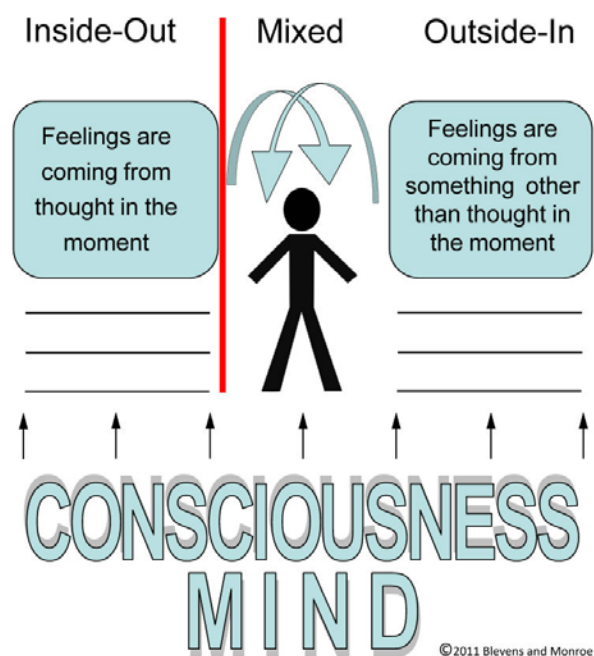


A GUIDE TO 'THE ILLUSION OF 3 PARADIGMS' DIAGRAM

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This graphic is a Three Principles Paradigm diagram. *It is designed to contrast how something does work and how that same thing does not work.* This diagram is not asking the question of whether some thinking or feeling is right or wrong, high or low, good or bad, positive or negative. This diagram is asking the question: "If there is a paradigm about how we actually psychologically experience life, how is this different from not having a paradigm?"

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We consider that the Three Principles of Mind, Consciousness and Thought constitute a paradigm and we are using this diagram to give us a common language and parameters to explore that possibility. A paradigm is widely known as a set of assumptions or principles that determine how we think about a given subject. When we use the word paradigm we are not talking about a paradigm based on theoretical assumptions or theoretical principles. We are talking about a *constant paradigm* based on actual fundamental principles that are ever-present, without exceptions, and are therefore predictive. We also use the word paradigm to describe the way something *actually works* based on these constant fundamental principles. So, the

Three Principles Paradigm is saying that all experience is only ever working one way, through the irreducible elements of Mind, Consciousness and Thought. (For further definitions of the Three Principles see the accompanying slides.)

Throughout time it has been enlightening for humanity when we have been able to discriminate how something actually works, from how it does not. The paradigm shift that occurred in the 16th century from an earth-centered (geocentric) model to a sun-centred (heliocentric) model of the solar system is one such example. The idea that the sun and other heavenly bodies rotated around the earth was revealed as a long-standing convincing illusion when the true structure of the solar system was discovered: the earth became a planet; the sun became a star; and the moon was a new kind of body, a satellite. All planets rotated around the star, and moons revolved around the planet to which they were attached. Paradigm shifts of this sort involve a fundamental change in our thinking. When a true paradigm is discovered, all other paradigms in the same body of knowledge are rendered false and become obsolete. Previously, asking the question “how long does it take for Saturn to orbit the earth?” would have been perfectly logical and acceptable. After the transition, as misunderstanding was removed, and the foundations of an accurate and scientific understanding were revealed, the fundamental questions we asked shifted: “How long does it take for the earth to revolve around the sun?” became a question worth exploring.

The Three Principles Paradigm provides a profound explanation about human experience that is a deeper understanding than we have previously known. This proves itself through insight. We will have moments of insight where we clearly see, given the way we have been thinking, it is no surprise why we feel the way we do. We can also see this thought in action in others and it will further prove the truth of this paradigm to us. Through this paradigm, we discover a deeper foundation and organization to human

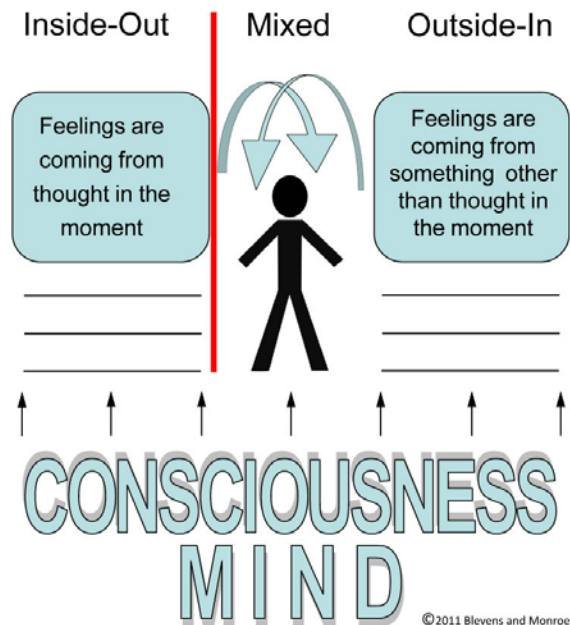
experience that changes the questions we ask. The deeper question now becomes:

“How does our experience work psychologically?”

‘The Illusion of 3 Paradigms’ diagram invites us to consider *how* we experience. In the absence of a psychological paradigm thus far, we have been less able to think specifically and deeply about how we psychologically experience life, and distinguish it from how we actually *do not* experience life. The Three Principles bring us a paradigm that enables us to think accurately about how our experience works.

We define this paradigm on the left side of the diagram as, “Feelings are coming from thought in the moment.” We named it ‘Inside-Out’ to indicate that this is inside (aligned with) the logic and wisdom of the Three Principles Paradigm. This represents that mental life has always worked through the power of the principles of Mind, Consciousness and Thought. Mind and Consciousness are printed in large letters at the bottom of the diagram to represent the requirement of these two principles being included in the formula of how our experience works psychologically. Arrows point upward to represent that the principles of Mind and Consciousness are constant. The principle of Thought is represented in the two contrasting definitions in the upper portion of the diagram.

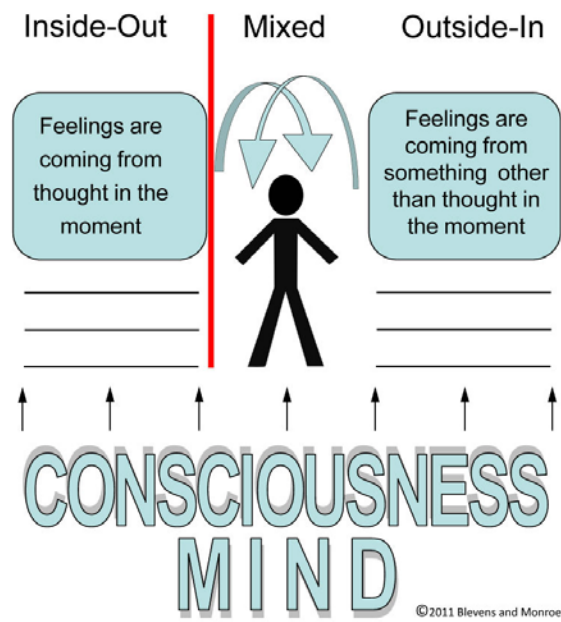
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The top right side of the diagram represents the *non-principled, not possible*, 'Outside-In' idea that we could have psychological experience *without* Thought in the moment being included. We define this non-principled, false paradigm as, "Feelings are coming from something other than thought in the moment." We have named it 'Outside-In' to represent that this is outside the logic and wisdom of the Three Principles Paradigm.

It is important to understand that the 'Inside-Out'/'Outside-In' difference in this diagram is not about anything inside or outside of the body. Nor does this 'Inside-Out'/'Outside-In' discriminator pertain to any separation between the so-called spiritual or material world. The diagram pinpoints the fact that there is no principle of Thought in the "Outside-In" concept of how experience works psychologically. The diagram exposes the deceptive idea that it could be possible to have any feeling or attitude without the principle of Thought in the moment being included. Thought and the feeling of the thought are inseparable.

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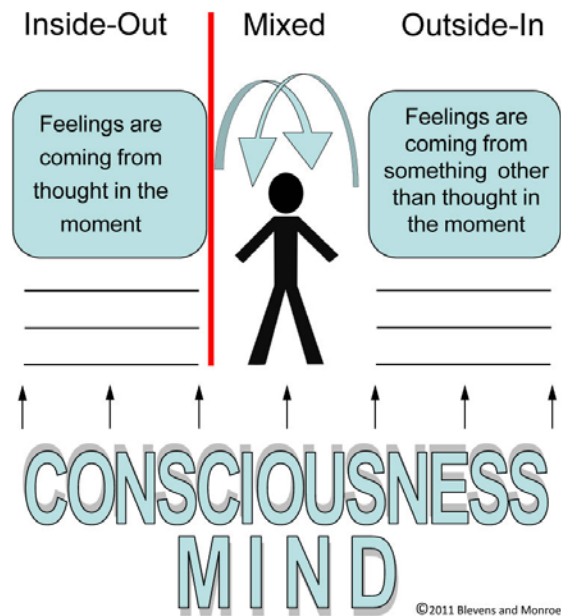
This means that circumstances, people, and things we thought about previous to this moment cannot dictate how we feel without our thinking in the present moment being included.

Most of what preoccupies us is thinking we have thought about at a previous time. It has now taken form as an 'it', an object in our mind that no longer looks like our thought. We hold this thinking - whether consciously or unconsciously - in the forms of beliefs, concepts and expectations.

If we are thinking about something 'Outside-In' it will insightfully and paradigmatically be different when we see that same thing 'Inside-Out'. The Three Principles Paradigm is not saying the subject of what we are thinking about is not real. It is saying, "We are only feeling our thinking in the moment about what we are thinking about." The object we are thinking about does not have the power to dictate how we feel.

When we insightfully see that our thought in the moment is included in our experience we gain the chance to see beyond the limitations of our ego. Ego is created in the exact moment when we think something other than Thought can make us feel a way we do, or do not, want to feel. This is when we cross over into our 'Outside-In' misunderstanding. When ego is created we inevitably feel insecure. We step into an experience of duality and it creates a sense of separation. We feel at odds with the world, and with whatever appears to be causing us to feel a way we do or do not want to feel. This feeling of insecurity leads to further unnecessary and reactive thinking and the feelings which that thinking brings. However, this does not mean that we have to try to monitor and control our thinking to keep this from happening. This is where the power of the Three Principles Paradigm helps us. When we insightfully see

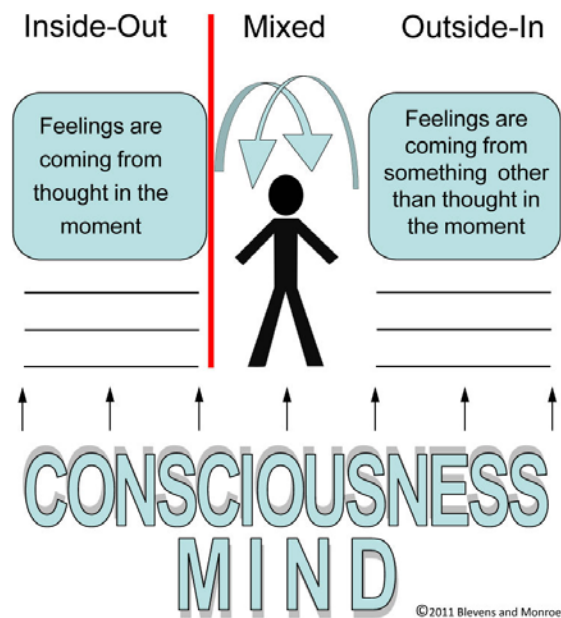
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something is not possible it is less tempting to think about it. The great natural resilience of life is built into this paradigm. It acts as prevention for us. As the power of this understanding insightfully takes 'Outside-In' thinking off our minds we begin to more deeply understand the importance, hope and freedom of this discovery, and thus experience our natural resilience.

'The Illusion of 3 Paradigms' diagram includes the illusion of a 'Mixed' paradigm. Because the 'Outside-In' paradigm is actually not possible - we cannot have a psychological experience without our thinking being involved - it follows that there cannot be a 'Mixed' paradigm either. The world in general has long existed under the illusion of this idea of a 'Mixed' paradigm explanation for how experience works. With the advent of a psychological principle-based paradigm we are now able to think deeply and accurately about how people **do not** experience life psychologically.

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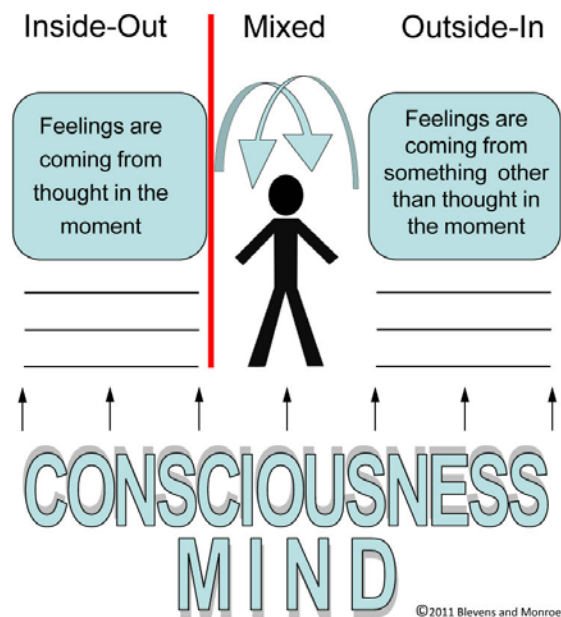


If someone observed us they would see that some of the time we live 'Inside-Out' as if we factor in the principle of Thought as the source of our experience, and at other times we live 'Outside-In', as if other people, circumstances, and the past directly have the power to dictate how we feel. It is because the 'Outside-In' and 'Mixed' false paradigms have been extremely deceptive that we have consistently fallen prey to their misunderstanding. It *appears* that some of the time our experience works 'Inside-Out' and some of the time it works 'Outside-In' - but this is actually illogical. It would be like saying that the world is sometimes flat and

sometimes round, or that sometimes we are subject to the force of gravity and sometimes we are not. Thought in the moment is a constant, with no exceptions or anomalies. This means that any conception of experience without Thought in the moment included is illogical and impossible.

Given that the 'Outside-In' false paradigm lacks fundamental constant principles, it follows that a 'Mixed' paradigm is also false, illogical and impossible. Most of humanity believes both incompatible ideas could be simultaneously true: that sometimes their thinking is involved in their experience, but at other times it is not. Given that the principles are 100% constant, it must eliminate the possibility of a second or third 'paradigm'.

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This is where we come face to face with the power of the Three Principles. Looking at the Three Principles as a paradigm focuses on the fact that constant means constant, 100% of the time. This is a very exacting proposition. Hence the pivotal questions that this diagram poses:

“How do I think my experience works psychologically?”

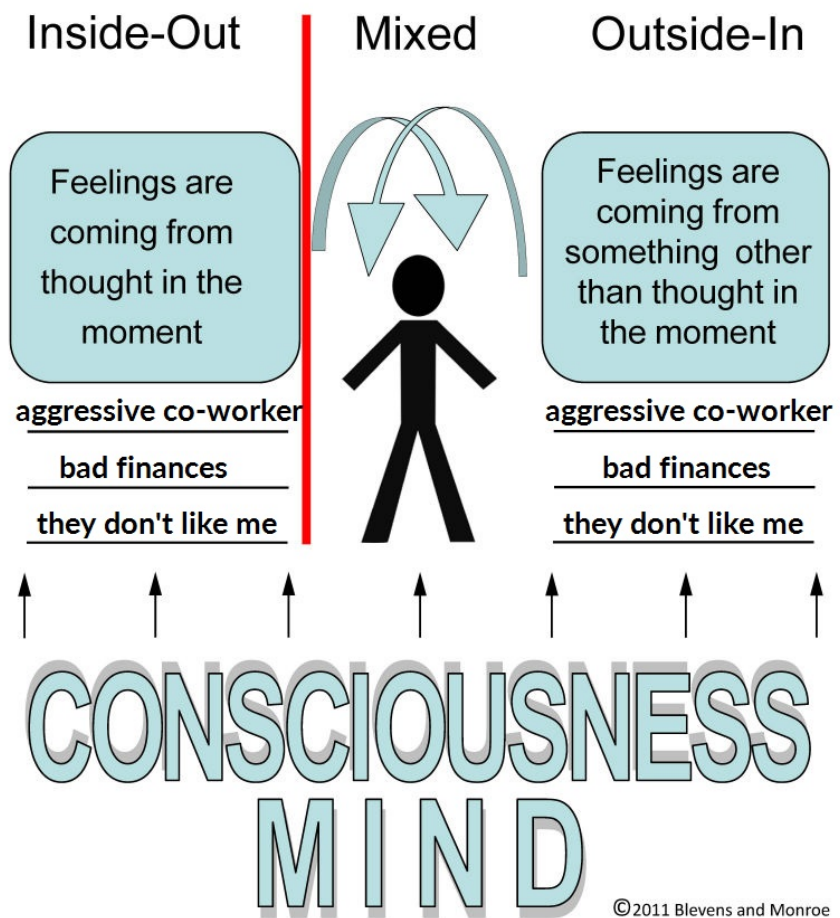
and

“Where do I think my feelings are coming from?”

We included a red line on the diagram at the right of the 'Inside-Out' to designate that it is the only way this paradigm works. This is why we named the diagram, 'The Illusion of 3 Paradigms'. We have all been fooled by the 'Outside-In' and 'Mixed' false paradigms. In this way, we are all alike. There can be an enormous evolution in our lives when we see the innocence in ourselves and others about this illusion. This in turn generates compassion because it is the only response that makes sense in light of our innocence. We cannot reach the same depth of compassion by accomplishment or will power. A massive amount of thinking automatically – not through effort – falls off our minds when we have insight about the logic and wisdom of the Three Principles Paradigm. The result is a quieter mind with less judgement, ego, and reaction and more effectiveness, love and compassion.

There are three lines under each definition on the diagram. We use these lines to write down circumstances or objects in our clients' minds that they think about. It does not work to write feelings on these lines because it needs to be something that we think is responsible

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for our feelings other than thought in the moment. Again, when we say 'circumstances,' we mean objects and thoughts in our mind and the past that seem as though they directly cause our feelings, instead of our feelings being caused through the power of Thought in the moment.

We always write the same thing under both sides of each definition. It is important to write the exact same thing. It is a way to demonstrate that 'circumstances' themselves are not capable of dictating our feelings or experience. This diagram is 100% about how we think we psychologically experience life. Is it 'Inside-Out' or 'Outside-In'? This is a paradigm difference. Our clients have had many dramatic insights when they experience the paradigm difference between 'Inside-Out' and 'Outside-In', between how it works and how it does not. Writing circumstances on the lines of the diagram works both for individuals (such as, my mate, my finances, my health), as well as organizations and businesses (such as, the new computer system, my boss, office politics) and so on. We have sorted out many of our own dilemmas by pressing them to this Three Principles Paradigm logic.

Insight is key to understanding this paradigm. Insight will integrate new understanding into our lives at a practical level. This is a level where our new understanding pops up in our thinking and reveals the truth of itself over and over again. Behavior changes as 'Outside-In' misunderstanding falls away and the built-in wisdom of our 'Inside-Out' thinking will be the world we live in.

Insightful paradigmatic learning is a powerful and effective catalyst that helps people change. It brings about individual evolution. Areas where there was little hope for change have been changed through insight. The Three Principles reveal the paradigm of resilience that is everyone's birthright. As 'Outside-In' thinking falls away, how we psychologically work is revealed and our mind naturally quiets down. We experience an 'Inside-Out' life of deeper meaning and feeling. We discover more respect, humor, humility, compassion and love. Insightful, evolutionary change becomes inevitable.