

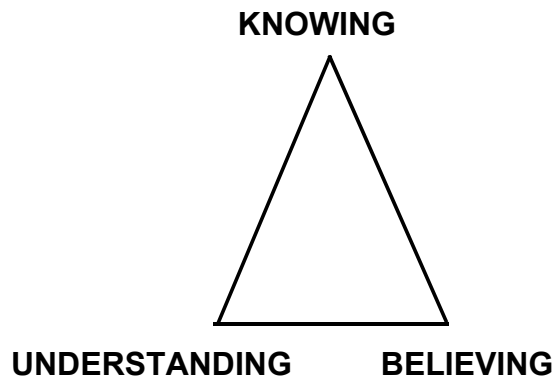
## Parallel Learning Technology

### Attitude

Attitude is a reflection of your self-identity. Self-identity is all about how you see yourself. It is about being authentic. When your insides and outsides match, you have true self-identity. You no longer act differently depending on whose company you keep.

This comfort within you comes from finding balance and experiencing life from all three levels of awareness:

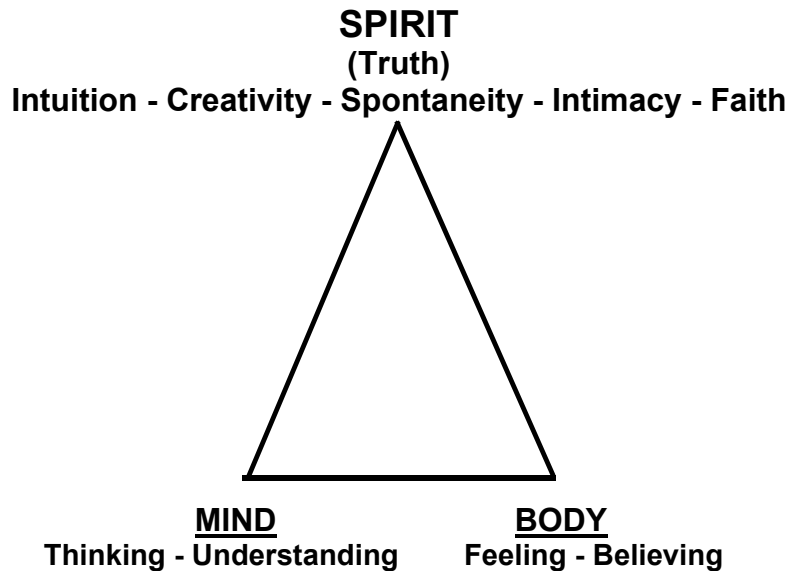
- Things you **believe** because of your past experiences (Body)
- Things you **understand** because of your ability to reason and make decisions (Mind)
- Things you **know** to be true and do not have to explain because of your intuition, creativity and faith (Spirit).



Self-identity is the result of learning how to integrate what you **know** through intuition and faith, with what you **understand** through your reasoning process and what you **believe** because of your past experiences.

- If you try to live life utilizing only your **UNDERSTANDING**, you miss the wisdom gained from past experiences (**BELIEVING**), and the intuition and faith that reside in your **KNOWING**.
- If you respond to life solely from your **BELIEFS** based on past experiences, you cover up your **KNOWING** and replace faith with fear or wishful thinking.

Self-identity brings you to an awareness of how to live from your **TRUTH**. You face the ups and downs of life as an integrated being of body, mind, and spirit. Self-identity allows you to BE YOU. Life doesn't get any better than that.

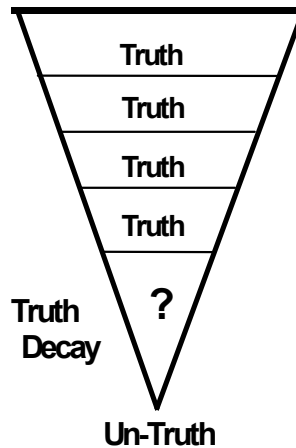


But if your attitude towards yourself forces you to hide from others by putting up 'a false front,' then you do not live from self-truth. You live in a cycle where one minute you are feeling good about yourself and then crashing down into self-doubt.

This lack of true self-identity causes you to feel/act either superior or inferior towards others. You don't have a sense of who you are and therefore are incapable of respecting other people's boundaries.

Your relationships are filled with frequent bouts with hurt, guilt, and shame. You may blame others for all your problems, but eventually you begin to believe there is truly something wrong with you. This feeling grows deep inside and you begin to lose even more faith and confidence in yourself.

Your “triangle” of self-identity and self-truth begins to collapse into a state of believing in all the UNTRUTHS locked in your belief structure.



You begin to “buy into” old emotional tapes that say, “You’ll never amount to anything.” Or “You are just like your father (mother).” Your mind dredges up all its “truth decay.” “Truth decay” is an accumulation of untruths down in the non-conscious part of your mind that, in one way or another, plants doubt about your self-worth.

While you were growing up, you took on the experiences of others and made them your own on an emotional level. This means you also took in the judgments of others as judgments of yourself. You then made decisions about yourself that were **not true** and stored these in your non-conscious mind. They come to the surface in the form of self-doubt, feelings of inadequacy, and a deep lack of purpose and value.

You begin to notice patterns of resistance or self-sabotage. You try to hide these feelings by either withdrawing from life or becoming a “human doing.” You accumulate titles, degrees, accomplishments, awards, etc., in your attempts to cover up the feelings of inadequacy.

These untruths eat away at your sense of self-worth and prevent you from developing a true self-identity. Your “attitude” towards yourself begins to spill over on to other people around you and you often miss the experience of deep love and empowerment.

If there were only one goal in life it would be, “To be yourself, completely.” That is because true self-identity is a prerequisite for a healthy and happy life. Your untruths keep you from being all you are and having all you need. This “truth decay” can be resolved.

But if our attitude towards ourselves forces us to hide from others by putting up ‘a false front, then we do not live from self-truth.

This lack of self-identity causes us to feel and act either inferior or superior to others.

We do not have a sense of who we are and therefore we are incapable of respecting other people’s boundaries.

This feeling grows deep inside us and we begin to lose more faith and confidence in ourselves.

The ‘triangle’ of self-identity and self-truth begins to collapse into a state of believing in all the UNTRUTHS locked in our belief structure.

We begin to live from the unresolved ‘truth decay’—decisions about ourselves that are not true stored in the non-conscious mind.

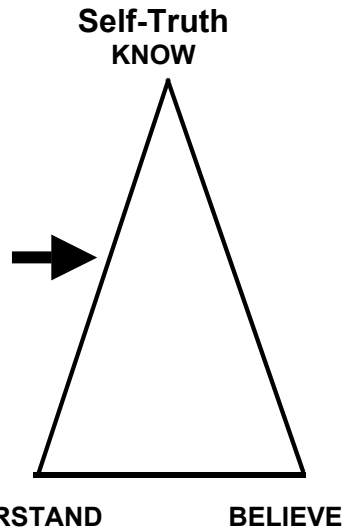
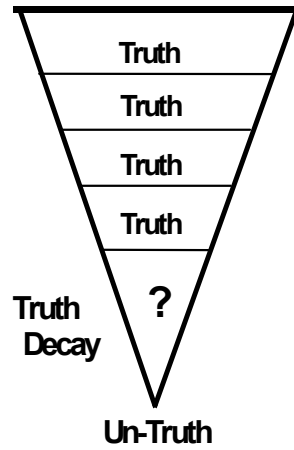
We focus on DOING rather than BEING.

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We focus on DOING rather than BEING

**Out of Balance**

**In Balance**



- When we are coming from our truth, we focus on **ATTAINING**.
- When we are coming from our truth decay, we focus on **OBTAINING**.

**(Excerpts: Practical Spirituality, Chapter 4)**