



HUMAN CONSCIOUSNESS ARCHITECTURE

The A-Z of BEING







Left Hemisphere







Right Hemisphere










Integration

 AUTHENTIC	
Def: Being real and genuine	Skill: Speaking truth even when uncomfortable, being reliably honest and true to self.
 BOLD	
Def: Confident and unafraid	Skill: Being able to step up and take charge of the interaction for the clients' sake; telling the hard truth.
 CURIOUS	
Def: Having a desire to learn more about something or someone	Skill: Asking open-ended questions, being non-judgmental and unattached, helping client learn more about themselves (not just curious for one's own sake).
 DELIGHTED	
Def: Full of great pleasure and/or satisfaction	Skill: Being an engaged and passionate witness to client's transformation; being thrilled with client's discoveries and progress.
 ENGAGED	
Def: Committed and fully participating	Skill: Being present and attentive and fully committed to client; being "all in" for the client.
 FOCUSED	
Def: Directed attention	Skill: Helping the client become clear, maintaining a commitment to their goals even when client wanders or forgets, holding attention.
 GRATEFUL	
Def: Feeling and showing thanks and appreciation	Skill: Being thankful and appreciative for client's work and insights.
 HUMBLE	

Def: Unpretentious	Skill: Maintaining an awareness of interconnection and thus equality of practitioner and client.
 INTEGRATED	
Def: The linkage of differentiated parts	Skill: Able to tap into and use differing aspects of self for the sake of client's learning and growth; able to recover from stress and personal "triggers" when they occur during a session.
 JOURNEYING	
Def: Travel from one place or state to another	Skill: Being "on the path" and aware that all is a process for both client and practitioner.
 KIND	
Def: Considerate, helpful, humane	Skill: Being empathetic, aware of the impact of the client; coming from the heart.
 LOGICAL	
Def: Having reason or sound judgment	Skill: Assessing things for rationality, noting what makes sense.

MAGICAL	
Def: Able to defy ordinary physical laws and societal expectations	Skill: Being mysteriously enchanting; able to operate outside “consensus reality.” for the sake of opening something much more grand for client.
NEUTRAL	
Def: Not aligned with or supporting any side/position	Skill: Being nonjudgmental and unattached to any particular outcome for client or self as practitioner.
OPEN	
Def: Free of preconceived ideas	Skill: Listening with fresh ears, staying free of personal agendas or beliefs.
PRESENT and aware	
Def: Staying focused in the moment	Skill: Focusing on what the client is saying right now, right here; staying connected to their words, body language and general energy.
QUESTIONING	
Def: Curious and unsatisfied	Skill: Looking for greater understanding, not being satisfied with the status quo, encouraging client to dig deeper and look for expanded meaning or possibilities.
RESPECTFUL	
Def: Showing politeness, esteem, and honor	Skill: Being aware of the client’s natural creativity and resourcefulness, holding client as able/capable.
SPONTANEOUS	
Def: Natural and unconstrained	Skill: Not holding back or waiting for proper words or time; blurting and being willing to get messy.

	TENACIOUS	
Def: Persistent	Skill: Not letting go of what client truly wants, holding the focus, not allowing client to play small .	
	UNATTACHED	
Def: Open and flexible	Skill: Not holding onto any particular outcome or goal, not wedded to one's own ideas or advice.	
	VALUES-DRIVEN	
Def: Operating from a set of core beliefs and principles	Skill: Knowing and honoring one's own core beliefs. Walking the talk and living as an example.	
	WISE	
Def: Possessing discernment and sound judgment	Skill: Listening and speaking from both one's heart and head.	
	eXPERT	
Def: Being an authority	Skill: Being authentically authoritative and sharing wisdom from one's own experience and studies.	
	YEARNING	
Def: Deep longing	Skill: Having a profound desire for client's growth and development; seeing/holding what is possible.	
	ZESTY	
Def: Energy, activity	Skill: Demonstrating aliveness and energy; staying connected to youthful passion and positivity	

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