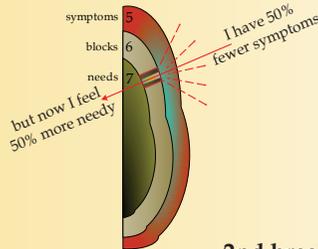


a block

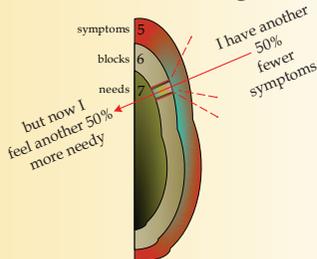


When you make a breakthrough in therapy, you move through symptoms past the block to neediness. Over time, you attempt to back out but the symptoms return so you return to working on the block.

1st breakthrough



2nd breakthrough

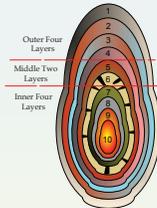


Each successive breakthrough then heals one half of whatever is left of the block until the block is insignificant and no symptoms reappear.



The Fractal for a Good Therapy (how Emergence Personality Theory defines therapy)

(© 2007 Steven Paglierani The Center for Emergence)



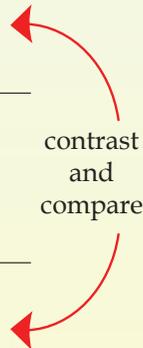
The Essence of All Good Therapies

Here, the idea is simple. All good therapies get past the Outer Four Layers; Layer 1 (personal non existence), Layer 2 (punishing questions, excuses and explanations), Layer 3 (time limited punishments), and Layer 4 (eternal punishments). They then work with Layers 5, 6, and 7, by contrasting and comparing what people can see (their symptoms) with what they logically know to be true but cannot see (their needs).

Layer 5 here are the symptoms

Layer 6 a block

Layer 7 where is the need?



A good therapy contrasts and compares the symptoms of Layer 5 with the logically missing needs of Layer 7

Using Audio Speakers to Understand Blame

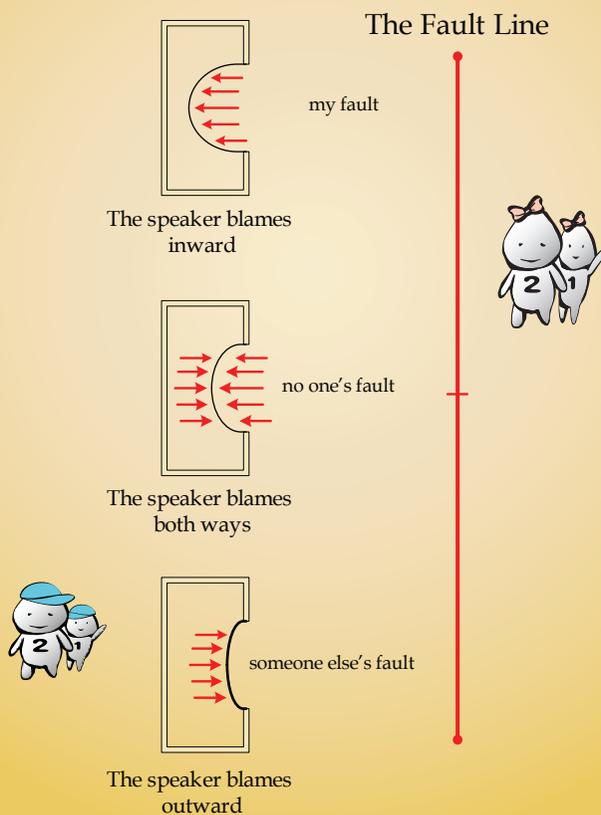
(How Blame in Equal and Opposite Directions Cancels Pain)

(© 2007 Steven Paglierani The Center for Emergence)



How Blame In Two Directions Cancels Pain

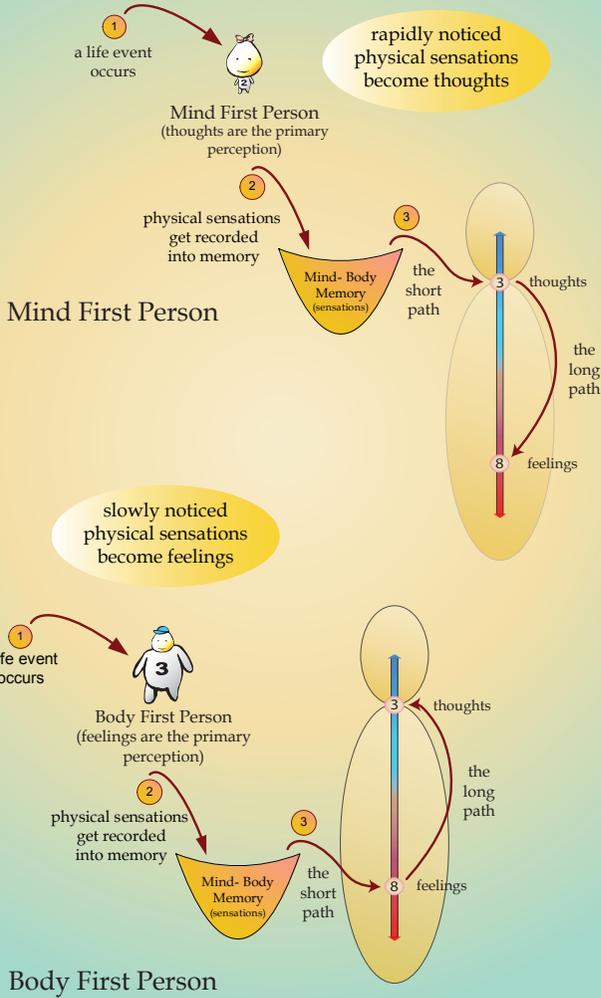
Here is one of the more non intuitive ideas emergence Personality Theory posits. The idea that just as sound waves in equal and opposite direction cancel each other, so does blame. In therapy, this is sometimes known as a "paradoxical intervention."



Mind First versus Body First

(How the Two Paths Create the Two Experiences)

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The Two Perceptions -Mind and Body (how thoughts and feeling blend into experience)

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Thoughts and Feelings as the Two Kinds of Perception

If we accept that the mind body connections exists, then all perception begins as either something we think (mind) or feel (body) or both. As some combination of thoughts and feelings. Since all lasting personal change occurs only when both are in balance, all good therapies must honor both.



Mind First Person
(thoughts are the primary perception)

- 5 Senses
- Intelligence
- Brilliant Insights
- Tell then Show

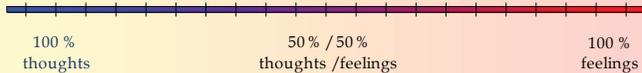
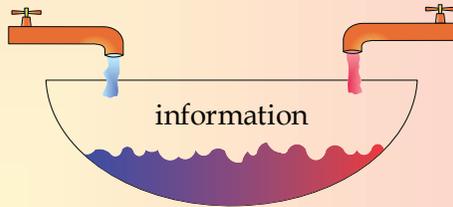


Body First Person
(feelings are the primary perception)

- Sixth Sense
- Intuition
- Gut Reactions
- Show then Tell

thoughts

feelings

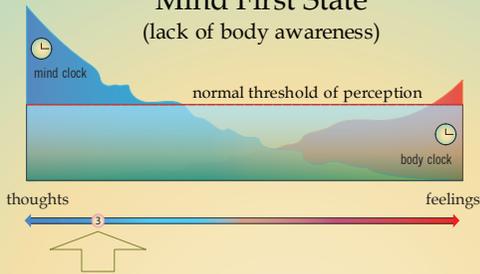


How Vulnerable Are You to Addictions?

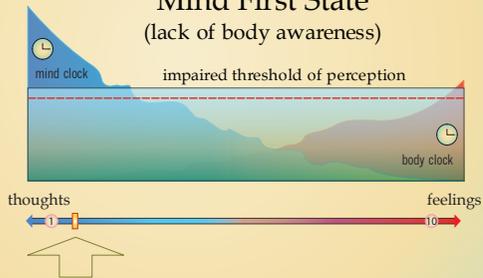
(How Being Mind First Affects One's Vulnerability)

(© 2007 Steven Paglierani, The Center for Emergence)

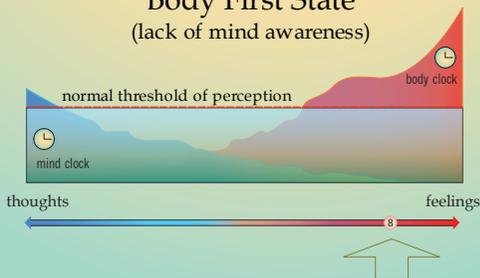
Mind First State (lack of body awareness)



Mind First State (lack of body awareness)



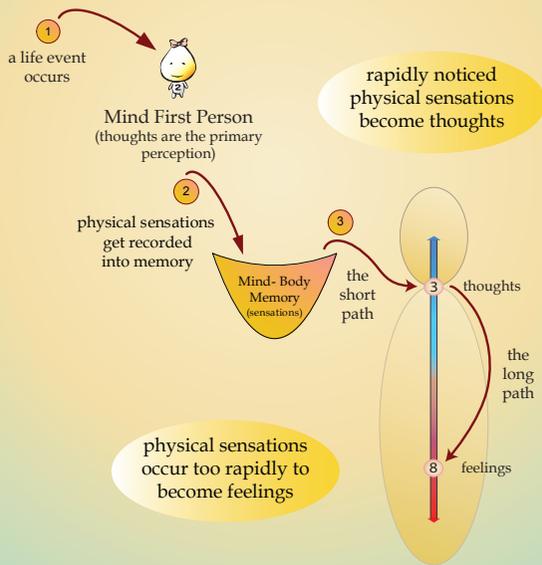
Body First State (lack of mind awareness)



How Mind First People Can Overeat (eating is managed mentally not physically)

(© 2007 Steven Paglierani The Center for Emergence)

What Makes Mind First People Vulnerable to Overeating?
 Eating to Mind First people is an event to be managed with the mind. Thus they commonly say things like, “I ate healthy” or “I left something on my plate.” While both these things are good ideas, neither is a feeling. Thus “health” is not a feeling even if being healthy feels good. Similarly leaving food on a plate is not a feeling albeit seeing that you’ve done this can make you feel pretty good. The point is, despite the good feelings doing these things can lead to, it is the mind, not the body, that is making these assessments.

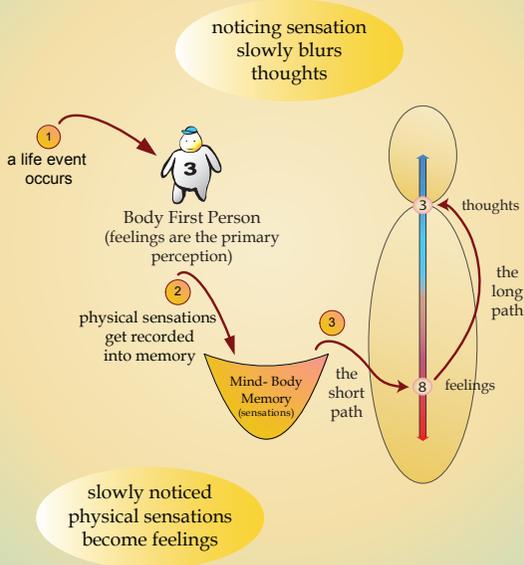


As to why Mind First People lack the physical feedback to properly manage their eating, it is simply that it takes much more time to sense the physical sensations of eating. Thus Mind First people commonly eat until they are suddenly full. As opposed to Body First people who rarely eat to fullness. What makes them know they have had enough? They eat until they have had enough taste.

How Being Body First Causes ADD (thinking is managed physically not mentally)

(© 2007 Steven Paglierani The Center for Emergence)

What Makes Body First People Vulnerable to ADD?
Using words to Body First people is an event they manage with their bodies.
Thus they commonly say things like, "I



As to why Body First People lack the mental feedback to properly manage words and ideas, it is simply that they think in slow motion.

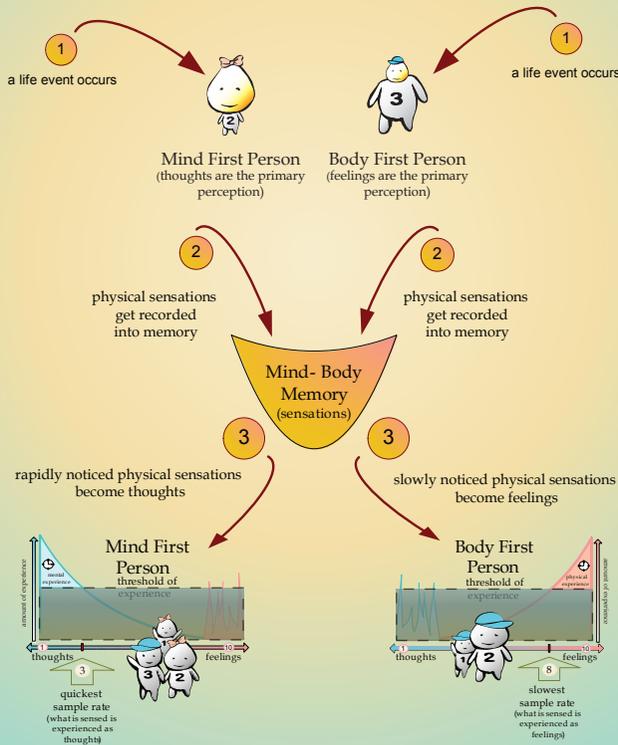
How Do Memories Get Created?

(How Physical Sensation Becomes Thoughts and Feelings)

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What Is Memory?

Contrary to current assumptions, we do not store our thoughts and feelings in memory. We store only sensation itself. Then, when we recall these sensations, we combine them with what we currently sense to create our thoughts and feelings on the fly. This explains why normal thoughts and feelings never repeat the same.





How Memory Gets Recalled

(how our thoughts and feeling get created on the fly)

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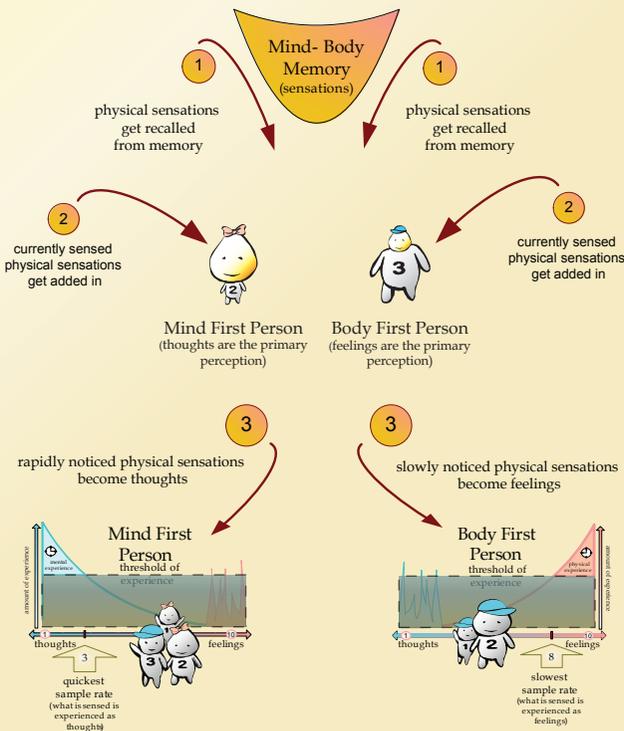


What Happens When We Try to Recall Thoughts and Feelings?

Because we store only physical sensations in memory, whenever we attempt to recall thoughts and or feelings, we recall only the physical sensations stored in memory. These sensations then get summed with our current physical sensations.

Then, by noticing this sum, our thoughts and feelings get created on the fly.

Again, this explains why we can never experience the same set of thoughts and feelings twice, even if we try.





The Mind Body Sync Point

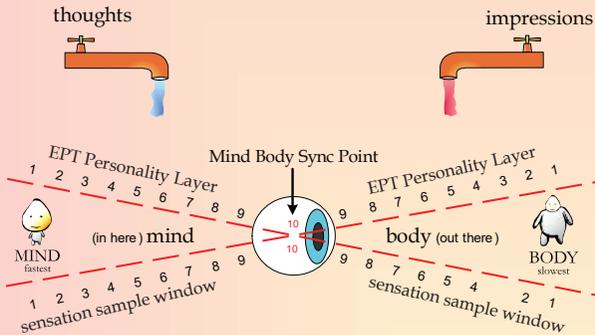
(how vision relates to the mind body connection)

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Using Eye Movement Physics to Sense the Mind - Body Sync Point

Because the eyes use the same set of physical laws to guide its movements both with what is on the screen of the mind and with what is out in the physical world, the eye itself can be used to discern Mind Body Sync differences.



Mind First Person
(thoughts are the primary perception)

- 5 Senses
- Intelligence
- Brilliant Insights
- Tell then Show

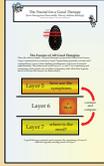


Body First Person
(feelings are the primary perception)

- Sixth Sense
- Intuition
- Gut Reactions
- Show then Tell

The Matrix of Personality

(according to Emergence Personality Theory)
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	Meta (storage) where we record "what happens in life"	Macro (content) "what happens in life"	Micro (experience) our experience of "what happens in life"
Meta (storage)	a theory of the mind	a theory of personality	a therapy
Macro (content)	$M = I(T)$	Emergence Personality Theory	Emergence Therapy
Micro (experience)	a single thread of similarity	a single move between a layer	a single emergence / submergence

