

The Path of Advanced Awareness to Conscious Recovery

Guidebook

Your Name: _____

Date: _____

A Semi-Guided Recovery Workshop
From Advanced Awareness

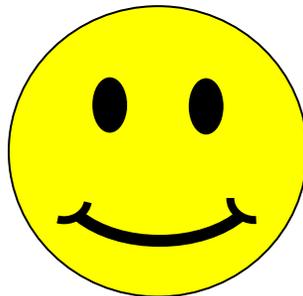
Author's Message to Participants

Advanced Awareness programs do not deal with psychological or medical influences on lasting happiness. Nor do they include psychotherapy. All of this is better left to the physicians, psychiatrists and psychologists.

Advanced Awareness programs do teach a simple but highly effective method of harnessing positive energy that can help anyone, from adolescents to seniors, learn how to improve lasting happiness in their life. It incorporates three well-accepted scientific theories: 1) Personality Temperaments; 2) the Science of Happiness; and 3) the Physics of Energy. Participants learn how to utilize the power of positive energy in creating a happier life within themselves and in their important relationships.

May your Path of Advanced Awareness be filled with the positive energy of love.

*Veeder South III, PhD
Laguna Beach, California*



The Path of Advanced Awareness to Conscious Recovery Guidebook

Price: \$35

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The Path of Advanced Awareness to Conscious Recovery

I would like to introduce you to the “Path of Advanced Awareness to Conscious Recovery” semi-guided workshop from Advanced Awareness. It is designed to help anyone who is seriously seeking to recover personal happiness from the false pleasures of an unhealthy addiction. In this semi-guided recovery workshop, individuals work through the two sessions of this Guidebook on their own and at their own pace under the direction of a qualified guide. In Session 1, each participant works through the “Individual’s Guide to Lasting Happiness” sections. In Session 2, they work through the “Rebuilding Lasting Happiness in Your Relationships” sections as they learn a new way to cultivate and rebuild happiness in their important relationships. The qualified guide is there whenever needed to answer questions as individual participants work through this semi-guided conscious recovery workshop. The workshop can also be facilitated for a group by a qualified guide in a classroom setting.

This semi-guided recovery workshop is intended for:

- 1) recovery center counselors looking for a simple yet highly effective program to help clients recover from the unhappiness of addiction as participants learn to recover lasting happiness within themselves and with the important people in their life.*
- 2) anyone struggling with the unhappiness of addiction (or its beginnings) to learn a powerful new path to recovery by diluting (and eventually eliminating) the negative energy of an unhappy addiction with the positive energy of love.*

Participants learn to harness the positive energy of love within themselves and in their important relationships as they follow their Path of Advanced Awareness to Conscious Recovery in their life.

This Guidebook has been developed by Dr. Veeder South to help anyone who is seriously seeking recovery from an unhealthy addiction learn a new way to recover lasting happiness in their life. Dr. South and other qualified guides are available to support this semi-guided recovery workshop. Here is a summary of Dr. South’s background: He earned his PhD at UCLA in Energy and Kinetics. He has worked with recovery and other clients of Advanced Awareness for the past 15 years. He was an associate professor at California State University, Northridge (CSUN) School of Engineering for 6 years where he was twice named outstanding professor of the year by the students. Dr. South has written two books on lasting happiness in addition to this and other workshop Guidebooks.

For more information, or to learn how to become a qualified guide for this semi-guided recovery workshop, please contact Dr. South directly by text or e-mail.

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Author: “The Path of Advanced Awareness to Conscious Relationships”

Author's Recommendations on How to Work Through This Guidebook

There are no time limits on completing this relationship workshop. However, my recommendation is to try to complete both Sessions of the Guidebook within two weeks. If you work through the relationship workshop too fast, it is likely that you will miss some of the important concepts included in the Guidebook. If you take too long, you are likely to have forgotten what you learned in previous sections before you put the Guidebook down. Here are my recommendations on how to get the most out of this "The Path of Advanced Awareness to Conscious Recovery" relationship workshop as you work your way through the Guidebook:

Guidebook Session 1

Day 1. Work through Guidebook Sections 1.1 - 1.4 at your own pace.

Day 2. Review the previous sections you have completed on Day 1, discussing any questions or concern you may have with your guide. Then complete Guidebook Session 1 by working through Guidebook Sections 1.5 - 1.7 at your own pace.

Day 3. Review your completed Guidebook Session 1 with your guide. Before you begin Session 2, work on completing the 4 steps suggested on Page 24 of starting to rebuild your relationships with the important people in your life that have been damaged as a result of your addiction.

Guidebook Session 2

Day 4. Work through Guidebook Sections 2.1 - 2.3 at your own pace.

Day 5. Review the previous sections you have completed on Day 4, discussing any questions or concern you may have with your guide. Then work through Guidebook Section 2.4 and Appendix A1 (Avoiding Relapse) at your own pace.

Day 6. Complete any of the unfinished relationship exercises of Guidebook Session 2 using any additional assessment results that you previously did not have. Then review your entire completed Guidebook with your guide.

Please Note: *After completing this Guidebook, get together with each of the selected (willing) important people in your life and discuss the results of this relationship workshop, especially as it applies to your relationship with them.*

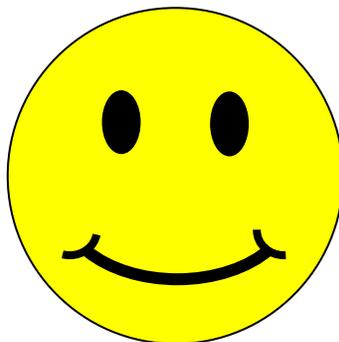
The Path of Advanced Awareness to Conscious Recovery

Table of Contents

| | <u>Page</u> |
|--|-------------|
| <u>Session 1: Individual's Guide to Lasting Happiness</u> | 6 |
| Section 1.1 Introduction | 7 |
| Section 1.2 Personality | 9 |
| Section 1.3 Personality Temperament Card Rankings | 11 |
| Section 1.4 Your Personality Temperament Self-Assessment | 13 |
| Section 1.5 Personality Temperament Balance | 15 |
| Section 1.6 The Spiritual Temperament of Higher Consciousness | 19 |
| Section 1.7 Personality Temperament Preferences and Addiction | 22 |
| <u>Session 2: Rebuilding Lasting Happiness In Your Relationships</u> | 24 |
| Section 2.1 Introduction | 25 |
| Section 2.2 Rebuilding Your Relationships | 26 |
| Section 2.3 Personality Temperament Compatibility in Your Relationships .. | 26 |
| Section 2.4 Consciously Dealing with Differences in Your Relationships | 33 |
| <u>Appendix</u> | 36 |
| A1. Avoiding Relapse | 36 |
| A2. Personality Temperament Self-Assessment (Completed Example) | 37 |
| A3. Personality Temperament Self-Assessment Chart (Completed Example) | 38 |
| A4. Relationship Personality Compatibility Diagram (Completed Example) | 39 |

SESSION 1

INDIVIDUAL'S GUIDE TO LASTING HAPPINESS



SESSION 1: INDIVIDUAL'S GUIDE TO LASTING HAPPINESS

Section 1.1 Introduction

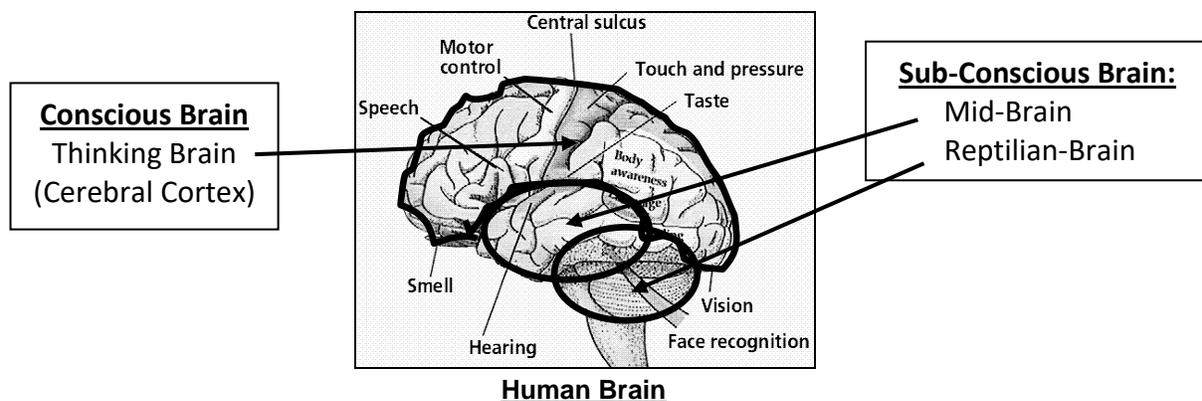
What is it that you have lost as a result of your addiction and are now seeking to recover? How about contentment, excitement, self-respect, friendships, fun, joy, bliss, love, etc. These are all words that describe happiness. Perhaps recovering happiness in your life is really what you are seeking.

So, what is happiness? The words used to describe happiness don't define what happiness is, they simply try to convey what happiness feels like. The truth is, happiness (like recovery) cannot be defined in words, it can only be sensed. We naturally sense when we are happy because we just feel it. If our senses are the only means of determining whether we are happy or not, maybe we have the option of interpreting our senses as we choose to. Perhaps our feelings of happiness depend to a great deal upon how we consciously interpret what's happening around us. Perhaps creating and maintaining happiness in your life is what conscious recovery is all about.

The Scientific View of Happiness – The “Science of Happiness” has determined through research that lasting happiness involves balancing and satisfying three general areas in life:

1. **Healthy Pleasure** – this is the “smiley face” part that triggers dopamine and other “feel good” chemicals in the brain (the danger here is that healthy pleasure can turn into the “unhealthy pleasure” of addiction that eventually turns into pain).
2. **Healthy Relationships** – this relates to the depth of involvement with family, friends, romantic partners, work groups and other personally interactive groups. Healthy personal relationships highly correlate with lasting happiness.
3. **Meaning** – this has to do with using personal strengths to selflessly serve some larger purpose in life.

Energy and the Human Brain - There are approximately 100 billion brain cells (called neurons) that make up your brain. These neurons have intertwined since birth into billions of strands called neural networks. Throughout life, neural networks organize, reorganize and reinforce themselves again and again in response to new stimuli and new learning experiences. This body/mind interaction is what stimulates brain cells to interconnect in complex ways to control physical energy in the body as well as mental energy in the brain.



The Negative (Mental) Energy of Fear and Unhappiness - Unhealthy psychological fears that remain alive in our conscious or sub-conscious mind can keep us trapped in unhappiness. Feelings of anxiety, unease, tension, stress and worry are all sources of negative energy associated with fears about the future. Feelings of guilt, regret, resentment, grievance, sadness and bitterness are all sources of negative energy associated with fears about the past. Unhealthy fears in our mind are potential sources of negative energy that cause unhappiness in our life.



The Positive (Mental) Energy of Love and Lasting Happiness - We all have the ability to access a state of Higher Consciousness within us that provides an unlimited source of positive energy, the true essence of love. The positive energy of love has the power to dilute and eventually eliminate the negative energy of fear that may be causing unhappiness in our life. Studies have found that consistently implementing the positive energy of love in whatever life situation we find ourselves in is a major factor in creating lasting happiness in our life.



Positive Thinking - When we choose to view our so-called “negative life experiences” as “positive opportunities for growth”, we are practicing “positive thinking”. Positive thinking uses the positive energy of love to dilute (and eventually eliminate) the negative energy of fear whenever it appears. Eliminating the negative energy of fear more and more from your life is the key to lasting happiness. This is your Path of Advanced Awareness to Lasting Happiness. This is your path of love.

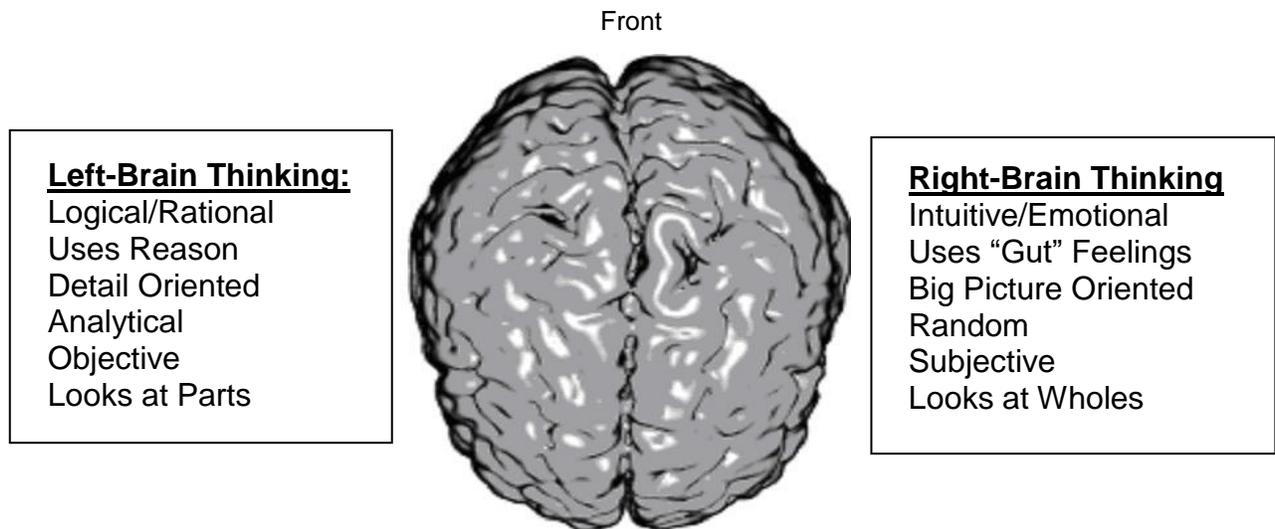
Happiness Prescription

“You are responsible for your own happiness.”

Section 1.2 Personality

Your personality is defined as how you prefer to use mental energy in your conscious brain to think with. It is a combination of genetics (the way your brain cells were “wired” at birth) and your experiences so far in life. All your experiences, all your decisions, all your actions and all your interactions have influenced and helped to mold your personality right up to this very moment.

Left-Brain/Right-Brain Thinking - It is well known that humans have two different hemispheres that make up our conscious brain. Experimentation has shown that the left and right sides of the brain are responsible for different manners of thinking. The left-brain prefers more rational and logical thinking while the right-brain prefers more intuitive and emotional thinking.



Our conscious mind can only focus on thinking from one side of our brain at a time. We can switch our thinking process from one side to the other very quickly, but that is not always the most efficient way to operate. Eventually, most people develop a personality preference for thinking more in one side of their brain than the other. Which side of your brain do you prefer to think in?

Left Brain? ____ Right Brain? ____ No Preference? ____

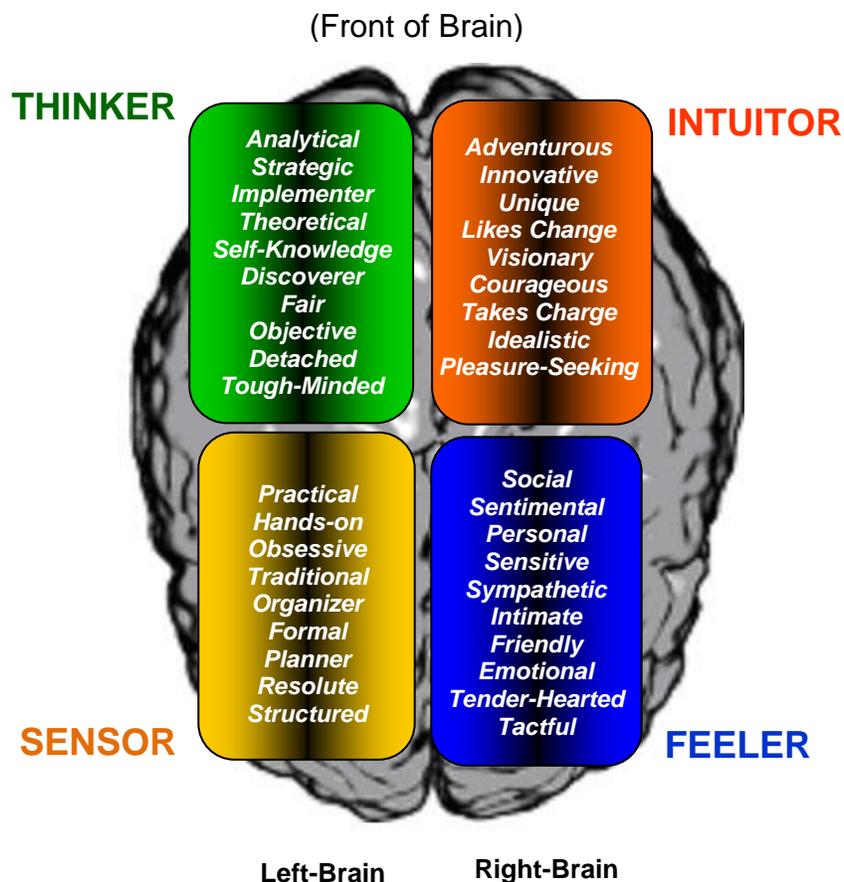
Personality Temperaments - Carl Jung, the famous Swiss psychiatrist, published his book “Psychological Types” in 1921 in which he suggested that the personality characteristics of just about every person on the planet, regardless of religion, sex, ethnic background, age, or any other difference, fits into a combination of four distinct personality types he labeled: **Thinker**, **Sensor**, **Intuitor** and **Feeler**. Jung’s characterization of the four personality types (he called them personality temperaments) is depicted in the table on the following page. Each personality temperament can briefly be described by a set of words on four Personality Awareness Cards as shown beneath the table on the next page drawn over an image of the human brain.

Thinker (Left-Brain) – prefers to evaluate and use information logically

Sensor (Left-Brain) – prefers to evaluate and use information practically

Intuitor (Right-Brain) – prefers to evaluate and use information intuitively

Feeler (Right-Brain) – prefers to evaluate and use information emotionally



We all exhibit each of these four personality temperaments, we just have them in different proportions. We typically have a dominant temperament that is the most developed in us; a 2nd temperament that is less developed; a 3rd temperament that is even less developed; and a 4th temperament that is our least developed. Carl Jung believed that increasing balance in our four personality temperaments leads to a happier life.

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BEFORE YOU BEGIN SESSION 2

Please complete these 4 simple steps before you start Session 2. These steps will help you rebuild a healthy relationship with any of the important people in your life that you select who may have been damaged as a result of your addiction:

Step 1: Make a list of up to five people you want to rebuild your relationship with:

- A. Husband or wife?*
- B. Family members?*
- C. Others?*

Step 2: Send a written message to each selected person that includes the following:

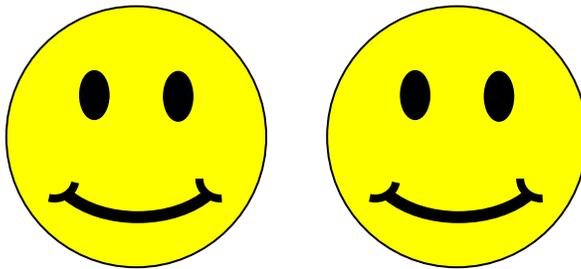
- A. Explain your addiction and describe the consequences it has caused you.*
- B. Describe what you are doing to recover from your addiction.*
- C. Let them know you are sorry for whatever has damaged your relationship.*
- D. Tell them that you would like to rebuild the relationship.*
- E. Ask them if they would be willing to rebuild their relationship with you.*

Step 3: Ask each (willing) person to complete the 4-page Individual's Personality Temperament Assessment that accompanies this Guidebook and report his or her scores back to you. You will need at least one of their scores to complete Session 2 of this Guidebook.

Step 4: When you have the personality temperament scores of at least one willing person you have selected, you can begin Session 2 of this Guidebook.

SESSION 2

REBUILDING LASTING HAPPINESS IN YOUR RELATIONSHIPS



SESSION 2: REBUILDING LASTING HAPPINESS IN YOUR RELATIONSHIPS

Section 2.1 Introduction

There are several different types of people in our life that we interact with, some are chosen, and some are not. Typically, the people we choose to establish friendly relationships with are people with whom we have things in common. Some examples of these might be that we: like the same music, play the same sport(s), like to sew, like the same famous people, enjoy algebra, like romantic comedies, like to cook, play the guitar, like to read, love to dance, like to travel, etc. These people are potential candidates to become our friends, perhaps even our best friends.

On the other hand, some of our relationships are with people we don't really have the luxury of choosing and we may or may not have much in common with them. These non-chosen relationships are with family members, in-laws, classmates, teachers, bosses, teammates, neighbors, and so on. Most of us get along reasonably well with these people but at times we experience disagreement and conflict. Even within our family we sometimes experience personality conflicts that threaten the relationship.

Section 2.2 Rebuilding Your Relationships

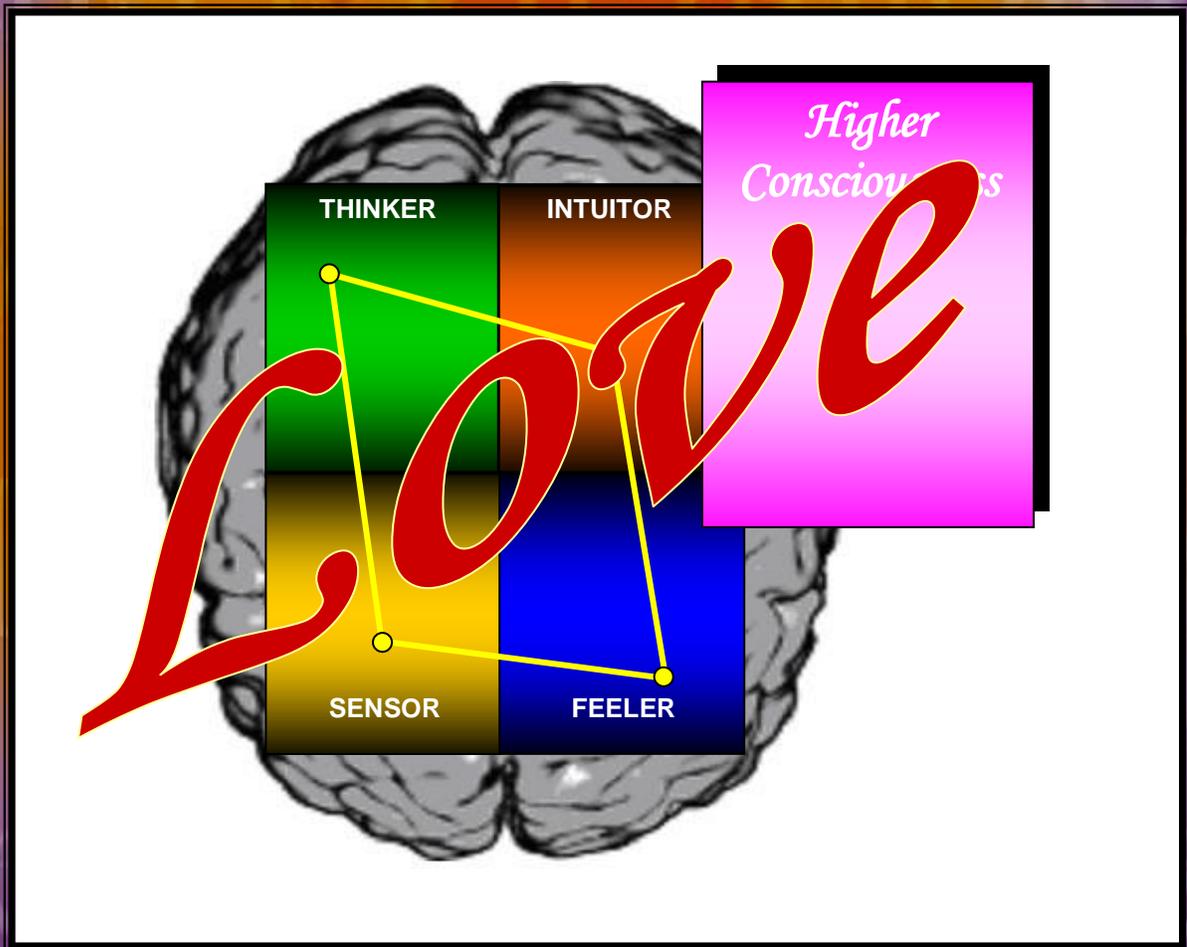
The highest priority on your path to conscious recovery is rebuilding a healthy and conscious relationship with yourself. Until you are well along your individual path, you need to remain focused on diluting (and eventually eliminating) the negative energy of fear and unhappiness from your life whenever it appears. As previously discussed, you do this by rising above your ego-based fears into the state of Higher Consciousness to bring the positive energy of love and lasting happiness more and more into your everyday life. The Path of Advanced Awareness to Conscious Recovery leads to recapturing lasting happiness within yourself by eliminating the negative energy of fear through balancing your personality temperaments more and more with the positive energy of love.

Building Trust - It is critical in any lasting relationship to build trust between partners. Make sure that whatever it is that you commit to do in the relationship, no matter how difficult or how easy, do it! If some unanticipated circumstance arises, make sure you communicate this to the other person right away. Do not make promises in the relationship that you are not likely to keep. This is just common courtesy (positive energy) and it goes a long way toward keeping any relationship on the positive track.

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Your Spiritual Journey

The path of Advanced Awareness to Conscious Recovery is a lifelong spiritual journey from fear to love. Feelings of lasting happiness, the key to conscious recovery, come from continuous progress along your path, not on reaching some unrealistic goal. Don't always expect to feel happy as you travel your path. Don't be surprised if you sometimes fall out of spiritual integrity along the way. That is human. We all make mistakes. The idea is that whenever you have temporarily lost your way, you simply pick yourself up, get back on your path, and do better the next time. This is how you grow. This is your Path of Advanced Awareness to Conscious Recovery.



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