



## Common Behaviors Of Fully Alive People... They Don't Follow The Lemmings

*November, 2006*

The greatest gift to any living organism is full aliveness. Regardless of how much of this gift we have, there is more for each of us. There is no end to how much aliveness we can have, and the benefits continue mounting if we stay out of the way. So for each of the fifteen characteristics listed below use this Quick Release Bubble (All of my known and unknown resistances to having this characteristic be true and demonstrated) Make the statement in the parenthesis into a big bubble around you, place your fingers on your solar plexus [pit of the stomach] and with your mind draw the bubble through you letting it disappear at the solar plexus. Even if the bubble doesn't disappear know that if



your intention is to have the characteristic be true for you it will be. The collapsing bubble simply helps it happen sooner. ENJOY

(Essential Common Characteristics Of A Self-Actualized Personality...Based On Dr. Abraham Maslow's Hierarchy)

1. Realistic perception of the world...perceptions not clouded by emotions
2. Acceptance of circumstances and situations for what they are
3. Trust of ones own experiences and spontaneously nurturing
4. Centered on problems rather than self...it doesn't matter who solves the problem
5. Capable of detachment...not emotionally subjective
6. Self-reliant...independent and interdependent
7. Fresh appreciation of people and things...looks at old and finds new
8. Open to mystical experiences and willing to share them appropriately
9. Identifies with ones own humanity and that of others
10. Displays deep intimacy when appropriate
11. Strives for equality in all relationships
12. Ability to discriminate between the vehicle and the destination

13. Harmless rather than hostile sense of humor
14. Acknowledges ones own creativeness by using it
15. Free of cultural conformity...conforms only when appropriate

Let us hear from you after a month of Quick Releasing on these fifteen characteristics.

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Facilitated by Lee Gibson Ph.D.

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