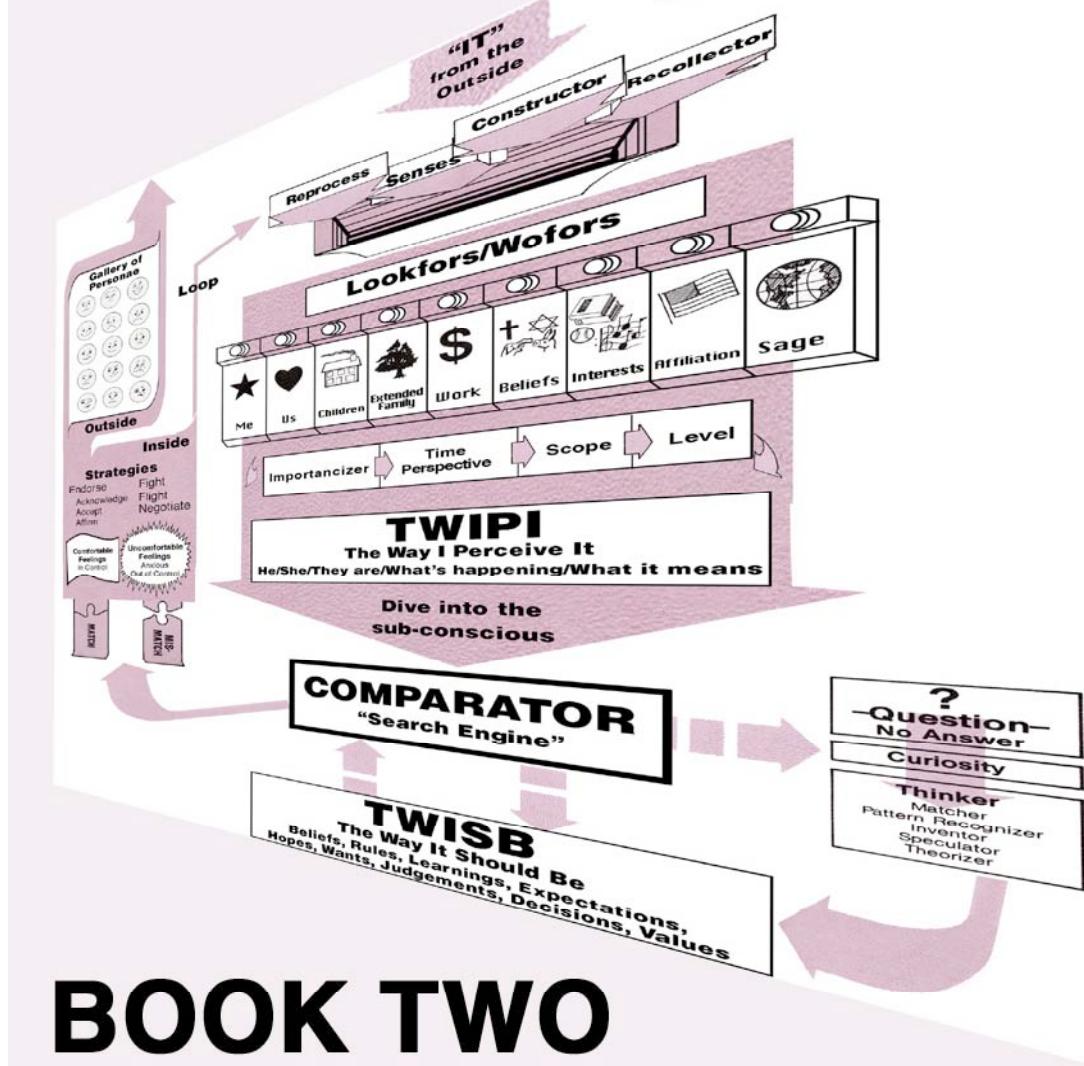


SAGERY

a user manual for the mind

by: ken johnston



BOOK TWO

Tearful to Cheerful

Sagery Book Two — Tearful to Cheerful

www.Sagery.com

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(Nobody likes to read this kind of stuff. We wish we didn't have to do it.)

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Introduction

You Can Have Peace of Mind, and Get all of Your Needs Met

People have sought wisdom, peace of mind, and inner harmony in many ways. Virtually all of the ways we have heard about in the past involve maximizing use of one part, and extinguishing all of the other parts in order to avoid inter-part conflicts. This means that all other parts are given little or no importance. For example, consider the guru who retreats to a cave in search of inner peace. All creature comforts and basic needs are discounted. There is no spouse, no children, no family, no beliefs, no interests, no loyalties.

In every generation there have been gurus offering complete systems for achieving peace of mind and inner harmony. These systems promise such things as enlightenment, transformation, eternal life, or oneness with the universe. Some systems are based on no beliefs (or all beliefs), and others have a complete set of beliefs with the conflicts already resolved.

In less extreme cases, we find individuals seeking peace of mind by attempting to maximize one part at the expense of the others. We find the workaholic who maximizes the Work-part and discounts other parts, or the super mother who maximizes the Children-part, or the alcoholic who maximizes the Me-part, or the zealot with the Affiliation-part, or the monk with the Beliefs-part, and so on. This strategy attempts to achieve peace of mind by reducing inter-part conflicts. This strategy continues to produce tension because the discounted needs are always in abeyance, waiting for their opportunities to get their needs met.

Now, Sagery shows us that there is another way — Sage resolution of inter-part conflicts — while assuring that each part gets its needs met. There is no need to extinguish all other needs; they can all be met with win-win conflict resolutions. In addition, your own beliefs may be maintained. With the installation of meta beliefs — beliefs about beliefs — your Sage can resolve belief conflicts and paradoxes.

Outcomes don't have to be vague and unreachable, such as "seeking eternal consciousness or oneness with the universe." They can be reachable, material, and satisfying. The outcomes you choose provide your Sage with the rudder to steer you to the realization and achievement of your unique potential.

So, the Sage Model offers promise of a new kind of inner harmony and peace of mind, a state that enables each part to be satisfied, and in addition develops the Sage part as well. As the Sage part is developed, the higher needs of humankind can also be satisfied. Wisdom, philosophical thought, and appreciation of the wonders of the universe become available.

Chapter 11 — Two Ways to Run Your Life

In Section One you learned the Sage Model. In Section Two you will learn how to use it.

The purpose of this chapter is to describe what you can get from Section Two and help you decide whether or not you want to read it. Let's begin by looking at the two ways that you can choose to run your life.

You, At The Conflict Level

At the conflict level, you run your life with your conscious mind. Your conscious mind attempts to keep all the parts satisfied by reacting to internal messages from your parts.

Most people operate their lives from the conflict level. The conflict level allows each part to be responsible for getting its own needs met. When one part is needy it simply energizes a Lookfor and takes control whenever it wants. If one part is dominating the other parts, then the other parts steal control and create hurtful thoughts.

For example, let's look at Alex. Alex has a wife, two children, and a job that he values. He also enjoys golf. Alex runs his life mostly with his Work-part. When Alex stays overtime at the office, his Relationship-part and Children-part want to go home and be with his wife and children. They are needy, and aren't getting their needs met. At the conflict level, each part is on its own and has to do whatever it can to get its needs met. So, Alex's Children-part steals time and creates a bad feeling by creating the thought that he is not being fair to his wife and children. Alex feels the bad feeling as guilt. He continues to work, although distracted. The guilt feeling grows. Alex is torn. His Work-part needs to finish his work. His Relationship-part and Children-part need to go home. Alex feels guilty about leaving work, he also feels guilty about staying there.

Alex is caught in the conflict level. He also feels guilt when he goes to play golf, and frustrated when he stays home. He is pulled by his parts, and lives a life filled with bad feelings as each part tries to get its needs met.

If you run your life from the conflict level, your life is a stream of bad feelings produced by your parts as they attempt to get what they want. You are torn with inner conflict, and you have little peace of mind.

You can't blame your parts. Each of them has important needs to meet, and they use the only way they know to get what they want.

Sagery offers another way. You can run your life from the *Sage/Goals* level.

You, At The Sage/Goals Level

At the Sage/Goals level, you give up trying to run your life solely with your conscious mind. You enlist the aid of your Sage part to help.

The process is simple. First you establish your basic values and decide what you want to get from life.

Next, you turn over any conflict situations to your Sage part.

Then, you ask your parts to consult your Sage whenever they are needy.

The result is that your Sage part handles all of your inter-part conflicts by assuring that each gets what it needs without producing bad feelings and inner turmoil.

You will discover that your Sage part is better able to resolve your conflicts than is your conscious mind. You may now be more aware that your conscious mind forgets, gets distracted, and has trouble finishing what it starts.

You may have attempted to quit smoking, lose weight, or get organized, only to find that a short time later you aren't succeeding. Your conscious mind has difficulty staying on a single course, and gets distracted by the moment-to-moment demands of your parts.

Your Sage part has a number of advantages over your conscious mind. First of all, it is faster than your conscious mind. Your Sage part operates at the speed of your other parts. Second, your Sage part has access to all of the wisdom you possess, and access to all of your thinking and creative capacities.

Your Sage part can bring your other parts together like a team. Rather than fight and criticize each other, they can be taught to work together, supporting each other, so that all of them can get their needs met.

If this concept sounds interesting to you, continue with Section Two to learn how to begin operating your life at the Sage/Goals level.



Chapter 12 — What Your Sage is Willing to do for You

There are eleven important things your Sage will do for you.

1. Maintain the Fundamental Values You Choose for Yourself

You have a number of fundamental values that guide you in your pursuit of your full potential. Values are your core principles — things you stand for. Some of these may be explicit and clear to you. Some of them may be less clear. Once you have clearly chosen and specified these values, your Sage will take the responsibility for making choices that are in harmony with your fundamental values. Fundamental values are those values that each part must honor. They are larger than the values that each part may have. For example, you may hold the fundamental value that you are honest and have a high level of integrity. One of your parts, however, may want something and be willing to lie to get it.

Once you have chosen to be truthful and have a high level of integrity, your Sage will monitor the actions and behaviors of your individual parts, and assure that they do not violate any of your fundamental values.

2. Determine What Each Part of You Wants

When you empower your Sage, it will help you determine what each of your parts wants and what each part needs. Over time, as your wants and needs gradually change, your Sage will help you update your goals, and do what is needed to get your parts what they want (always maintaining your fundamental values).

3. Accept and Respect the Needs of Each Part

Your Sage is wise and understanding. Your Sage accepts the differing needs of each part, and respects those needs. Your individual parts may not accept each other, and often do not respect the needs of parts with which they are in conflict. Your Sage, however, respects the needs of each part, and accepts that each part has valid needs, and accepts that each of your part's needs must be met.

4. Become Responsible for Assuring Each Part Gets What it Needs

Your Sage will, if asked, take responsibility for assuring that each part gets what it needs. As your Sage gains experience, and as your parts learn to trust your Sage, you will find that each part is able to get its needs met, without the conflict between parts that you may be experiencing presently.

Without your Sage part being responsible for getting each part what it needs, each part must do its best to get its own needs met. Your individual parts may come into conflict with each other, and use hurtful tactics to overpower each other. These power tactics can result in internal conflict, dissonance, and self-destructive behaviors.

As your Sage becomes responsible for getting each part what it needs, you will find the conflicts and dissonance diminishing. When the transition is complete, you will eventually discover that each part is getting what it needs, and you will be able to maintain a feeling of inner harmony and peace of mind.

5. Help Your Parts Distinguish Between What They Want and Need

Your parts often find it difficult to distinguish between “wants” and “needs.” For example, one part may feel a *need* for acceptance by others and *want* an expensive, flashy new car as a way of getting it. This could be a source of conflict if other parts have needs and wants that would be in jeopardy if you bought the expensive car before you could afford it.

Your Sage will accept and respect your need for acceptance by others. That is an important need and must be satisfied. The flashy car, however, is only one way in which that need may be satisfied. If your Sage determines that an expensive car would be in violation of your fundamental needs, or, if it would make it difficult for other parts to get what they need, (for example, financial security), then your Sage will help the needy part find other “wants” that would satisfy the need for acceptance by others.

This is not to say that your Sage will keep you from having the expensive car. When you can afford it — without jeopardizing the needs of other parts or your fundamental values —your Sage will fully support you in getting what you “want,” if it will truly satisfy what you “need.”

6. Bring Win-win Resolutions to Your Internal Conflicts

Your Sage will resolve conflicts between your parts. Your Sage has the job of getting each part what it needs, without sacrificing the needs of one part to satisfy the needs of another part. The primary tool your Sage will use is the strategy of win-win resolutions.

For example, Harold finds himself in a state of internal conflict. His Relationship-part wants to have Thanksgiving dinner with his in-laws to please and satisfy his wife and to bring harmony to his relationship. His Family-part however, wants to have Thanksgiving with his own family to satisfy his need to be with his own parents and others in his extended family.

A win-lose resolution would be to simply choose one need over the other. One need gets satisfied, and the other gets frustrated.

A win-win resolution would be one that makes it possible to get both of his needs satisfied. Harold’s Sage part is creative and inventive. He may choose to attend both celebrations if that is possible, or he may choose to alternate years between the two celebrations, or he may arrange to host a combined celebration.

As your parts become accustomed to getting their needs met, they will become more flexible in adjusting their “wants” to accommodate the wants and needs of other parts.

7. Assure That Your Strategies Will Bring You What You Want

One of the key roles for your Sage is assuring that what you do will get you what you want.

For example, Sara wants a warm and loving relationship with Fred. She notices that Fred is deeply absorbed in a televised football game, and she feels the need for some attention and affection from Fred.

By habit, or based on strategies she learned from others, she is about to say something to Fred that is hurtful or critical. She hopes that her comment will cause Fred to turn off the television and attend to her need for affection.

Her Sage is fully aware that the strategy she is about to use will not produce the outcome she desires. Her Sage predicts that a critical attack on Fred will result in a fight that may get him to turn off the television, but will distance the couple rather than bring them closer together.

Sara's Sage can offer her a number of strategies that will allow both Sara and Fred to get their needs met. For example, her Sage might suggest that Sara join Fred on the couch in a manner that will invite Fred to express the affection that Sara needs, without requiring that Fred give up the ball game in which he is absorbed.

As your Sage becomes skilled at producing win-win resolutions for internal conflicts, your Sage will also become skilled at producing win-win resolutions for situations in which your needs are in conflict with other people's needs.

8. Maintain Internal Peace of Mind and Self-Satisfaction

Odds are good that one part now dominates your other parts. It gets what it wants without assuring that other parts get what they need. This causes the other parts to create bad feelings, e.g. guilt, or hurt, or anger, in order to get their needs met. Your parts then use games, manipulations, and distortions in order to get what they want and need. Needs are met on the basis of the "squeaky wheel" principle. All of this contention creates dissonance and internal tension.

When the parts agree to use your Sage to resolve conflicts, the conflicts gradually disappear, and each part can be assured of getting its needs met.

Over time, as your Sage becomes skilled at resolving conflicts — and your parts learn to trust that their needs will be accepted, respected, and met — you will achieve a state of internal harmony and peace of mind that is seldom achieved by people who use their conscious mind to control their lives at the conflict level.

9. Resolve Bad Feelings When You Get Them

Most people who have not empowered their Sages experience life as a series of bad feelings. These bad feelings are caused by parts not getting their needs met, or by getting needs met at the expense of their fundamental values. These people find themselves run by their bad feelings. They get a bad feeling, so they respond by acting to resolve it. That action often causes another, different, bad feeling as they seek to meet conflicting needs.

For example, Sam has conflicting needs. He feels the need to stay at work to finish something that is important to his job. He also feels the need to be at home with his wife and his children. If he chooses to stay at work, he feels a nagging bad feeling of guilt about not meeting his need to be home with his family. If he goes home to his family, he feels the nagging need to be at work. Without the aid of his Sage, Sam is at the mercy of his bad feelings and will have a bad feeling, whichever choice he makes.

To paint an even more complete picture of Sam, we could list all of the other needs that are in conflict and are pulling on him at the same time. We might mention things like his guilt because he hasn't written to his mother recently, and his desire to be with his friends for a little companionship after work, and his frustration because he hasn't been able to play golf in three weeks, and his desire for that new car he has had his eye on (or his guilt because he bought it, and now won't be able to afford the vacation that his wife wants), etc. etc.

For Sam, and for many people, life is a constant stream of bad feelings that push, pull, and tear at them. They experience a stream of feelings which cause them to act and react, and yet seldom entirely goes away. This kind of constant tension can produce serious stress.

When your Sage is skilled and experienced at resolving conflicts and is bringing you closer and closer to what you want, you will experience life in a very different way. You will still experience bad feelings from time to time, as your wants and needs come into conflict. The difference is this. As you get a bad feeling, your Sage will be called in, a strategy will be selected, and the bad feeling will be resolved.

Instead of bad feelings being a way of life, a bad feeling will simply be a signal that your Sage is needed to find a resolution for the conflict situation. Instead of bad feelings being the norm, interrupted only momentarily by feelings of peace of mind and harmony, you will find the opposite. You will find that harmony and peace of mind become the norm, interrupted only momentarily by bad feelings that signal the need for your Sage to discover what the problem is and to create a resolution.

10. Convert the Gap Into Energy and Motivation

Once you have empowered your Sage, and your Sage has become skilled and experienced at resolving conflicts, you will gradually experience more and more inner harmony and peace of mind. In addition to the periodic bad feelings that you will use to signal your Sage that a resolution is needed, you will also experience something I call the "Gap."

The Gap is a name for the tension you feel whenever you compare what you want for your life with what you have at present. For example, Phil wants to be a doctor, have a wife and children, have a nice home, and be able to play tennis regularly. At present, he is unmarried, and is still in medical school. There is quite a Gap between what Phil wants and what he has at present.

If Phil is caught up in all of the conflicts that many people experience, he finds himself being driven by all of the bad feelings that he experiences as he attempts to

resolve all of the conflicts his parts feel. If that is the case, then Phil might not be fully aware of the power and energy created by the Gap.

Now, let us assume that Phil empowers his Sage and resolves his conflicts and creates a sense of harmony and peace of mind. As he does this, he can realize the tension and energy that are available to him as he brings the Gap into his awareness.

As Phil becomes aware of the Gap between what he has and what he wants, he feels a sense of tension. That tension cannot be immediately resolved by any action or strategy he might employ. There is nothing the Sage can do to immediately breach the difference between what he wants and what he has.

What the Sage *can* do, however, is to use that tension as energy to fuel Phil's motivation to achieve what he wants for his life. The Gap, then, is the source of the energy that you and I employ to enable us to achieve what we want in life.

When we are caught up in the many conflicts that we cannot resolve, we lose the power that the Gap has to produce the energy we need to achieve what we want. Individuals who don't recognize that power, may end up feeling helpless, or hopeless, or even victimized. When we have a way of resolving the ordinary conflicts, we can isolate and use the energy produced by the Gap as motivation to achieve what we want.

Your Sage will be very helpful to you in directing the motivation that you create for yourself from the Gap. Without using your Sage, it is possible for you to misdirect your motivation, or to diffuse it by not focusing it. You can probably think of people you have known who were very motivated, but still couldn't harness that motivation to achieve what they want. They allow the day-to-day bad feelings to cause them to zig and zag and pull them away from what they really want.

Your Sage will be charged with the responsibility of directing your energies toward closing the Gap. Your Sage will be constantly resolving conflicts by choosing alternatives and choices that get you closer and closer to what you want for yourself and your life.

11. Maximize Good Feelings

Abraham Mazlow, a noted Sage of our time, coined the phrase "peak experience" to describe momentary surges of powerful and exhilarating good feelings. These moments of intense good feelings can be described in a number of ways, such as "joy," "love," "well-being," "happiness," "success," "consciousness," etc.

In the same way that we use our mental processing to create bad feelings, we also have the capacity for creating good feelings. In our normal lives, we can learn to do this often.

You can ask your Sage to handle good feelings as well as bad ones. If you choose to do this, your Sage can offer you "peak experiences" with some regularity. The Sage does this by heightening the intensity with which you experience your moments of good feelings.

The tools for achieving “peak experiences” are available to you in your normal processing of your experiences. The Sage can apply these tools in such a way that your normal good feelings are transformed into rather extraordinary moments of high intensity.



Chapter 13 — Your Sage or Your Conscious Mind

You can choose to control your life with either your Sage, or your conscious mind. Your conscious mind can do virtually everything your Sage part can do. The difference is that your conscious mind will have to exert will power and self-discipline to remember to do what needs to be done.

Perhaps you have already discovered the limitations of the conscious mind. Perhaps you have had the experience of learning something that will help you, and deciding to do it. And, then discovered some time later that you weren't doing what you had decided to do. For example, you may have decided to lose weight, or quite smoking, or write your mother once a week, or get out of debt, etc. When you leave it up to your conscious mind, sometimes you don't accomplish what you have set out to do.

Now, here is a choice point for you. This book offers you two ways to go. You can learn what is here and use it with your conscious mind, or you can train your Sage to take over and handle problems automatically.

If you choose to continue using your conscious mind, then you don't need to install your Sage, as you will learn later. You can skip over the chapter on installing your Sage, and skim through the chapters that teach the strategies that you will use to resolve conflicts. You can then go right on to Section Three and learn some ways to resolve any problems you might decide to resolve.

If you choose to begin using your Sage part to handle the problems that arise in your life, then continue reading.

Something to Skip Over

The following information is optional; it will give you a little background into how the Sage as an autopilot came to be created. If you decide to skip it, go directly to chapter 15: "Installing Your Sage."

A Heuristic Process — The Sage as an "Autopilot"

In computer work, a heuristic program is a computer program that can learn and improve itself. One good illustration is a heuristic chess program.

If you set out to write a computer chess program, you want the computer program to be as good as you can make it. One way to make the best program is to make it heuristic. By that, I mean, give the program a way of learning from its mistakes and becoming better and better.

To do this, it is easiest to visualize two programs. First, you write the program that actually plays the chess game. You teach it the rules, you teach it good strategies, and you teach it how to play the game of chess well.

Then, you write a second program, the heuristic program. The heuristic program is designed to wait until the playing program loses a game. As soon as the playing program loses a game, the heuristic program comes to life and analyses the game to find the single move that caused the game to be lost. The heuristic program then changes the playing program so that the playing program never

makes that mistake again. From that moment forward, the playing program is a better program and will never make that same losing move again.

Next, suppose you put both the playing program *and* the heuristic program into two different computers, and let the two computers play each other, over and over, as fast as the computers can play. Gradually, each program gets better and better, the more it plays, as it corrects its mistakes.

Now, to continue the idea, you let the two computers play each other until they have played thousands and thousands of games. When you get done, you have a very powerful computer chess program.

What does all this have to do with the Sage Model? It became clear to me that everyone has a brain that is as powerful as any computers we have today. So, I began working to develop a heuristic program that you could install in your own mind that would have access to all of the thinking and creative power of your own mind, and that you could access any time you had a problem to resolve.

Sagery as taught in this section is the result of that work. It gives you a heuristic program that you can install, which will harness the power of your mind and be run by your Sage part. It's a program that you can use to create the kind of life you want to have. If you choose, you can use your Sage autopilot to create a life that allows you to have what you need in life and have peace of mind and inner harmony while you get what you need. If you choose something else, you can use your Sage *autopilot* to get you what you specifically want for yourself.

So, as you read and follow the instructions here, you may, if you choose, install a self-correcting, always-improving, internal program that you can use to achieve what you want for yourself.

But, what if you don't like the program once you install it? What if you are afraid of possible problems? What if you aren't sure? What if...?

No problem! The heuristic program won't become automatic for you until you have used it successfully many, many times. You will have a long period of conscious choice during which you can prove to yourself that you want it, before it becomes automatic.

Notice how you have learned things in the past. For example, remember how you learned how to write by printing characters. At first, when you wanted to write something, you used your conscious mind to "think" how to print a K or a T or an S. Then, as you practiced over and over, gradually it became automatic and you didn't need to "think" any more. You just did it.

It's the same way with driving a car. At first you had to "think" about each step, and you were clumsy and awkward. Then, as you practiced more and more, you found it became automatic, and you could drive without consciously "thinking" about it.

Installing your Sage as an autopilot works the same way. You will have to consciously "think" through the heuristic program each time that you use it. You get to gauge the results. If you are satisfied with the results, you will use it again. As you use the program again and again, gradually it will become automatic. You

will eventually no longer have to “think.” You will find yourself operating automatically out of your Sage.

The Sage Part in Control

The result for you will be a gradual shift away from control by your conscious mind and toward controlling your life from your Sage part. When you achieve this shift you will have transformed your life in a significant and important way. At each step of the way, you are in control of the process and the results.

Notice the difference between the Sage Model and other transformational processes. In other transformational processes you must change your life in a manner determined by someone else. If you choose religious transformation, you adopt the teachings and beliefs of some group of some other individual. If you choose to join a cult to transform your life, you adopt the teachings and beliefs of the founder of the cult.

With the Sage Model, the transformation is totally controlled by you. You get to pick your goals. You get to decide what is satisfying and what is uncomfortable. You create your own transformation. You can prove this to yourself by observing other people who have used the Sage Model as a self-transformational tool. Each is unique and individual. If you observe a group of cult members, you will find they have many similarities in beliefs and behaviors. If you observe members of a group who have achieved religious transformation, you will find they have many similarities. As you observe people who have chosen Sagery, you will see that each person has preserved his or her own unique characteristics and is meeting his or her own goals with a level of inner peace and harmony that each has chosen for themselves. And, you will find that each has maintained his or her own beliefs.



Chapter 14 — Installing Your Sage: The Process

You are learning at two levels in this book. One level is your conscious mind. At the conscious level — using your conscious mind — you will learn to follow the mind's process and make changes at any point that you choose. As you learn at the conscious level, be aware that your conscious mind is subject to forgetting, distractions, overload, and sometimes confusion.

You are also learning at the Sage level. Your Sage is learning everything that your conscious mind is learning. Your Sage is not subject to forgetting, distractions, overload or confusion. Your Sage may not have enough information, or experience, or practice to master its role, yet. So, part of what your Sage is learning is how you want it to function and contribute. Once you empower your Sage, it will go about finding out what it needs to know in order to do what you have asked it to do.

You can think of your Sage Model level as an autopilot that will work for you to arrange for what you want to achieve if life. As the day-to-day issues of your life occupy your conscious mind, your Sage will persist and stay attentive to its tasks. You may find yourself being nudged by your Sage to be curious about the things the Sage will need to know in order to satisfy its responsibilities. You may find yourself doing things, and learning things that surprise you. As these things happen, it is enough to know that your Sage is doing its job, and you are on track to achieving what you want for yourself.

Read First, Then Go Back and Do it Step-by-Step

Read through the chapters on installing your Sage. As you read through the steps, your Sage is also learning how the process works. Then, when you go back through the process step-by-step, your Sage will know how to do it.

In the future, as the need arises for you to add or change what you want, you can choose to read through the steps again, or you can simply trust your Sage to be able to make the changes or additions automatically for you.

No Need to Make it Complete or Perfect

There is no need to make the process perfect or complete the first time. Simply go with what comes up for you as you step through the process. Once your autopilot is installed, it will revise and add as needed in response to situations or events that occur in your life.

There are Four Steps:

1. Meet Your Parts and Find Out What They Want (Chapter 15)

In the first step, your conscious mind will meet your parts, and you will dialogue with each part in turn to discover what that part wants and needs.

2. Edit the List, to Make it Work for You (Chapter 16)

After you have your combined list of what each of your parts want, you will use your Sage part and your conscious mind to edit the list according to instructions.

The purpose of the editing is to put what you want in a form that will enable your Sage part to work toward getting each part what it wants.

After you have edited your list, you will go back once more to verify that the revised list is satisfactory to your parts. If it is satisfactory, you are finished. If not, you may need to negotiate, or further revise your list until it is satisfactory to your parts.

3. Meet and Empower Your Sage (Chapter 17)

After you know what all your parts want, and have edited the wants into the most productive form, you are ready to meet your Sage. At this first meeting, you will reach agreement with your Sage on the fundamental values that you want your Sage to use in resolving conflicts and making choices.

After you have reached agreement on your fundamental values, your conscious mind will have a dialogue with your Sage part, in which you formally empower your Sage to be responsible for your fundamental values.

4. Have a Parts Meeting and Verbal Affirmation (Chapter 18)

The final step is to have a parts meeting. This is a formal step in which you ask your parts to agree to empower your Sage to resolve their conflicts and take responsibility for getting their needs met. You will also formally ask your Sage to agree to take responsibility for getting your parts what they need, and resolving conflicts that stand in the way.

Read through chapters 15 through 18, and then come back to chapter 15 to perform each step.



Chapter 15 — Step 1: Meet Your Parts

Using your conscious mind, you will meet each part in turn, and ask that part what it wants.

Discover What They Want

You may find that some parts are eager to speak and are clear about what they want. You may also find one or several parts that have little to say right now. Simply accept whatever occurs. In later meetings, after you have developed a closer relationship between your parts, you will find that all parts will have something they want in life.

How to Bring Out the Part You Want to Meet

You'll use a list of cues that you can use to invite out each part. Your conscious mind will read the cues, and the part you are asking for will come out. You will know when the part you are asking for is there. You will be able to tell by the feeling you get. If that part feels right, you will know. If you feel confused, torn, or tense, then you may be dealing with two parts. If that happens, ask the other part to wait its turn. When you feel it is right, simply ask, "What do you want from me, or the Sage?" Then, listen, and write down what comes to your mind.

How That Part May Communicate With You

You have three channels of communications between your conscious mind and your parts. Some parts may communicate with you verbally, and others may present images. Still others might choose feelings. For this exercise, you might need to use other channels. If a part presents images, you can convert them to words, and check to see if you are making a correct interpretation.

If a part only presents you with feelings, make an attempt to convert the feelings into words. As you do, ask if your interpretation is correct. If it is, you will get a good feeling, if not, you will get a bad feeling, for example, a frustrated feeling. Take whatever you get, and thank that part for communicating with you. Tell that part that you want to keep the communications lines open, and will be back for more discussions later.

How to Test For Agreement

As you dialogue with a part and write down what you get from that part, check back what you have written and be sure that you are getting the message clearly. If you are, you will get a good (or neutral) feeling. If you get a bad feeling, or mixed feelings, go back and revise or change the message until that part is satisfied and gives you a good feeling.

How to Detect Disagreement

You may find you get a clear message, and then right away you hear a conflicting message. For example, you may be talking to your Me-part, and your Me-part says "I want to be able to rest when I need rest." You might hear a counter message, such as, "If you rest every time you want, we'll never get any work done."

What is happening is that another part is coming into the dialogue. If that happens, ask the second part to please wait for its turn. Explain that you are collecting all of the wants from each part, and you will be asking the Sage part to resolve conflicting wants between parts, and assure that each gets what it wants with win-win resolutions. Assure each part that its wants are important and will be satisfied as far as it is possible to do so.

How to Reassure a Part

You may find a part saying it wants something, and right away it might say, "But I can't have what I want." Explain to the part that the Sage will find a way, if it is humanly possible, for each part to get what it wants.

Explain that it's best to ask for what you want, even if you don't think you can have it. The Sage will then know what is wanted, and will make every effort to provide what is wanted, or a substitute that will come as close as possible to meeting the basic need that part has.

Explain that it is better to ask for what you want, than to leave that desire unexpressed and unstated. Explain that bad feelings come from being unwilling to ask for what you want, and you have decided to be complete about what you want. Ask the part to do its share by asking for what it wants, even if it has reservations about getting what it wants. The Sage will accept and respect each want and need, and do its best to find a way to get that need met.

Cues for Bringing Out the Part You Want

The first time you meet each part, you may want to use the following cues to help you specify each part you want to meet and talk with. The following list of cues will help you discriminate between your parts, and will help your parts know which one you want to talk with.

Your Me-part

"I want to talk with my Me-part. You are the part of me that is concerned about me and me alone. You are the one that wants what it wants, when it wants it. You are the one responsible for my basic needs to eat, to sleep, to rest, to play, and to have sex. You have the need for status, and you enjoy having power and using it. *What do you want for me in life?*"

Some possible responses:

"I want you to listen to me when I tell you I need something."

"I want to get priority when one of my tensions builds."

"I will support all of us getting our needs met, if I can get what I need when I need it."

"I want the Sage to protect me, and all of us, when I want something that is not good for me, or good for all of us."

"If I want something that is risky, or hurtful, then I want the Sage to resolve my need through fantasy."

"I want to create fun, comfortable, joy-producing accommodations of my basic needs."

"I want fun friends to play with, and some guilt-free time to play."

Your Relationship-part

“I want to talk with my Relationship-part. You are the part of me that wants and needs to have a loving relationship with my SIGO (significant other). You are the part of me that puts my needs aside and defers to the needs of my SIGO. You want to love, to be loved, to feel the excitement of attraction and infatuation. *What do you want for me in life?*”

Some possible responses:

- “I want to love deeply, and feel my feelings of love fully.”
- “I want to feel loved, needed and wanted.”
- “I want to hear that I am loved.”
- “I want to see that I am loved.”
- “I want a fulfilling, loving, sexual relationship.”
- “I want my relationship to be all that it can be.”
- “I want couple-friends to share our relationship with.”
- “I want to express my love for my significant other so that my SIGO feels fully loved.”

Your Children-part

“I want to talk with my Children-part. You are the part that feels the need for children. You are the part that feels loving and caring toward babies and children. You are the part that is willing to put aside my needs to defer to the needs of children, or others that are dependent and need my help. You are the part that reacts to those who are needy, hurt, or helpless. *What do you want for me in life?*”

Some possible responses:

- “I want to fully love and care for my children.”
- “I want to help my children grow up healthy and happy and well prepared for life.”
- “I want to help others who I can help, and who need my help.”
- “I want to share my love with others who need me.”
- “I want to feel joy in my celebration of my relationship with my children.”

Your Family-part

“I want to talk now with my Family-part. You are the part that knows that ‘blood is thicker than water.’ You are the part that feels love for my mother, father, brothers, sisters, grandparents, aunts, uncles, cousins, and all of my extended family. *What do you want for me in life?*”

Some possible responses:

- “I want to build a closer family relationship with _____.”
- “I want to feel warmly loving toward _____ and express that love.”
- “I want to support, endorse and promote a strong sense of family, a sense of belonging to us, and openly invite all members of our family to be closer.”
- “I want to be friends with some or all of my family members.”

Your Work-part

“I want to talk with my Work-part. You are the part of me that needs to work and to contribute. You are the part that has a sense of mission about what you would like to achieve. You are the part that is motivated by achievement, by accomplishment, by responsibility, and by growth. *What do you want for me in life?*”

Some possible responses:

- “I want to be a successful therapist. I want to help people achieve their goals in life. I want to feel the satisfaction that comes from doing my job well.”
- “I want to make superb quilts. I want to make quilts so beautiful that they are passed on for generations and bring joy and pleasure to others.”
- “I want to be a successful salesman. I want to represent a company that I am proud of, and assist my customers to buy products they need — products that I can take pride in selling.”
- “I want to be satisfied with my work. I want to feel good about getting out of bed each morning, and be eager to do my job each day.”
- “I want to write a biography of someone I respect and admire. I want to create a book that will bring that person to life, and make it possible for others to be inspired and uplifted.”
- “I want to be a successful homemaker. I want to raise my children to the best of my ability, and support my husband in his career. I want to create a happy and loving home for my family.”
- “I want friends who share my work interests to share my work interests with.”

Your Beliefs-part

“I want to talk to my Beliefs-part. You are the part of me that needs to honor my beliefs. You believe fully in my beliefs and want to lead me to live a life in harmony. When I honor my God, vote my conscience, or support a cause I believe in, you are the part that is responsible. *What do you want for me in life?*”

Some possible responses:

- “I want to believe in my fundamental values and have values I believe in.”
- “I want to use my beliefs to guide my life and be true to them.”
- “I want to choose beliefs that support me achieving what I want in life.”
- “I want to choose beliefs that support me in my desire to empower others.”
- “I want to be with friends who share my beliefs.”
- “I want to give up any beliefs that I now have that are hurting me or others.”

Your Interests-part

“I want to talk to my Interests-part. You are the part of me that is responsible for my outside interests. You are curious and want to learn new things. You are the part that brought me to read this book. You are the one that needs hobbies and activities. *What do you want for me in this life?*”

Some possible responses:

- “I want time to explore those things that interest me.”
- “I want to play the piano more skillfully as I grow older.”
- “I want to play tennis better and better with more satisfaction.”

“I want interesting and interested friends to share my interests.”

Your Affiliation-part

“I want to talk to my Affiliation-part. You are the part of me that needs to be part of a group or pack. You are the part that enjoys supporting my favorite teams, or being part of a neighborhood. You feel attached to a place or places that I live or have lived. You are the part that feels patriotic. You react with strong feelings to anthems, flags, and songs. *What do you want for me in life?*” Some possible responses:

“I want to belong to and feel part of the groups that interest me.”

“I want to invest importance and excitement and joy in belonging.”

“I want to achieve pride, fun, excitement and joy in belonging.”

“I want friends who share my passions to share my passions with.”

Once you have written the messages from each part, it’s time to edit the list.



Chapter 16 — Step 2: Edit the List

The next step is to edit the list. The purpose of the editing is to state each of your wants and needs in terms that will allow the Sage satisfy them.

A. Strike all “Don’t Wants” — If Possible Convert to Positive

You may find that you have great clarity about what you *don’t* want, and are not so clear on what you *do* want. Your Sage cannot help you get something unless you know what you want. Knowing what you *don’t* want doesn’t help. You have to know what you *do* want.

Strike each statement in your list that is phrased as something you *don’t* want. In some cases, you will be able to replace it with something that you *do* want. In other cases, it is best to simply strike the negative.

B. Convert Steps to Goals — Ask, “What do I Want That For?”

This step requires a little judgment. You need to discriminate between a goal and a step. For example, if you have somewhere on your list, “I want more money,” or “I want a million dollars,” those are simply steps. To find what you really want, ask yourself, “What would I do with that money?” You may discover you want a fourteen-room house on two acres, or to be able to take two trips a year outside the country. If you want money so you can have a house, then strike the money, and put in the house you want.

If you want an important job, ask yourself, “What for?” You may find that you are seeking status or power. If so, be direct. Say that you want a position that will give you status or power.

Take each of your wants and test them to see if that is really what you want, or rather, whether it may only be step that gives you something else that you really want.

C. Check Back with the Part to Get Agreement on the Change

As you make a change in your list, either striking an item or translating it from a step to a goal, check back with the part that asked for that to be sure that the part agrees with the change. You are accumulating the list in order to assure that your parts get their needs met. You could lose the confidence of your parts if your conscious mind makes changes to the list your parts do not agree with.

Negotiate If Necessary

If you have difficulty reaching agreement, ask that part “What would it take to satisfy you on this item?” Listen to the answer you get. Modify your statement until you reach agreement. You might also ask “What would you have to hear from the Sage before you would feel comfortable?” If you get an answer to that, put it down for your Sage list. When you talk to your Sage, you can ask if the Sage will give that assurance.

Either Reach Agreement, Or Strike The Item — For Now

If you can't reach agreement, drop the item for now. This is only a start at creating your list of what you and your parts want for you in life. You will evolve and change and improve your list over time. There is no need to make it complete now, nor any value in making it "perfect."

Get Agreement On Each Item Left On Your List

When you are finished you will have a complete list, with agreement and support from your parts for each item on the list. You may still have some parts in conflict with each other, but you will have a list of what your parts want and acknowledgement that each part agrees on the wants.

Now it's time to meet and empower your Sage.



Chapter 17 — Step 3: Meet and Empower Your Sage

The next step is to meet and empower your Sage. As you get to know your parts better, you will be able to recognize them and you will eventually know which part you are using.

For now, it may be somewhat difficult to tell when you are dealing with your Sage part.

Meet Your Sage

Here are some clues:

- *The Sage part has a sense of humor and can laugh at itself and other parts easily and without malice.* The easiest way to identify your Sage part is by the smile you may find on your face when you are using your Sage. Your Sage can also laugh at problems and difficulties. Your Sage can also laugh at larger issues, like human frailties and the human condition. If the part you are talking to is relaxed and can laugh, it is your Sage. If the part is deadly serious and up tight, then it is one of your other parts.
- *Your Sage part brings a calming influence to your mind and your body.* As you invoke your Sage, your muscles may relax, your breathing gets deeper, and you may move toward being calmer. (Obviously, if you are in a state of escalated emotion and you switch to your Sage, your pulse isn't going to drop from 105 to 70 in just a few seconds. But, you will find yourself moving toward a state of inner calm.)
- *Your Sage part has a broad perspective and philosophical approach to things.* That means your Sage will adopt a long time perspective, a broad scope, and a balanced view of things. You can test this by asking yourself a philosophical question: e.g. "Who am I?" If your answer is that you are the center of the universe, you can be sure it isn't your Sage. If your answer is more like "One of many billions of people who have lived on this speck in the universe," then you can be sure you are dealing with your Sage part. (The answers are seldom this extreme; I am simply suggesting the end points on a long continuum of possible answers.)
- *Your Sage has a sense of awe and wonder about the world.* Where one or more of your parts may feel able to totally control things, your Sage knows that there is more to the world that you will ever know.
- *Your Sage has a special set of feelings that it uses, which may not often be used by your other parts.* For example, your Sage feels humble in response to its awe and wonder about the world. Your Sage feels noble when it has resolved a conflict for you that enables you to go forward toward what you want in life. Your Sage sometimes feels indignant when dealing with one of the many inequities or injustices in life.

You now have a number of tests your conscious mind can use to determine when you are using your Sage. You are ready to invoke and empower your Sage. There are many ways to invoke your Sage part. I will give you one that works for

me every time. As you get more familiar with your Sage, you will find other ways that work for you.

The Story Behind the Invocation

Once upon a time there was a man named Donzerli. Donzerli noticed that if he closed his eyes, he could form internal images of his various parts. He said, "It is as though there is an internal light that is focused on the part I am using."

From this story came the humorous invocation many use to bring out the Sage. You simply say to yourself, "Oh Sage, can you see by the Donzerli light?" As the smile forms on your lips, you can tell you are dealing with your Sage.

Empower Your Sage

You empower your Sage by communicating the following ideas to your Sage, while using your conscious mind:

- "Until I learned about you, I (my conscious mind), have been attempting to get the needs and wants of my parts met, all by myself."
- "I now recognize that my conscious mind lacks the ability to meet all of their needs, maintain my fundamental values, and meet my long range goals, while enjoying inner harmony and peace of mind."
- "Now that I understand your role and your unique capacities, I ask that you take responsibility for meeting our long range goals, resolving short term conflicts, and maintain harmony and peace of mind."

Your Sage may simply say "yes," or respond with visual images of how it can be for you in the future, or simply give you good feeling.

If you feel an uncomfortable feeling, then your Sage may have some reservations or considerations. Or, your conscious mind may have some doubts about delegating the responsibility. Your Sage will make clear what must be cleared up before your Sage will take responsibility.

Whatever the issues may be, you can resolve them with dialogue and questions. For example, you might ask, "What needs to be resolved before you are willing to be responsible?"

Or, "What assurance from me do you need before you will say 'yes'?"

When you have empowered your Sage, you may find yourself feeling very good, yet, still a little curious and wondering how it will all work.

You and Your Sage Select Your Fundamental Values

The next step is to work with your Sage to select and agree on your fundamental values. Fundamental values are those that override the individual values, beliefs, and goals of each of your parts. The purpose of specifying them is to give your Sage a clear idea of how you want your Sage to guide you and to resolve inner conflicts.

Again, this is only your initial effort on this issue. As time goes on, and events dictate, you and your Sage will have many opportunities to add, change or refine this list.

If you are unclear about what your fundamental values are, you might decide to choose those suggested by one of the great Sages of our time, a fellow named Robert Fritz, who wrote the valuable book, "*The Path Of Least Resistance*." This following list came from that book, and I personally have adopted these values.

Self-Creation

Self-creation means that you accept that you create your own experience of life. You do it by the thoughts you have, how you perceive them, how you process them, what you expect, want and believe, the strategies you choose and the persona you use, and most importantly, by the questions that you form.

To hold self-creation as a fundamental value is to recognize and accept that you are already creating your own experience of your life. Once you accept that, then you can decide to be responsible for that creation. Once responsible, you can choose to make it as joyous, gratifying, satisfying, and delightful as you are willing to have it be.

True to Myself

True to myself means that you recognize you are a unique individual. You have unique goals, dreams, ambitions, want and needs. You have your own values and beliefs, chosen to bring you what you want in life, and to guide you to satisfaction with yourself. By selecting this as a fundamental value, you are asking your Sage to respect your uniqueness and individuality. You are asking that conflicts and challenges be resolved with full respect for who and what you are. You are choosing to be *you*. The best *you* that you can be. You are asking your Sage to use and develop your full potential.

Freedom From External Domination and From Internal Strife

Freedom means that you are asking your Sage to guide you to realize your full potential while remaining *free* of domination by any outside person or force. You are also asking for freedom from internal strife and dissonance.

Health In Body, Mind and Spirit

By choosing *health*, in body, mind and spirit, you are asking your Sage to guide you to achieving what you want in life while protecting your physical, mental, and spiritual health. Given this responsibility, it will be up to your Sage to manage such things as nutrition, diet, and exercise to assure continuing good physical health. Your Sage will become responsible for your mental health by resolving inner conflicts, reshaping paradoxical or conflicting beliefs, and choosing strategies that get your needs met, and take you closer and closer to what you want in life.

Any Others You Choose to Add to This List

You may have other fundamental values you choose to formalize at this time. If so, add them to the list.

Ask Your Sage to be Responsible for Your Fundamental Values

When you have completed your list, if your Sage is in agreement with the fundamental values you have chosen, you need only ask this question: “Sage, will you accept responsibility for using these fundamental values as you resolve my inner conflicts, shape my beliefs and expectations, and guide me to achieve what I want in life?”

The last step in installing your Sage is to have a parts meeting.



Chapter 18 — Step 4: Have a Parts Meeting

This final step is to have a parts meeting. Call all of your parts together and go through the following steps.

A. Present Your Fundamental Values — to Your Parts

Explain to your parts that you and your Sage have agreed on the fundamental values that the Sage will use. Read through them, and after each one, feel the agreement and support you get from your parts. If one or another of your parts has difficulty with one of your values, you can resolve it through dialog. Discuss what you mean by that value until you achieve that feeling of harmony and peace of mind that tells you all of your parts agree.

B. Present Your List of What Your Parts Want — to Your Sage

Read through the list of what your parts want, and present it to your Sage. This is simply a formality because your Sage has been monitoring the process as you went along. Ask your Sage to agree to fully accept and support each of the parts in achieving what they want.

C. Get Agreement on the Integration Of Wants — From Your Parts

Now is the time for all parts to agree to support the integrated list of wants. Earlier, when you were building the list you asked each part in turn what it wanted. You did not allow disagreements from other parts. At this point, one part may have some reservations about something that another part wants or needs. If so, allow your Sage to suggest how it will be possible for both parts to get what they need, without conflicting with each other.

It is possible that you may want to restate or slightly alter one or another of the items on your wants list, to fully satisfy any parts in disagreement. Do whatever negotiations are required at this point to assure that all parts agree with the complete list. Each can be asked, “If you can be assured of getting what you want, will you support the other parts getting what they want?” With appropriate assurances from the Sage, you will find that all of your parts can agree on a single integrated list of wants that they will each support.

D. Get Verbal Affirmation — From Your Sage

The verbal affirmation is merely a formality. It is, however, a powerful tool for energizing your Sage, and serves as a “rite of passage” to mark this change in the way you choose to run your life.

Ask Your Sage to Take Care of Getting Each Part's Needs Met

“Sage, will you commit to be responsible for making the decisions and choices I need to make in order to get each part what it wants in life?” Your Sage will answer, “Yes!”

Ask Your Sage to be Responsible for Resolving Conflicts

“Sage, will you commit to be responsible for resolving conflicts that arise among my parts as they each strive to get what they want and need? Will you resolve these conflicts with Win-win resolutions that allow each part to get what it needs? Your Sage will answer, “Yes!”

Ask Your Sage to Get You Want You Want in Life

“Sage, will you monitor what I do, say and choose to assure that I persistently move toward being the person I want to be, and get what I want to get from my life?” Your Sage will answer, “Yes!”

When You Want to Revise or Add to What You Want

As time passes and you discover the need to further define what you want, your Sage will hold parts meetings to assure that the specific statement of what you want for your life is gradually refined and reshaped until it is complete and totally satisfying. You may choose to call these meetings with your conscious mind. Your Sage may from time to time make it clear that a meeting is needed, and invite your conscious mind to participate.

The End of the Section on Installing the Sage

If you are reading this section for the first time, you are finished reading. Now it is time to go back and take each step one at a time and do it. Go now to the step entitled Chapter 15 — Step 1: Meet Your Parts.

When you get back here the second time, after doing what is required for each step, read on.



Chapter 19 —Using Your Sage

You have initiated a transformation in your life. You have taken the first step on a path that will gradually reshape your life. At the end of the path, you will find yourself being the person you want to be, and achieving those things in life that you want for yourself. You will find an inner peace and sense of harmony that will bring you a sense of satisfaction that few people achieve.

You have only started down the path, however. You have some learning to do, and some practice is required. Your Sage must learn and become adept at resolving conflicts with win-win resolutions. Your Sage must learn and become adept at taking control whenever you have a bad feeling, and then resolving that bad feeling in such a way that you move closer to what you want for yourself.

The rest of this book is concerned with training your Sage in the skills that your Sage must have to accomplish what you have asked it to do.

What You Can Expect

For some time in the future, your conscious mind will have some difficulty letting go, and may resist allowing the Sage to do what you have asked it to do.

For a while, you will have bad feelings that do not cause an immediate shift to the Sage. You will find that some bad feelings stay with you a while, until finally, your conscious mind invokes the Sage to take over.

You will experience a new and different uncomfortable feeling. This will be your Sage's way of telling you that it wants to take charge and either resolve a conflict, reshape a hurtful belief, or guide you in a strategy that takes you where you want to go.

So, you have set in motion a gradual shift. For a while, until all of your parts get accustomed to their new roles, you will tend to react as you always have. Gradually, one learning experience at a time, each new bad feeling will reshape your patterns toward what you have chosen.

A helpful analogy is that of learning the piano. When you first begin, there are a lot of wrong notes, and progress is slow. As you proceed, however, your skill builds, and the results get better and better.

One similarity between this transformation you have undertaken and learning to play the piano is that both require some self-discipline and practice. As you gain experience and practice, you will discover that you have installed a somewhat automatic process, which will become more and more automatic over time.

When Do You Use Your Sage?

There is a simple rule for when to use your Sage — *anytime you get a bad feeling!*

Invoke Your Sage to Handle any Bad Feeling

Now, we get to the payoff for the work you have done so far. From this point forward in your life, you will have a new strategy for handling bad feelings. In the

past, bad feelings may have caused you pain, discomfort, anxiety, or depression, and often prompted you to act in ways that did not bring you what you want in life.

From now on, bad feelings will have a new purpose. Their purpose is to stimulate some thought or act on your part that allows you to move closer to what you want to achieve in life. The way this is done, is to use each bad feeling that you get as a cue to invoke your Sage.

The Sage Questions and the Sage Choices

You have already empowered your Sage, and you have learned how to invoke your Sage.

Next, you will learn each of the four questions and will perform an exercise that will give you practice in asking the four questions. The moment the Sage is invoked to handle a bad feeling, the Sage will ask four questions, and answer them one at a time. The questions are:

- What's happening?
- How am I creating this bad feeling?
- Is this (what I'm creating) what I want?
- How can I move toward what I want?

Then, you will learn each of the Sage choices, and have an exercise which will give you practice in choosing one of the Sage choices.

I know it sounds simple. It is simple. It is also the complete heuristic process that will transform your life if you choose to use it.

1. What's Happening?

This question asks for your feelings. You might get these kinds of answers: "I feel angry!" "Or "I feel sad!" Or "I feel inadequate!" Or "I feel worried!" Or "I feel anxious!" Or "I feel jealous!" Or "I feel needy!" Or "I feel uncomfortable!" Or whatever your words are for what you feel. If words don't come, just focus on the feeling, and be aware that you are feeling "that" feeling.

2. How Am I Creating This Bad Feeling?

This question stimulates the Sage to examine the process you are using to create the bad feeling. To answer the question, you use the Sage Model, and check off each part in the process you are using. At first, this will be a slow process because you are new to the Sage Model. As you gain some practice, you will find two things occur. First, you will become able to use the Sage Model quickly, and secondly you will discover that there are certain patterns that repeat themselves over and over, for you.

Eventually, you will immediately recognize the repeating processes you are using to create negative experiences of your life. As this happens, you will find you use these negative processes less and less.

Some Typical Kinds of Answers You Might Get

"My Constructor is creating scenes that have not happened, and I am reacting to them as if they were real, and I am feeling jealous."

“My Recollector is remembering a past experience in which I got angry, and I am feeling that anger again right now.”

“I am reacting to something he said, and I am distorting it in my TWIPI by saying ‘He always says that,’ and then I am getting angry about it.”

“I am reacting to something my Me-part needs, and I want it right now. I am putting an immediate time perspective on it, and feeling frustrated because I cannot have it right now.”

“My Children-part wants me to pay attention to the kids, and my Me-part wants to have some quiet time for myself, and I am having an inner conflict about it, and feeling irritable.”

“My Me-part wants to play, and another part brings up messages in my TWISB that creates a guilty feeling when I want some time to relax and play.”

“My SIGO wants my attention, and I am using my Work-part to process the input. As a result, I am not giving my SIGO what my SIGO needs, and my Relationship-part is stimulating guilt feelings.”

Until you get familiar and comfortable with the Sage Model, you might find the following checklist useful if you are stuck for an answer to, “How am I creating this bad feeling?”

A Quick Checklist

Source Of The Input — Outside (senses), Recollector, or Constructor, or Loop. What part or parts am I using to process? Me-part, Relationship-part etc.

How am I perceiving the input? — how much importance, what time perspective, what scope am I selecting, what level am I choosing?

What is my perception of — “The Way I Perceive It” (my TWIPI)

What messages am I getting from my TWISB? — “The way it should be, or the way I want it to be, or the way I expect it to be, or the way I hoped it would be?”

What strategy have I been using to handle this feeling? — Attacking, criticizing, or discounting, withdrawing, or negotiating and asking for what I want?

3. Is This What I Want?

This question compares what you are creating for yourself with what you want for yourself. Sometimes the answer is “yes,” and sometimes it is “no.”

A few examples of when the answer is “no.”

“I am feeling anger toward my (spouse, child, job, mother, etc.) and that is not what I want for myself.”

“I am feeling inadequate and that is not what I want to feel about myself.”

“I am feeling anxious about the future, based on negative scenarios my Constructor has created, and that is not how I want to feel about the future.”

A few examples of when the answer might be “yes.”

“I am feeling a sense of loss because I have lost my (SIGO, my job, my parent, etc.) and that is a natural feeling that I accept, although I don’t like it.”

“I am feeling indignant because of some injustice I witnessed. I accept that feeling and want to feel the way I do about injustices.”

“I feel a sense of discomfort when I think about how things are for me now, and how different that is from what I want things to be for me. I accept that discomfort and will use it to stimulate changes that I choose to make.”

Notice that this question is *not* about what is happening outside. For example, if you are driving and have a flat tire, you may find yourself feeling angry. Anger is a bad feeling, so you invoke your Sage.

You answer the first two questions, and you come to “Is this what I want?”

Notice that the question is not directed toward the flat tire. Of course, you don’t want the flat tire. The question is directed at the feeling you are creating for yourself about your experience of having a flat tire. In short, do you want to create anger as a way of dealing with events like flat tires? Is anger the feeling you want to use to handle difficulties?

4. What Can I Do to Move Toward What I Want?

This question turns it over to your Sage to give you an opportunity to use each bad feeling as a turning point. Each turning point allows you to take a step toward what you really want, rather than use your energy on upsets that you don’t want.

This question puts your Sage in charge of your response to this situation or event. You can be confident that your Sage will make the wisest possible choice for you.

Your Sage will choose from the Sage choices. The Sage choices fall into four separate categories:

Act Ask Accept Forgive

When action is required to move you toward what you want — ACT!

When negotiation is required to resolve a difficulty — ASK for what you want!

When your Sage determines that you can’t change what is happening — ACCEPT it.

When you don’t feel able to accept what has happened — FORGIVE it.



Chapter 20 — Practice the Sage Choices

Read each of the following situations. Imagine yourself in that situation. Then decide which of the Sage options you would choose. Remember, your Sage choices are: *Act, Ask, Accept, or Forgive*

Situation 1 — You are looking for something that you want in your closet. You are having difficulty finding it because the closet is overcrowded and not well organized. You find yourself feeling frustrated and irritated.

Your Sage comes on to deal with the bad feelings. What will your Sage choose?

Situation 2 — You are watching television with your SIGO. Your favorite program is coming on next. Your SIGO suggests watching a different program. You feel a conflict. One part wants to watch your favorite program. Another part wants to please your SIGO.

Your Sage comes on to deal with the conflict. What will your Sage choose to do?

Situation 3 — You have planned an outdoor activity that you particularly enjoy. When the time comes for the activity, a drenching rain pours down. You feel very disappointed and frustrated.

Your Sage comes on to deal with the bad feelings. What will your Sage choose to do?

Situation 4 — You are dining in a restaurant. You are having a good meal and enjoying your dinner companion. As your waitress brings your dessert, she spills coffee on your lap. Your clothes are soaked, and perhaps stained. You feel wet, uncomfortable, and irritated.

Your Sage comes on to deal with the bad feelings. What will your Sage choose to do?

Situation 5 — You are driving on a busy road. A young man, driving a junky car, weaves around traffic, cuts you off, and forces you to stop suddenly. You feel fear at first, and then, as you are unhurt, you feel anger.

Your Sage comes on to deal with the bad feelings. What will your Sage choose to do?

Situation 6 — You find yourself in an overload situation. You have ten things you need to do, and you don't have time to do them all, or even enough time to do many of them very well. You feel overwhelmed and frustrated. You don't feel like doing anything at all.

Your Sage comes on to deal with the bad feelings. What will your Sage choose to do?

Situation 7 — Someone close to you wants you to do something for them. You are already busy with something that is important to you. You feel torn, and you feel irritated.

Your Sage comes on to deal with the bad feelings. What will your Sage choose to do?

Situation 8 — You are preparing for a party at your place. Your SIGO is hurrying around to get everything ready. Your SIGO drops a bottle of red wine in the middle of the living room floor. The stain is spreading. You feel concerned about the carpet, and angry about the carelessness.

Your Sage comes on to handle the bad feelings. What will your Sage choose to do?

Situation 9 — You are having a heated discussion with a close friend. As tempers escalate your friend says something that is cruel, mean, and hurtful. You find yourself feeling hurt and angry.

Your Sage comes on to handle the bad feelings. What will your Sage choose to do?

End of Exercise

There are no right or wrong answers to the exercise. The practice questions may or may not fit you in real life. The exercise is simply a means for you to practice answering the fourth question (“What can I do to move toward what I want?”), using the Sage choices (act, ask, accept, forgive).

Now, at this point, you have learned the four questions, and have learned and practiced the four categories of Sage choices. The next exercise will give you an opportunity to put the process together on some real life situations that come from your life.

Practice on Your Own Real Life Situations

This is a personal exercise using your memory of past events. You first make a list of six times that you can recall that you experienced very strong bad feelings.

Next, go over the list, one experience at a time, recalling the situation and the events that occurred. In each situation, invoke your Sage at a critical point in the experience, and have your Sage choose what to do.

In some cases, you may find that your Sage chooses exactly what you did in that circumstance. In other cases, you may find your Sage would choose a different way of dealing with the situation than you chose at that time.

First

Make a list of six events, situations, or times when you experienced very strong bad feelings. Do that now.

Next, Re-experience the Situations One-By-One

In each case, go inside and re-experience the situation. When you are able to see what you were seeing then, hear what you were hearing then, and feel what you were feeling then — bring on your Sage, and observe what your Sage would choose to do, if that situation were happening right now.

What Would Your Sage Choose for You to Do?

In each of the six situations, write what your Sage would choose for you to do.

Again, there are no right or wrong answers to this exercise. The exercise will do you the most benefit if you were able to use the Sage questions to discover new ways to respond to each situation so that the bad feelings were resolved.

Any situation which still holds bad feelings for you — and you are not able to resolve using the Sage questions — represents a piece of unfinished business for you. It will be worth your time to work through that past experience in the here-and-now to resolve it. Keep it in mind as you go through the rest of Section Two and look for new tools that will help you resolve it. If you still can't resolve the feelings by the time you finish with Section Two, hold it for Section Three. Between Section Two and Section Three, you will have everything you need to resolve your bad feelings.



Chapter 21 —Accepting “What Is”

Before you read this section, I want to explain something. This section is for your Sage. Quite possibly, your conscious mind may become confused or frustrated, and you may experience some resistance. Please allow that, if it happens. If you experience confusion or frustration or resistance you may want to read this again in a year or so. After living with your Sage for a while, you will discover that what follows is very comfortable for you. Above all, make no attempt to learn or remember what you are going to read now. Only your Sage really needs to know what is written here.

Your Sage is wise enough to know the importance of accepting what can't be changed. The key to serenity is the willingness to *accept what is and what can't be changed*. The first step in learning to accept what is and what can't be changed is to simply decide you want to do it.

So, do you want to accept what is and what can't be changed? If you do, then your Sage will handle it for you. Notice that “accept” is one of the Sage choices. Your Sage is already able to accept what is.

So, what is the problem? The problem comes about because your conscious mind and some other parts may not be willing or able to accept what is and what can't be changed. It is your conscious mind or TWISB messages or individual parts that won't accept what is.

As you begin to shift control over to your Sage, you will discover an increased level of acceptance in the way you deal with people and events. When some other part is unwilling to accept something, you get a bad feeling. If your Sage is brought in to handle that feeling, then you will quickly resolve the bad feeling by accepting what is and what can't be changed.

You will aid the process by adopting a new meta belief, and a new expectation.

Meta Belief

Here is the new meta belief. (Remember, a meta belief is a “belief about beliefs.”) See if you are willing to choose to believe it. “I believe that I am wise to accept what is and what can't be changed.” That's it! That's all there is to it.

Here is how the process works. Suppose, for example, that you believe that war should be abolished, and that war is a bad thing for the world. Then, suppose that a war starts in the Middle East. Further, suppose that every time you hear about or read about the war, you get a bad feeling. Your Sage will come, ask the four questions, and decide to *accept* the fact of the war, as a strategy for dealing with something that you can't change. So far, so good. The problem arises if you get a TWISB message that says something like, “I just can't accept war,” and you get another bad feeling.

This is where the meta belief comes in. You now believe that it is wise for you to accept what can't be changed. In effect, you have two beliefs that seem to conflict. One belief is that war is unacceptable, and the other belief is that it is wise to accept what you can't change.

The resolution is simple. Your Sage will help your other parts to understand that you are not accepting “war.” You are simply accepting that there *is* a war, and that you are not going to change that reality.

Notice the difference. You are not choosing to accept war. You are choosing to accept that *there is* a war (a change in level). Now, both beliefs are still valid. War is bad, and it is wise to accept what is and what you can’t change. There may be some part of you that says, “Wait a minute, I could devote myself to stopping that war, so it really can be changed.” Perhaps so. The next question is, “Is that what you want for your life — stopping that war?” If your answer is “yes,” then you may decide to dedicate your life to changing something that *can* be changed. But, if you are not willing to change your life mission, then you must accept that *you* can’t change what is.

That has been a long explanation of a simple idea. As soon as you adopt the meta belief that you are wise to accept what is and what can’t be changed, then you and your Sage have the tools you need to resolve a number of painful difficulties.

What Is “What Is?”

What do you need to accept? You need to accept, “what is.” So, what is that? As Gertrude Stein might say, “What is, is what is.” That is helpful, but let’s get more specific.

Here is a list of things that you will be wise to accept:

- How tall you are
- What color you are
- What race you are
- What kind of hair you have
- What country you were born in
- What kind of education you have had to date
- Everything that has ever happened to you in the past
- Everything that you have done in the past
- Anything that anyone else does in the future
- Who and what your parents are
- Whether the sun shines or whether it rains
- The recession or depression or inflation or deflation
- Anything you haven’t done in the past
- Anything anyone else hasn’t done in the past
- That there will be injustice in the world
- That there will be crime and criminals in the world
- That life isn’t fair
- That no two people are equal
- That equality seldom exists in the world

Notice that everything on the list is something that you *can’t* change. As you read the list, did you find yourself reacting strongly to any item? If so, then that is something that your Sage can help you with in the future.

What Happens If You Choose Not To Accept What Is?

You will have bad feelings if you choose not to accept what is. If what you want for your life is to create bad feelings about your experience of life, then you won't want to accept what is. If, on the other hand, what you want for your life is to achieve your goals and have peace of mind and happiness, then you would be wise to accept what is. Remember the difference between accepting something you don't like, and accepting that it is something you can't change.

Meta Expectation

Okay, enough on accepting "what is." I said earlier that it would be helpful to add a new expectation. This new expectation is also a "meta" expectation. (An expectation about expectations.) Here is what I suggest you add: "I expect that sometimes I won't get what I want, or want what I get." If you adopt this expectation, you can use it to resolve bad feelings that come from not getting what you want or what you expect sometimes.

Then, when something occurs that gives you a bad feeling, your Sage can resolve that bad feeling by noticing that this occurrence was one of the occurrences that you expect to happen sometimes.

By combining this meta belief and meta expectation, you create the enviable ability to accept outcomes that other people get upset about.

Notice that getting upset about something you can't change is of no benefit to you (or anyone else). Feeling okay about what is, allows you to free up your energy and motivation to use on the parts of your life that you *can* change.

What you *can* change is anything you do in the future. As soon as you have done it, it becomes part of the things that you *can't* change. But, as long as it is in the future (and is possible to change), you can change it. For example, you can't change your skin color, but you can change your hair color. You can't change your height, but you can change your weight. You can't change what someone else does in the future, but you can change what *you* do in the future. You can't change the fact that you haven't done something in the past, but you can do that thing in the future. You can't change that you haven't been the person you want to be in the past, but you can be what you want to be in the future.

So, wisdom dictates that you except "what is." Serenity is the benefit you achieve. By not wasting your energy and emotions on what you can't change, you free up your energy and emotions for what you can change.



Chapter 22 —How to Forgive

Again, this section is for your Sage. If your conscious mind follows comfortably, fine. If not, reread it in a year.

You may hold the belief that there are some people or events that you can't forgive. If so, notice that this belief does not do for you what beliefs are supposed to do. The purpose of beliefs is to provide you good feelings. I propose a new meta belief. "I believe that I am being wise when I forgive."

Let me explain about forgiveness. Suppose that my mother was killed by a drunk driver. I can choose to forgive the person, or I can choose *not* to forgive the person. What happens in each case?

If I Don't Forgive

If I don't forgive the drunk driver, I never finish with the trauma of the accident. Every time something reminds me of my mother, I re-experience the pain of her death. At the same time, I re-experience my anger toward the driver. Until I forgive the driver, I will be experiencing anger and pain. My lack of forgiveness doesn't hurt the drunk driver; he has his own pain to handle. My lack of forgiveness hurts only me. By being *unwilling* to forgive, I create pain and anger in my life.

If I Forgive

If I forgive the driver, I can accept that the accident happened. (Again, I am not accepting the accident; I am accepting that it happened.) After forgiving the driver, I can begin to think of my mother and all she meant to me and did for me and all of the good times we shared. And because I forgave the driver, I don't find my thoughts of my mother focused primarily on her unfortunate death.

The payoff for forgiveness is that I am free to create my experience of my life with more loving thoughts, and fewer pained and angry thoughts. Your Sage understands these tradeoffs. Your Sage has been charged with the responsibility for creating the life for you that you want. If you want a happy, loving, satisfying life, then forgiveness is one of the prices you must pay to achieve it.

Think about someone you haven't forgiven. Notice there are two components to the thought. One is the painful experience, and the other is the blame that you focus on the person you haven't forgiven.

You have already learned the wisdom of accepting what you cannot change. Well, this is a place to start. Start by accepting that the bad experience has happened. Accept that, and half the pain goes away. Now, all that is left is the person on whom you are focusing blame. Accept that people will be fallible, or wicked sometimes. The person you haven't forgiven is simply an example of that. You can't change that, so accept it.

As you feel what it feels like to forgive someone whom you haven't yet forgiven, feel the sense of resolution and peace of mind that comes to you as you feel forgiveness. You can trade in the bad feelings you have been feeling for that sense of inner peace and harmony. Forgiveness is not a high price to pay to achieve

peace of mind. Remember the words of the Sage: “Failure to forgive is a form of self punishment,” as well as “I believe that I am wise when I forgive.”

How To Forgive Yourself

Is there anything in your life that you have done or not done that you won’t forgive? Some people have never forgiven themselves about past events in their lives and they carry around guilt and bad feelings. When you live at the conflict level, with your conscious mind controlling things, then *not* forgiving seems to have value.

A person might say “If I forgave myself for that, I might do it again sometime.” People who think like that are attempting to control their future actions by not forgiving themselves for their past actions. That may work, but it has a bad assumption built in. The bad assumption is that you cannot choose how you will act in the future, and you might do something terrible. Perhaps that may be true if you live at the conflict level and allow each part of you to behave as it wants, without regard to your overall values.

Now you have chosen to use your Sage to guide you in your choices. Your Sage will not choose to do terrible things. Your Sage will choose to do what will get you what you want, while respecting your values. If you don’t want to do terrible things, then your Sage will not choose to do things that you won’t accept.

As soon as you have practiced using your Sage sufficiently, so that it begins to become automatic for you, then you no longer need to protect you from yourself by being unwilling to forgive yourself. Remember: “*Failure to forgive is a form of self punishment.*”

You haven’t chosen to create a life for yourself that is filled with self-punishment, have you? If you haven’t, then decide to forgive yourself for whatever you have done in the past. If you have some unfinished business to clean up, then clean it up so that you can finish off the past and get on to where you will live the rest of your life — the future.

How do you forgive yourself? First, *decide* to forgive yourself. Choose it. Then accept that you did what you did. Then accept that you are fallible and human. Accept what is and what can’t be changed — both your actions and yourself. Notice that as soon as you decide to forgive yourself, the pain begins to lessen. It will lessen and lessen and then disappear. Your Sage will see to it.

The Darker Side of You

Some people have what I call a “darker side.” The darker side is created by blocking or repressing thoughts and feelings that you find horrifying or unacceptable. Let’s start at the beginning. You’re a human being. You have a full range of capabilities. Many of them you have decided not to use. For example, as a human you are capable of such things as murder, torture, rape, suicide, hatred, sexual excess, incest, lying, cheating, stealing, extortion, blackmail, etc. etc.

The full range of capacities of the human exists within you. Because you are civilized, and attuned to your culture, and because you have chosen to be a “good”

person, you have decided not to use some of your more repugnant capabilities. Yet, they exist as possibilities within you. That is natural and normal.

Let's take an example. Little Harold is five years old. His mother has punished him for some childlike infraction. Harold is hurt and angry. His mind searches for ways to deal with his pain. His mind offers an option, "Let's kill mother." So far, so good. The mind is simply doing its job. It is considering possible strategies for handling a situation.

Now, there are two things that Harold can do with the thought, "Let's kill mother." One thing that Harold can do is simply accept the thought, consider it a moment and discard it like he discards a thousand random thoughts every day. Or, Harold can process the thought and feel horrified. He can reprocess the thought and feel deeply ashamed. He can reprocess it again and feel afraid. Now, Harold is about to make a mistake. He decides that the thought is so horrible and frightening, that he won't allow himself to ever have that thought again. In effect, he blocks or represses that thought.

Now, Harold is a different person than he was before he made that choice. Harold now has a darker side. Harold's darker side is made up of all the thoughts that Harold won't accept or deal with. In effect, Harold has created an intentional blindness to a set of thoughts or strategies that the mind has the capability of producing. By repressing thoughts, they do not get resolved. They do not get considered. They do not get compared with his values or his goals. They exist in a sort of limbo, outside of his awareness.

What Can Happen with the Darker Side

As Harold grows, he puts each of the thoughts or feelings that he doesn't accept in his darker side. He refuses to accept the thoughts or feelings. He blocks them out. In effect, Harold is creating a form of blindness. He is blind to those thoughts and feelings.

Occasionally you read about someone committing a crime that occurs outside of his or her awareness. The person might say something like, "I don't know what happened. It was as though someone else inside me came out and did it, and I didn't even know it was happening."

I think that this occurs because the person chose to repress thoughts or feelings he didn't accept and became blind to them. His blindness made it possible for a part to get what it wanted, even though the act violated basic values and goals. The blindness allowed the act to go unchecked.

How to Accept Your Darker Side

It is natural and normal to have thoughts and feelings that violate your basic values and goals. Hundreds of times a day, you get thoughts that you simply discard because they are not helpful or useful or effective. You would be wise to simply accept that your mind has capabilities that you do not choose to use. When you get a thought that is repugnant to you, simply accept that you had the thought and discard it like all the rest. Make no effort to repress further thoughts like it. If your TWISB gives you a feeling of self-loathing or self-hatred because you had the

thought, then give the feeling to your Sage. Your Sage is wise enough to simply accept the thought and allow you to go on to more productive thoughts.

As a dark thought comes to mind, consider it, dismiss it, and go on to other thoughts. Dark thoughts can only cause you trouble if you allow them to be the basis of self-judgments or self-condemnation. You are human. You have periodic thoughts about these capabilities. That is perfectly normal.

Abnormality comes from either repressing the dark thoughts, or dwelling on them (looping), or making judgments about yourself because you have them. As long as you accept that you have the thought, dismiss it because it violates your values or intended outcomes, and go on to more productive thoughts, you will not be at risk of acting out a dark thought. There is no danger in having dark thoughts. The only danger in dark thoughts is repressing, looping, or judging yourself.

Integrating Your Darker Side

After you've become comfortable using your Sage, and your Sage has some experience resolving bad feelings, it might be useful for you to integrate your darker side. When you are ready, ask your Sage to do a scan of your darker side. One by one allow each of the thoughts that have been stored up over time to come into your mind. The Sage question number three will compare the thought to your values and goals, and you will choose not to act on the thought but to simply accept that you had the thought. If you then get a bad feeling because you even had the thought, you can process that bad feeling, and accept or forgive yourself as needed.

As you allow each of your darker side thoughts and feelings, you will discover that the blindness goes away, and all of the energy goes out of the darker side. You will feel more accepting of yourself and more fully integrated as a whole person. Remember, dark thoughts have no power to hurt you if you won't repress them, loop on them, or judge yourself harshly because you had them.



Chapter 23 — Asking For What You Want

If you have learned how to accept what you cannot change, and to forgive yourself and others, then you will be able to ask for what you want.

If you have trouble asking for what you want, you most likely have some beliefs or expectations that are hurting you.

An Illustration

Betty finds it difficult to ask for what she wants. Before she can even ask for what she wants, she rehearses in her mind what might happen. Her Constructor creates a scenario in which someone else refuses to cooperate. As she sees the mental picture of being refused, she gets a bad feeling. She fears rejection or refusal, so she won't risk being rejected or refused. So, she doesn't ask for what she wants.

The problem with not asking for what you want is that you may not get what you want. So, Betty has a dilemma of bad choices. She can choose between not getting what she wants, and the pain of being refused or rejected.

If you have the same difficulty that Betty does, then you can use your Sage to resolve it. Your Sage breaks the situation into its component parts. The components are these:

1. Something you want
2. Something you fear that you are unwilling to accept (like rejection or refusal or obligation)

Another Situation

The thought occurs to you that you want something. Immediately, you process the thought. If you have some difficulty asking for what you want you will get a bad feeling. Your Sage comes on to handle the bad feeling, asks what you are feeling, asks how you are creating it, asks if that is what you want, and determines that you don't want that bad feeling. As your Sage discovers how you are creating the bad feeling, your Sage will first resolve the fear of the bad feeling, and then, if the wise choice is to ask for what you want, your Sage will choose it, and lo and behold, you will discover yourself asking for what you want.

Your Sage knows when to ask for what you want, and knows how to handle whatever happens. Only three things can happen:

1. You get what you ask for.
2. You get some of what you ask for.
3. You get refused or rejected.

The chances are two out of three that you will get a good outcome, and your Sage knows how to accept the times that you don't.

As long as you deal at the conflict level and find it difficult to accept what is, you may have difficulty asking for what you want.

Now, you have your Sage, and you will find it easy to ask for what you want.

In the future, notice the times when you don't ask for what you want. Then notice that those are times when you have a bad feeling and have not yet invoked your Sage to handle it. As soon as you invoke your Sage, you will find yourself able to ask for what you want (if your Sage decides that that is the best of the four Sage choices).

A Checkpoint

Congratulations! You have reached the end of the formal instruction in this book. The rest of the book is for practice and application.

You now know everything you need to use the Sage Model. So far, except for a few exercises, you have mostly just read. If you were reading this book simply to get information, you are finished. If, however, if you have decided to use the Sage Model to create the kind of life you want to have for yourself, it is now time to go to work and practice what you have learned.

The purpose of the practice is let you work with the model on your own life and your own situations. As you do this, you will gain experience with the model, and the Sage questions. You will discover what you know and what you need to find out. You will also be working on resolving bad feelings that you are carrying around with you that are still causing you pain and discomfort.

The next chapter is called "Taking Out The Garbage." You will develop a list of bad feelings that you have stored up that still affect you. Fill out that section as fully as you can. This will give you a number of things to work on.

After you have filled out your list, take one item and invoke your Sage. Your Sage will ask the four questions and make a Sage choice of how to handle it. If it requires action, you can schedule the action you intend to take. If it requires asking for what you want, you can schedule when you will do that. If it requires acceptance, you can practice accepting. If it requires forgiveness, you can practice forgiveness.

At first, you will move slowly because you don't have experience with the Sage Model, and you have had little practice with the Sage choices. Gradually, as you move through your list, you will find it goes faster and faster.

Some of the items you will be able to resolve easily. Others may cause a block or a stuck point. The purpose of Section Three is to help you through the stuck points. So, put the stuck points aside and go through the list until you have resolved all that you can resolve.

By the time you resolve all that are easy to resolve, you will have become more familiar with the model, and your Sage will have become more practiced at making the Sage choices.

When you have finished the list, you should have a shorter list of those items on which you are stuck. Take one item, and go to Section Three and work it through. You will get some more instruction there as needed to help you work through the items that don't resolve.

Once again. If you were simply curious about the Sage Model, and have no intentions of using it, then you are finished. Goodbye and have a wonderful life.

If you are ready to transform your life, read on.



Chapter 24 — Taking Out the Garbage

A Sage friend of mine, Doug Wesley, coined the term “taking out the garbage” as a metaphor for resolving all of the bad feelings that we store up over a lifetime. In the future, as you use your Sage you will ideally resolve each bad feeling as it comes along. Until now, you may not have known how to resolve some of your bad feelings. Those you didn’t know how to resolve you will find stored up in your Storehouse of experiences. Each of them is a piece of unfinished business. You can do two good things at once as you go through this exercise. First you will get rid of many of your sources of bad feelings, and second, you will be giving your Sage some useful practice in resolving bad feelings for you.

Practice

Start with a pad of paper. At the top of each page, put one of the headings in the following list. Then, start anywhere you like and begin putting down everything you can think of that belongs under that heading. When you run down, move on to the next page. There is no need to struggle to find every little thing you can think of for any single heading. You will probably find that the big important items come up fairly early for each heading.

When you have finished your list, read the instructions for resolving the items on your list. Here’s what to work on.

What I *Don’t* Like About (A Page For Each Item That Applies):

- Me
- My SIGO
- My children
- My parents
- My siblings
- My friends
- My job
- My beliefs
- My hobbies or interests
- My home, neighborhood, town, state, nation
- My past
- My future

What I Haven’t Yet Accepted (A Page For Each Item That Applies):

- In me
- In my SIGO
- In my children
- In my parents
- In my family
- In my friends
- In my job
- In my beliefs
- In my interests or hobbies
- In my home, neighborhood, town, state, nation

In my past
In my future
What I haven't forgiven
In me
In my SIGO
In my children
In my parents
In my family
In my friends
In my job
In my commitment to my beliefs
In connection with my hobbies or interests
In anyone from my past

After you have finished your list, select an item to resolve. Re-experience the situation or event that created your bad feeling, and feel the feeling. Then invoke your Sage to handle it. Your Sage will go through the four questions for each item:

What's happening? (What feeling are you having?)
How am I creating this feeling? (Trace it through the Sage Model.)
Is this what I want? (On your list of wants, is this how you want to experience your life?)
How can I move toward what I want? (Considering what I want for my life, what can I do to move toward what I want?)
Then, which of the Sage choices will you use?

Act Ask Accept or Forgive

If your Sage needs further information in order to resolve a situation, then put that aside to use in Section Three.

When you have resolved all of the items that you can resolve, you are ready for Section Three.

