

# Meta Consciousness Analysis Preparation

When you schedule your appointment for a Meta Consciousness Analysis with Lori Lamont, you will be asked to provide your top 3-5 values, your VAKOGs in order of importance, your top forms of play and your timeline. If you don't already know your values, play or VAKOGs, this form is designed to help you determine them.

## Timeline

Please send your timeline to Lori directly at [LoriLamont@proton.me](mailto:LoriLamont@proton.me) at least two weeks prior to our scheduled call <https://EmpowermentEFT.as.me/metaanalysis>.

Your timeline can be completed in a variety of ways, from a word document to a spreadsheet. Please keep the timeline to under 6 pages. We do not need the whole story for each event, simply a date and a word or a few explaining each entry.

Your timeline began at your conception. Include your birth & any details you have about it.

Your personal timeline will consist of life events (good and bad; graduations, marriages, jobs, births, deaths, etc., health issues and diagnoses).

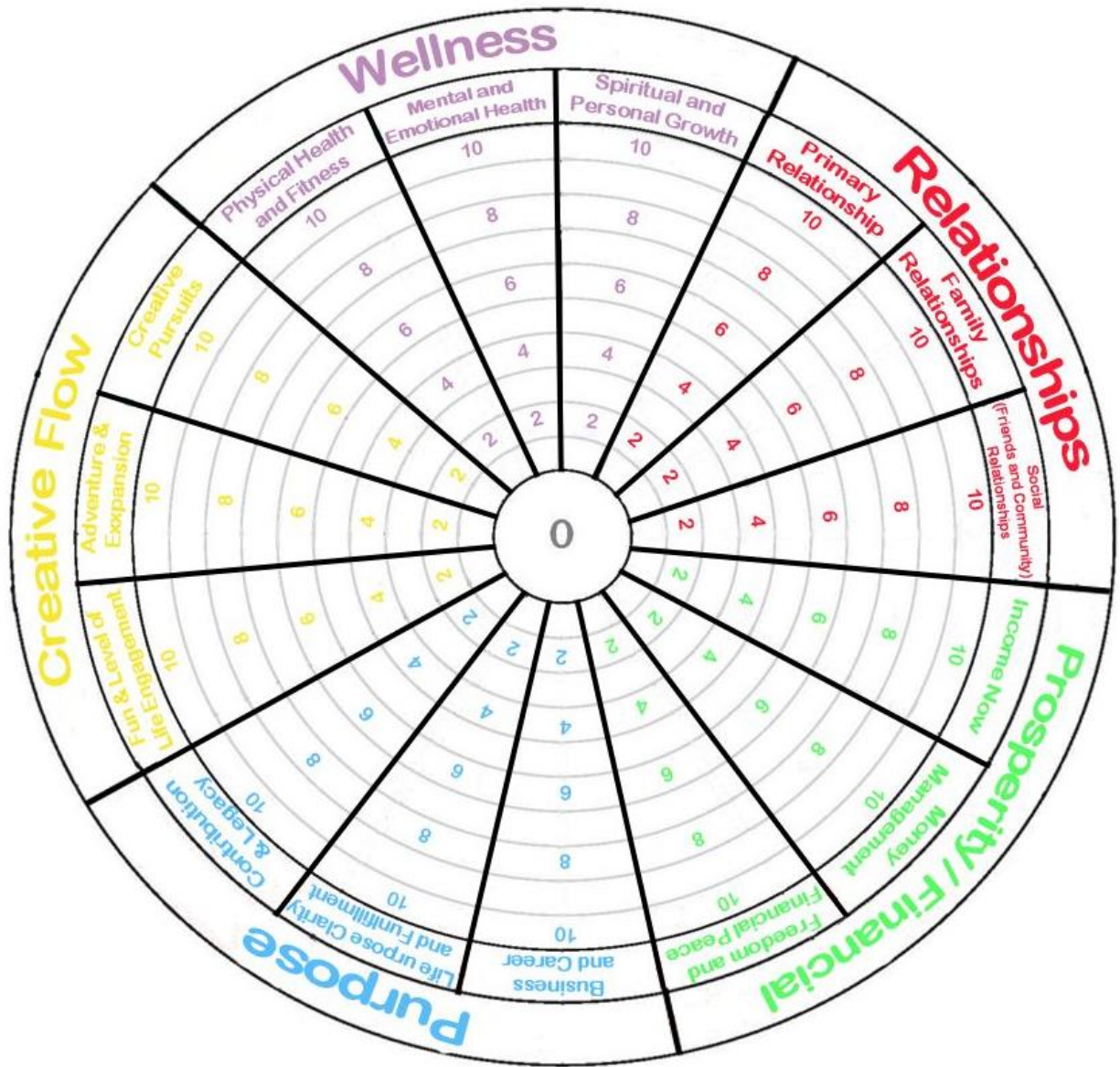
### To create your personal timeline, follow these steps.

- Write a detailed list of events as they pop up in your memory
- Start first with the earliest lifestyle event you remember and move forward into the present.
- If major events don't come readily to mind, begin with what you do remember; then go back and fill in the details. Once you begin the process, you will continue to add to the timeline.
- Remember this is private and confidential and only Lori and yourself are privy to this information.
- Do include your medical history and if you have your medical diagnoses include those as well.
- Don't expect to finish your personal timeline in one sitting. Take your time.
- You can continue to update it as new life experiences happen.
- If you don't remember exact dates, your best guess is fine.

### Example of an abbreviated timeline:

- 1974 May1- birth; mother had spinal and they used forceps
- 1980 Summer- broke leg, fell out of tree
- 1992 May- graduated high school
- 1993 December- lost virginity
- 1994 March- diagnosed with IBS
- 1996 spring graduated college
- 1997 July- hired as a consultant
- 1998 Sept 10- got married
- 1999 January- diagnosed with eczema (had had a rash for a few weeks prior)
- 2000 Nov- got promoted to project manager- lot more responsibility at work
- 2001 June 20<sup>th</sup>- had first child- delivery was difficult, labor for 15 hours and needed c-section
- 2005 March- car accident- hit from side, was in hospital for a week
- 2005 April- father had a stroke
- 2007 August- family trip to Europe
- 2009 February- diagnosed with kidney stones
- 2011 June 9- Father died
- 2014 August 15- began new job at city hall

**Wheel of Life-** Make a note of where you are for each entry on the wheel of life:



## Play



Understanding your play personality is helpful to understanding who you are and how you can learn best. We retain information at a much higher rate if it feels like play. You may not be aware of your play personality as an adult.

To learn more about play: <https://nifplay.org/what-is-play/play-personalities/>

To find your Play types: <https://lindsaybraman.com/adult-play-styles/#quiz>

## Values

1. Set a timer for 2 minutes and circle the values that speak to you
2. Eliminate the majority of the words that mean the same thing and keep the one word that represents that value the best for you
3. Narrow the list down to the top 3-5 values that represent you and your priorities

Acceptance	Compassion	Enthusiasm	Honesty
Accomplishment	Competence	Equality	Honor
Accountability	Complexity	Ethics	Hope
Accuracy	Confidence	Excellence	Humbleness
Achievement	Connection	Excitement	Humility
Adaptability	Conscientiousness	Expedience	Humor
Admirable	Conservativeness	Experimenting	Idealism
Adventurous	Consideration	Exploration	Imagination
Agreeability	Consistency	Expressiveness	Incisiveness
Alertness	Constructiveness	Extraordinary	Independence
Altruism	Contemplation	experiences	Individualism
Ambition	Contentment	Fairness	Individuality
Amiability	Contribution	Faith	Influence
Amusement	Control	Faithfulness	Innovation
Amusing	Conviction	Fame	Insightfulness
Appreciative	Cooperation	Family	Inspiration
Artistic	Courage	Farsightedness	Integrity
Articulate	Courteousness	Fashion	Intelligence
Assertive	Craftiness	Feelings	Intensity
Athletic	Creativity	Fidelity	Intuitiveness
Attentive	Credibility	Flair	Inventiveness
Authentic	Curiosity	Flexibility	Joy
Awe	Daringness	Focus	Justice
Balance	Decency	Folksy	Kindness
Beauty	Decisiveness	Foresight	Knowledge
Benevolence	Dedication	Forgiving	Lawfulness
Big-thinking	Dependable	Forthrightness	Leadership
Bliss	Determined	Fortitude	Learning
Bold	Devotion	Frankness	Liberty
Brave	Dignity	Freedom	Life direction
Brilliant	Diligence	Freethinking	Life experience
Calm	Discipline	Friendliness	Likability
Candor	Discovery	Friendship	Logic
Capability	Diversity	Fun	Love
Carefulness	Drive	Fun-loving	Loyalty
Caring	Dualism	Generosity	Mastery
Cautiousness	Dutifulness	Gentleness	Maturity
Certainty	Dynamic	Genuineness	Mellowness
Challenge	Earnest	Giving	Methodical
Charisma	Easygoingness	Glamorousness	Moderation
Charity	Education	Good-nature	Modesty
Charm	Effectiveness	Goodness	Motivation
Cheerfulness	Efficiency	Grace	Neatness
Citizenship	Elegance	Graciousness	Neutrality
Clarity	Eloquence	Gratitude	Newness
Cleanliness	Emotional	Greatness	Niceness
Clear-headedness	awareness	Growth	Objectivity
Cleverness	Emotional control	Happiness	Open-mindedness
Comfort	Empathy	Hard work	Openness
Commitment	Empowerment	Harmony	Optimism
Common sense	Endurance	Health	Order
Communication	Energy	Helpfulness	Organization
Community	Enjoyment	Heroicness	Originality

Passion	Purpose	Self-respect	Teamwork
Patience	Quality	Self-sufficiency	Tenderness
Patriotism	Rationality	Selflessness	Thoroughness
Peace	Realism	Sensitivity	thoughtful
Peacefulness	Reasonable	Serenity	Tidiness
Performance	Recognition	Service	Timeliness
Perseverance	Recreation	Simplicity	Tolerance
Persistence	Reflection	Skilled	Tradition
Personable	Relaxation	Smarts	Tranquility
Playfulness	Reliability	Sociability	Transformation
Pleasure	Resourcefulness	Social connection	Trust
Poise	Respect	Sophistication	Truth
Positive attitude	Respect for others	Speed	Understanding
Positivity	Responsibility	Spirituality	Unity
Potential	Restraint	Spontaneity	Variety
Power	Results-oriented	Stability	Vivaciousness
Practicality	Rigor	Status	Warmth
Preciseness	Risk	Steadiness	Wealth
Principles	Romance	Strength	Well-roundedness
Productivity	Satisfaction	Structure	Wisdom
Professionalism	Security	Studiousness	Wit
Prosperity	Self-awareness	Success	
Protection	Self-improvement	Sweetness	
Punctuality	Self-reliance	Sympathy	

**Top 3-5 Values:**

## **VAKOG (Visual, Auditory, Kinesthetic, Olfactory, Gustatory) Understanding**

Work through the quiz below – and for the purpose of this exercise, the quiz is going to focus on VAK from <https://nlp-uk.co.uk/i-see-what-you-mean-vakog-preferences-quiz/>

When you are remembering new learnings, what do you find is best for you?

- a) Printing or writing everything out, drawing pictures and diagrams (V)
- b) Saying words out aloud, recording them and listening to them or repeating them in your head? (A)
- c) Doing the activity/learning practically and experiencing the activity (K)

When you meet a friend you haven't seen for ages, you're most likely to do which first:

- a) Tell them "It's so good to see you" (V)
- b) Ask them "Tell me everything you've been up to – I can't wait to hear" (A)
- c) Give them a hug, handshake or pat on the back. (K)

When you complain about something you've bought in a shop, you're most likely to:

- a) Send an email or letter to them (V)
- b) Phone them up and speak to customer service (A)
- c) Visit the store and show them what's wrong. (K)

When uncovering new information for the first time, which method do you find most effective?

- a) Reading textbooks, watching videos or written materials (V)
- b) Listening to lectures or audio recordings (A)
- c) Doing hands-on activities or experiments (K)

When recalling a memory, how do you remember it most vividly?

- a) Visualizing images or scenes in glorious color (V)
- b) Recalling conversations or sounds (A)
- c) Remembering physical sensations or movements (K)

When you want to enjoy a book or reading material do you prefer to:

- a) Download it to your device and read from the page (V)
- b) Download the audio, and listen to the audiobook (A)
- c) Hold a printed copy of the real book, feel the weight of the book, turn the pages

How do you prefer to communicate with others?

- a) Sending written messages, texts or emails (V)
- b) Having verbal conversations or phone calls (A)
- c) Engaging in activities together or using gestures (K)

Which environment helps you focus best?

- a) Well-organized and visually stimulating surroundings (V)
- b) Quiet environments with minimal noise distractions (A)
- c) Interactive and dynamic spaces where movement is encouraged (K)

When solving a problem, what approach do you tend to take?

- a) Drawing diagrams or charts to visualize the problem(V)
- b) Talking through the problem aloud or listening to others' perspectives (A)
- c) Trying different actions or experimenting with solutions (K)

How do you prefer to learn a new skill?

- a) Watching demonstrations or instructional videos (V)
- b) Listening to explanations or following verbal instructions (K)
- c) Practicing the skill hands-on until it feels natural (A)

In a group setting, if you are presenting information, how do you contribute most effectively?

- a) Providing visual aids, drawings, and visual presentations (V)
- b) Sharing ideas and leading discussions (A)
- c) Demonstrating tasks or leading group activities (K)

When asking for directions from someone, what are you most likely to request?

- a) Written instructions or maps that you might draw or reference (V)
- b) For them to explaining verbally with clear steps (A)
- c) Asking them to show you through demonstrations or guiding physically (K)

**Put a tally mark for each one you selected above and total each section**

V's =

A's =

K's =

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