

Chapter IV

Life Examination

Personal Time Lines With Planning Charts

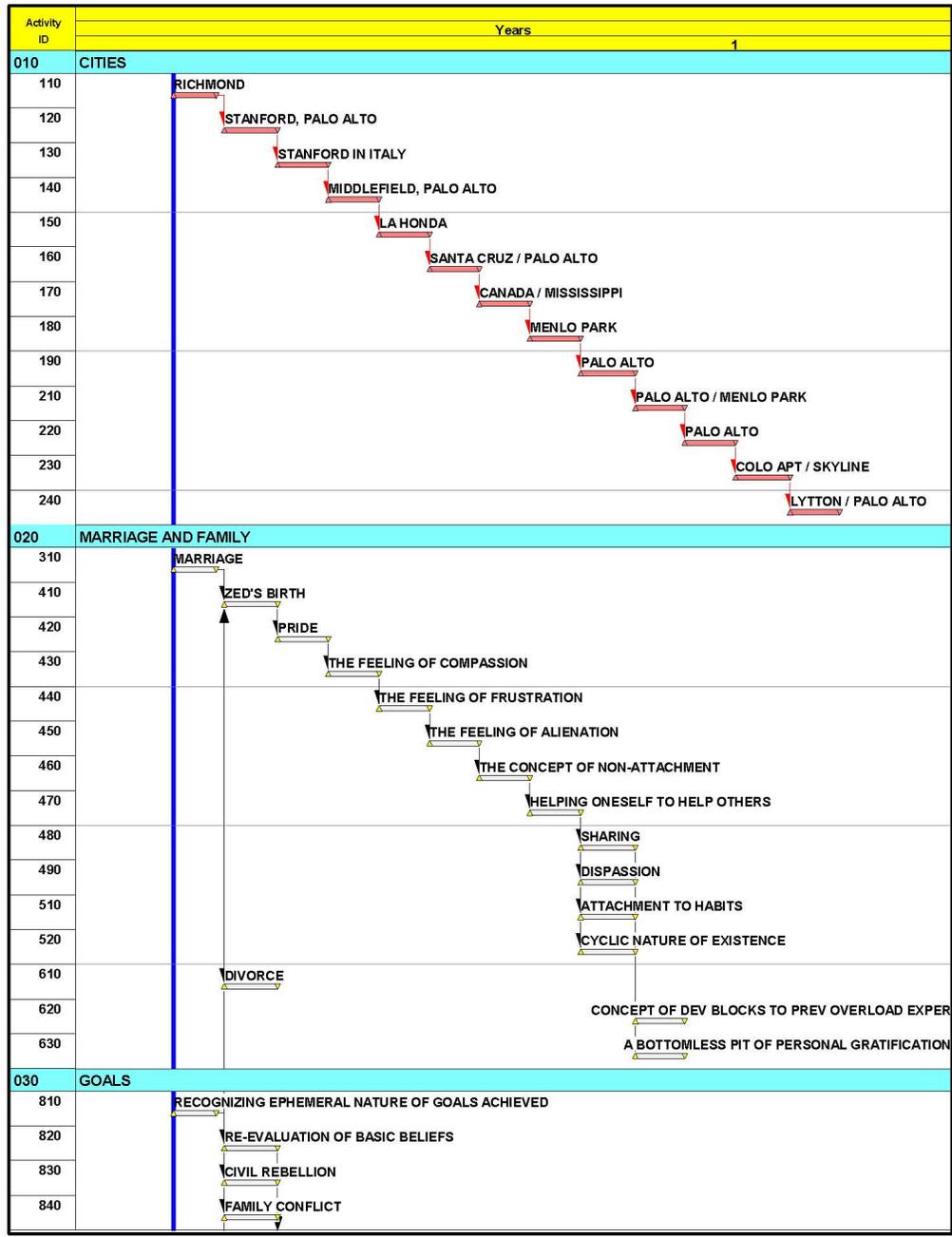
Life examination through the construction of a lifeline is a valuable tool for both personal organization and the unfolding of conscious self-understanding and awareness. It is a natural model for the understanding of cycles, process and change. When we can view our lives from an overview perspective many new options become available to us. The past is an invaluable teacher.

There are basically two ways we may reflect on our lives. First is from an objective examination. This involves asking the question: what were the events, and when did they happen? The objective viewpoint summarizes the external and factual events. Secondly we each have a subjective experience of the past, which is our interpretation of what has occurred. This perspective includes our feelings, attitudes and judgments about what happened. Because, in essence, we create what we experience, the way we view ourselves in the past has a significant impact on our present experience. It is according to how we perceive what has happened that both ourselves and our lives appear to us.

For these reasons, a lifeline overview, both from an objective as well as a subjective perspective, provides an excellent reflection and insight tool for re-organization and growth, as well as an incentive for goal setting and personal transformation.

I have charted my lifeline, from primarily an objective perspective, from the ages of 20 – 40 below. A questionnaire for generating the information and a blank lifeline chart follows this for your own use. It is easier if you record initially the objective events then, if you choose move into the more subjective experiences.

The charts below are draft charts and are not to a definite time scale. They are sequential in nature and format. The numbers on the left side are activity numbers used to input the information into a computer. My original chart was hand-drawn.



Activity ID	Years
030	GOALS
850	FOREIGN CULTURE ENCOUNTER
860	CULTURE SHOCK
870	FAMILY CONFLICT
880	SPACE ODYSSEY
890	WRITE
910	IDLE TIME
920	STUDY
930	COMPUTER MUSIC
940	YOGA / MEDITATION
040	OCCUPATIONS / INTERESTS
1210	MECHANIC / CARPENTRY
1230	MUSIC LESSONS GUITAR / VOICE
1240	HOUSE LABOR
1250	HIGH RISE BALANCE WITH MANTRA
1260	CARPENTRY
1270	LAP SWIMMING
1310	COMPUTER OPERATION
1320	ACCOUNTING
1325	HOUSE PURCHASE
1330	HOUSE RENOVATION
1340	CARPENTRY
1350	PERT/CPM MANAGEMENT PLANNING
1360	PERT / CPM SF/OKA
1370	PERT / CPM
060	SPORTS
1510	BASKETBALL / BASEBALL
1520	FOOTBALL / BASEBALL
070	HEALTH
1710	HYPNOSIS
1720	SELF-HYPNOSIS
1730	AUTOMATIC WRITING
1750	YOGA
1760	SUN SALUTATION
1770	RELAXATION EXERCISE

Activity ID	Years
070	HEALTH
1780	MANTRAS
1790	MOUTH STRETCH EXERCISE
1800	KNEE OPERATION AND HEALING
1810	HEPATITIS AFTER TRIP TO MEXICO
1820	DECUBITIS RELAXATION EXERCISE
1830	NECK ROLL
1840	CIRCULAR SWIMMING
1850	TAI-CHI EXERCISE
1860	TAI-CHI
1870	BREATH EXERCISE
1880	BREATH RETENTION
1890	BREATH EXERCISES
080	COMPUTER PURCHASE
1900	PURCHASED OSBORNE COMPUTER

To use this lifeline chart, first begin by determining which variables on which you would like to focus your attention. The objective areas I chose were environment (living location), relationships, schools, jobs, sports, physical exercises, mental disciplines, health, writing, and crises. The subjective areas I chose were conscious realizations, belief systems, emotional trauma or injuries, feelings, self-evaluations or self-judgments held. From these you can proceed directly to the timeline or you can create an outline format to help you move into plotting this data on the lifeline.

You may proceed directly to graphing your own information on the blank lifeline provided or try using the questionnaire format below to help you re-call and list the information.

Environment

Where and when were you born?

How long did you live there?

Record each sequential place of residence and the time period you were there:

<u>Place</u>	<u>Time period</u>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Relationships with “significant others”

<u>Person</u>	<u>Nature of Relationship</u>	<u>Beginning when</u>	<u>Ending when</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Physical exercises, activities or disciplines

<u>Activity or exercise practiced</u>	<u>Beginning when</u>	<u>Ending when</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

<u>Mental disciplines</u>	<u>Beginning when</u>	<u>Ending when</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Diet (You may also choose to include impacting medications or nutritional supplements here)

<u>Diet, medications or supplements</u>	<u>Beginning when</u>	<u>Ending when</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Habits or addictions

Beginning when

Ending when

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Health problems or injuries

Beginning when

Ending when

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Life Crises

Beginning when

Ending when

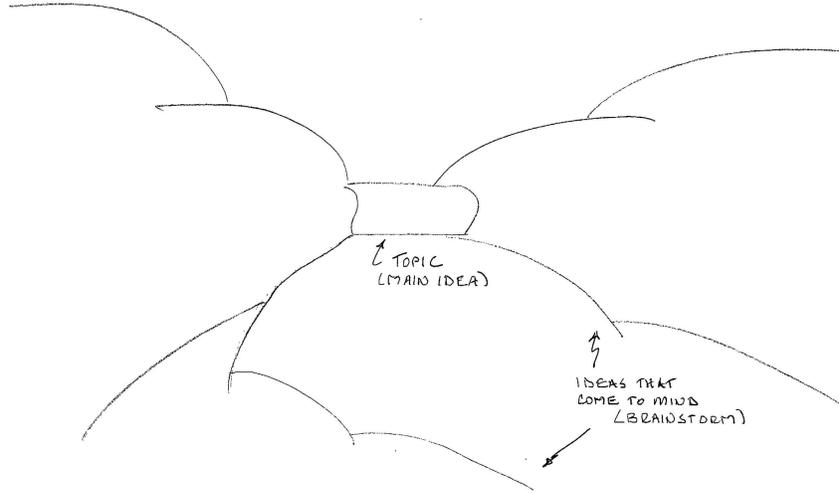
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Next take this data and plot it on the lifeline form.

The following chart (blank outline) is a sample of a chart you can prepare. The blank time-scale at the top can be filled in to reflect days, weeks, months or years depending on the perspective over-view you are considering.

There are other charts and formats that can be used to focus on other perspectives that may be more relevant to an individual at any particular time. These include mind-map documents for brainstorming, boxes and ladders for categorization of thoughts and ideas and a simple narrative outline that can be used as a precursor to examination of categories and development of documents for reflection, analysis and future planning. The purpose of this approach is not to force a particular type or subject of analysis but to provide a series of tools for reflection, self-examination and creation of a personal path for future change and transformation.

OBSERVATIONS



Next, focus on the subjective experiences of your life.

Conscious Life Realizations

Approximate time period realization was most important

Belief systems that were/are Relevant to you

Approximate time period belief system was most important

Emotional trauma or injury – Describe what happened and how it affected you and record during what time period this was occurring.

Emotional trauma or injuries

Approximate time period trauma occurred

Describe how you identified yourself. For example perhaps you identified yourself as being a student, a successful lawyer, an intuitive healer or an awakened mother, etc. Record these ways in which you saw yourself and the time period when these identities and viewpoints about were most relevant.

Identities held about self

Approximate time period these identifications were most important

Describe how you were feeling about yourself. For example, if there was a certain time where you were feeling very empowered and courageous or a certain time when you were feeling overwhelmed or like a failure. Record the time period when these feelings were most relevant.

Feelings, self-evaluations or self-judgments held

Approximate time period these feeling were or are most important

Relationship to self

How we interpret the events that have taken place in our lives affect how we view ourselves and how we create the future.

Timeline freeing – Reinterpreting the past for present transformation

In this section you may choose to reconstruct certain subjective aspects of your timeline to remove the judgment present in your emotional body and remove the limitation you have taken on about who you think you are and what you are capable of doing or feeling.

If you are holding a negative and fixed interpretation of something you did, you are holding a judgment in your emotional body and also a limitation of who you

think you are in your mental body. This constitutes baggage and limitation that will burden you subconsciously in your experience of every present moment and may be experienced as an emotional crystallization or a mental thought form. It affects who you feel or think you are and what limits you create for yourself. In the emotional body, it affects the circulation of emotions just as a tourniquet affects the flow of blood. In the mental body it causes old tapes of our limited identity to keep playing through our consciousness. By bringing the event and the judgment of the event into the conscious mind you can dissolve the blockage of the crystallization or the thought form that is being held and remove the limits you are recreating for yourself in the future.

It is not what has happened to us but how we have interpreted what has happened that determines how we respond and how we become.

How I would rewrite the past

Here you can rewrite you won subjective interpretation of the past. Focus on an experience you interpreted as injurious to you or another and one that you would like to change. Close your eyes and go into a meditative state. Go back into that experience and allow yourself to feel what is present. Feel all the way into your physical body the event that you are focusing on. Feel how it is held in your body and where it is being held. Feel how that feels. Resonate with that feeling and allow yourself to access any emotions such as guilt and shame that are connected to this event. Begin by recording below your past interpretation of a significant event in your life. Include the feelings and fears that you experienced, and how this event made you feel about yourself.

Where in the body are these feeling being held? Can you describe how it feels?

If you have been introduced to the Emotional Stress Release (ESR) technique you may want to implement the process at this time, prior to beginning the writing process described below.

Next you may move into writing your new interpretation of what happened and record this new viewpoint below.

For example take the event of bankruptcy or of being fired from a job. You would chart this event and date. Your initial interpretation may have been negative. Now meditate on this event and ask inside for the higher truth that exists concerning this event in your life. For example, "Awakening event. Redefinition of personal and professional goals began here. Event served as a painful catalyst to bring me back in touch with my family and caused me to focus my life on what is truly important to me."

Event and time

Your transformational interpretation of the event

Record now any re-writing of the above events that you would like to add.

Include any change in view point about who you are that is watching these events.

Allow yourself time to be in a meditative state and intentionally re-experience your new timeline. Perhaps you would like to put on some soothing background music or create a nurturing environment for yourself in any way you prefer. Creatively visualize and experience your new interpretation of the events through all five of your senses. Take as much time as you need and move through the experience of the sequence with as much detail as you can create.

Personal transformation begins with complete allowance and acceptance of the past. To truly accept the past is more difficult than we imagine. To accept without judgment one's past experiences allows you to release the effect of the past negative interpretations of your experiences. It frees you to retrieve those fragments of yourselves that have been judged and denied and left in the past. Then you are free to change what may be "inappropriate programming" from the past. When we truly accept the past, we are freed from the burden of guilt and resentment. When we remove the blame, we are free to take full responsibility for our past and reclaim our own power to change. In the wholeness we can make our current life decisions based on the present moment and not on the past investments of our identity or the compelling lack of completion of the past.

The most rapid way to see things change is to change the idea of who you are. The persona is an artificial construct of your consciousness. Often negative influences have been passed down through the family for generations. When you can become conscious of these influences, or "bring them to the surface," you have a choice about how they will effect you. When your consciousness changes the idea of who it is, the persona you are literally becomes a transformed person. All events that we experience are basically neutral, we create all our experiences of them by how we interpret these events. Based on our interpretation of the past, we often unconsciously draw to ourselves what we

expect or are afraid will happen, or we project out what we believe will happen, based on the past, and perceive the present accordingly.

This method of timeline graphing provides a simple way for discovering how your past is influencing you and how to create your future the way you want it.

The subject matter can also be adjusted to focus on particular areas of interest as they may relate to personal and professional reflection, analysis and planning.