

The Core Perspective-Game of Substance: PREPARATIONS

The Core Perspective-Game of Substance- Patterns

There are many, many patterns of thought and behavior that exist in our daily lives that if left unchecked create energy blocks and reduce our true clarity levels. They can be referred to as unconscious ways of thinking and/or doing something or "fear" patterns. In the game they are referred to as patterns of thought and behavior that no longer serve. If they have been left unchecked for long periods of time, perhaps generations, they become known as chronic and can create what I refer to as very dense blocks. The game has density levels of 1-3 representing the differing longevity of the patterns. Overlapping the density number is written the core value (s) that would be needed to connect with in order to change the pattern and dissipate / remove the block. Once dissipated your true clarity level increases. The following is a list of 50 common "fear" patterns that many people can relate to or have observed in others-

- bullying
- controlling
- lying
- over achieving
- under achieving
- over eating
- trying to be somebody you are not
- pleasing others at your own expense
- greed
- short sighted thinking

- pleasing yourself at others' expense
- spending beyond your means
- polluting the environment
- resisting change
- criticizing others
- blaming others
- not taking responsibility for your actions
- thinking that your way is always right
- worrying
- living in the past or future

- justifying bad behavior
- tuning out using drugs
- turning a blind eye
- judging others
- believing everything that you hear
- projecting onto others
- stereotyping
- remaining in your comfort zone
- living through others
- self-criticism

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self-defeating talk
making the same mistake over and over
being cruel to others
being angry throughout the day
speaking over others
tuning out and pretending to listen
reacting rather than responding
putting work first before children
seeing children as possessions
doing the same thing, but looking for a different outcome

taking advantage of others who are vulnerable
pushing "your weight around"
thinking that your reality is all there is
not taking your own advice
thinking that saying "do what I say, not what I do" is effective
stubbornness at the expense of others
thinking that children should be seen and not heard
believing that you are not an eternal being
believing that others are more important than you are
listening to others rather than your inner voice

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