

# Genius Of Mystic Psychology - Bonus

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## 7 Steps To Your Personal Spiritual Guidance



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Identify the “problem” and the specific situation or circumstance where it is occurring.

Establish reality of the seven different levels of information that can inform this issue:

1. Environment—Where
2. Behavior—What
3. Capabilities—How
4. Beliefs—Why
5. Values—Which
6. Identity—Who
7. Spiritual—Beyond Who



Photo By Ragini

Imagine you have a ladder in front of you and you are going to climb up the steps, one at a time, and take a fresh look around from each step.

Step into the first level of Environment. Describe *where* you are to your scribe. They will write down your description of the environment.

Step into the 2nd level of Behavior. Describe *what* you are doing here—including breathing, standing, sitting, talking, thinking, feeling, etc.

Step into the 3rd level of Capabilities. Describe *how* you are doing these behaviors, i.e., breathing is happening because of the body’s ability to breath, to feel, the mind’s ability to think, consider, etc..

Step into the 4th level of Beliefs. Describe *why* you are behaving as you are. What beliefs are driving your actions and thoughts and feelings in this situation or circumstance?

Step into the 5th level of Values. Describe *which* values (or deeply held beliefs) are in operation in this situation driving your beliefs, the activation of your capabilities, and your behaviors in this circumstance.

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Step into the 6th level of Identity. Describe who is holding these values, carrying these beliefs, driving these capabilities and behaviors in this circumstance.

Step into the 7th level of Spiritual. Here simply take your time and access your *personal connection* with your divine guidance and/or your sense of the spiritual. Make this as fully present in your body as you can—feel it, see it, hear it, taste or smell it. If you don't have a felt sense of the spiritual dimension in your life, imagine as if you did have it and could experience it right here and now in and through your body.

When you have this felt sense of the spiritual, or imagined felt sense, step back down into the level of Identity, making sure you bring this felt-sense of the spiritual with you.

Now relate to your scribe how the presence of your spiritual connection effects, or not, your sense of who is standing in this level of reality in this circumstance or situation. How has the presence of this level of information in your system changed your sense of Identity?

Keeping that spiritual connection with you, now step down into the level of Values. How does this presence of spiritual understanding change the values in operation here in this situation or circumstance. Or does it?

Keeping the spiritual connection with you, step down into the level of Beliefs and describe how any beliefs have shifted or changed in the presence of this level of spiritual information and perception. Be sure you still have the connection to your spiritual self in your body in a felt way. If you have lost the sense of its presence, let your scribe know how it effects your experience at this level.



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Continue moving down through the remaining levels:

Capabilities  
Behaviors  
Environment



Notice what shifts or changes in each of these levels when you have your connection to your spiritual life as a felt reality in your body

Be sure to notice if you find your sense of felt spiritual connection being lost. Notice at which level it begins to fade. Notice what is happening when it begins to dissipate.

When you have returned to the starting point of Environment and have shared any differences with your scribe for this level, step out of the entire situation or context into an Observer position.

As the Observer, note where you perceive the spiritual connection began to fade or dissipate and where you first noticed it was no longer accessible to the 'you' caught in that problem situation.

Ask yourself as the Observer, or have your scribe inquire with the following questions:

1. What would she/he in that situation need to be able to keep the spiritual connection strong and vibrant?
2. If you don't know what she/he would need, what do you think someone who can stay connected with their spiritual connection has that she/he doesn't?
3. Where does she/he have this resource in their life outside the context in question?

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Step into the memory of the resource the 'you' in the problem scenario needs and feel it in your body *as the Observer*. Now imagine sending that resource directly *from you as the Observer right to the 'you' in that problem scenario* where the spiritual connection first began to dissipate or fade or was lost.

Send it on a beam of light or a wave of energy. Imagine it permeating not only the 'you' in that situation but the entire situation itself.

You can also imagine that as the Observer, you can open to your spiritual connection and ask that Divine Light be sent down *through you as the Observer to the 'you' waffling in that problem scenario* at that level of personal or psychological reality where the connection was lost.

Now imagine that resource energy flowing on down the levels all the way to the Environment and bringing with it the spiritual connection to the degree that it actually somehow shifts the whole situation in a positive way.

When this is accomplished, step back *into the Environment Level* from the Observer position, making sure to take the Observer *perspective* with you. Notice how the problem situation feels now and how it looks differently to the 'you' in that situation. Describe this to your scribe.



Photo by Narayana Granatelli