

PART 2

ALIVE AND THRIVING

- ▶ Solutions for Freedom
- ▶ Expand Consciousness
- ▶ Breaking the Chains
- ▶ Imagination
- ▶ Law of Freedom
- ▶ Your Legacy
- ▶ Rights
- ▶ Natural Law
- ▶ Truth
- ▶ Trivium/Quadrivium
- ▶ Emotional Intelligence



What is FREEDOM?

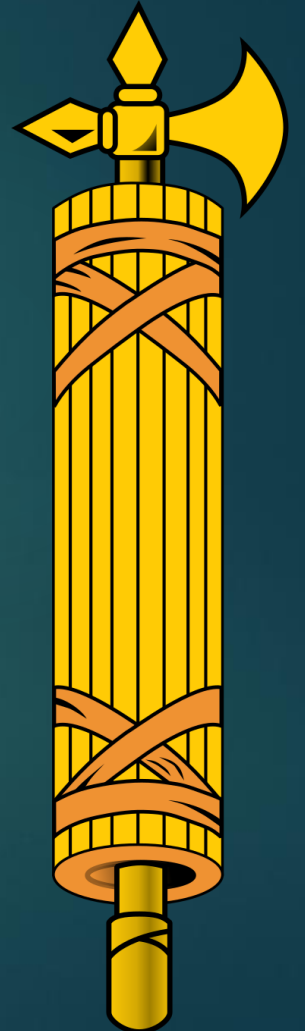


- ▶ “A state of exemption from the power or control of another; liberty; exemption from slavery, servitude or confinement. Freedom is personal, civil, political, and religious.” Definition from KJV Dictionary.
- ▶ “The condition or right of being able or allowed to do, say, think, etc. whatever you want to, without being controlled or limited.” Definition from Cambridge Dictionary.
- ▶ “The quality or state of being free, such as: a) the absence of necessity, coercion, or constraint in choice or action. b) liberation from slavery or restraint or from the power of another: Independence.
- ▶ Constitutional Freedom refers to those freedoms guaranteed by the Constitution such as Religion, Speech, Press, Assembly, Protest, Petition and the Right to Bear Arms. (“The constitution describes the American form of government. It does not give us our rights.” –Peggy Hall)



Brainstorm the Everyday Ways our Freedom is Thwarted

- Taxes
- Identification Cards
- Mask Mandates
- Imposed Health Practices (e.g. vaccines)
- Fines and Fees
- Economic Inequities
- Mandatory Insurances
- Personal Monitoring
- Gun Restrictions
- Building Codes and Restrictions
- Licensing Requirements
- Censorship of Information
- Authoritative Leadership
- Social Pressure to Conform
- Mockery for Non-Conforming
- Curfews
- Invasion of Privacy; Search and Seizure
- Threats of Law Suit
- Banning of Healing Substances
- And more...



How do we break out of our chains?



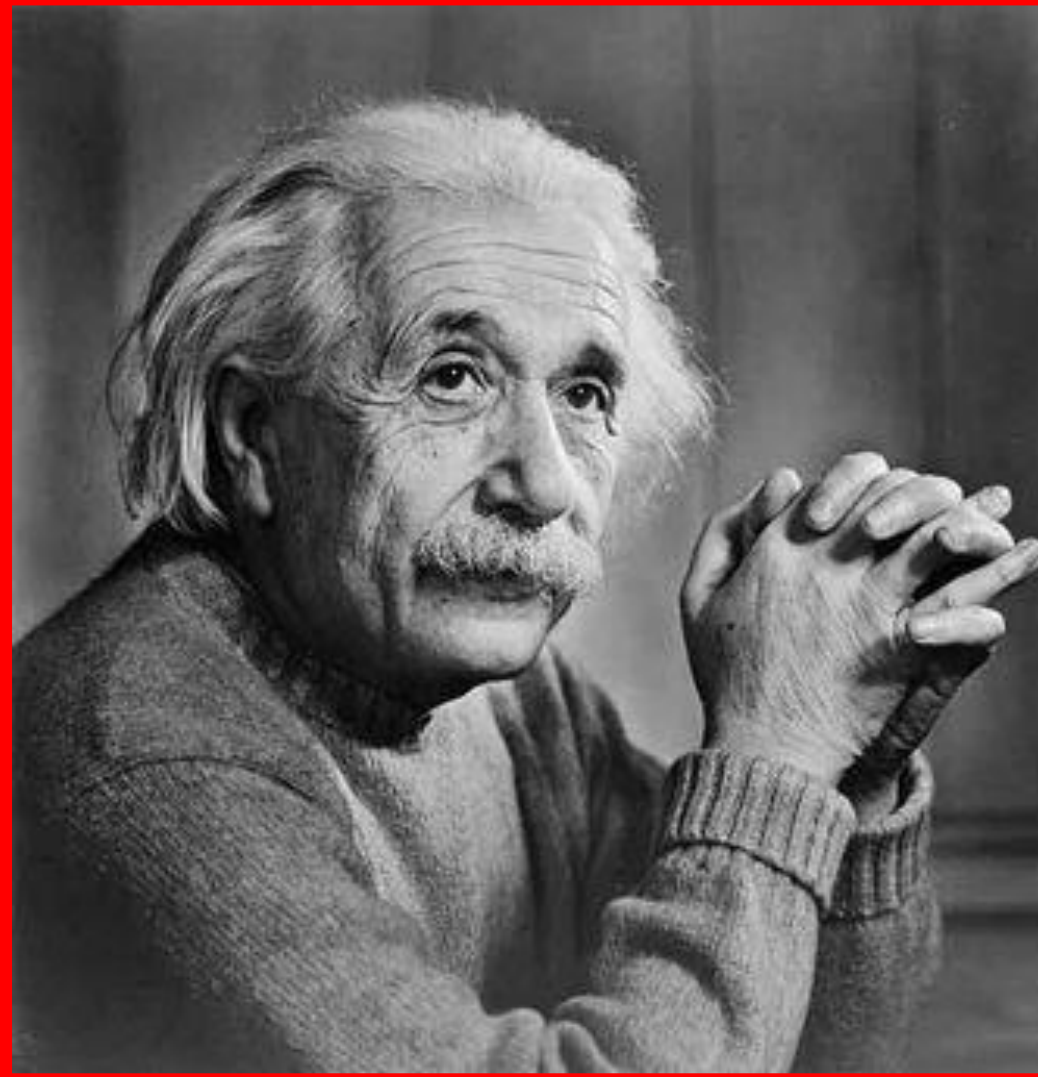
The Chains

...of our minds?

...of oppressive
interpersonal
patterns?

...of political and
governmental
confines?





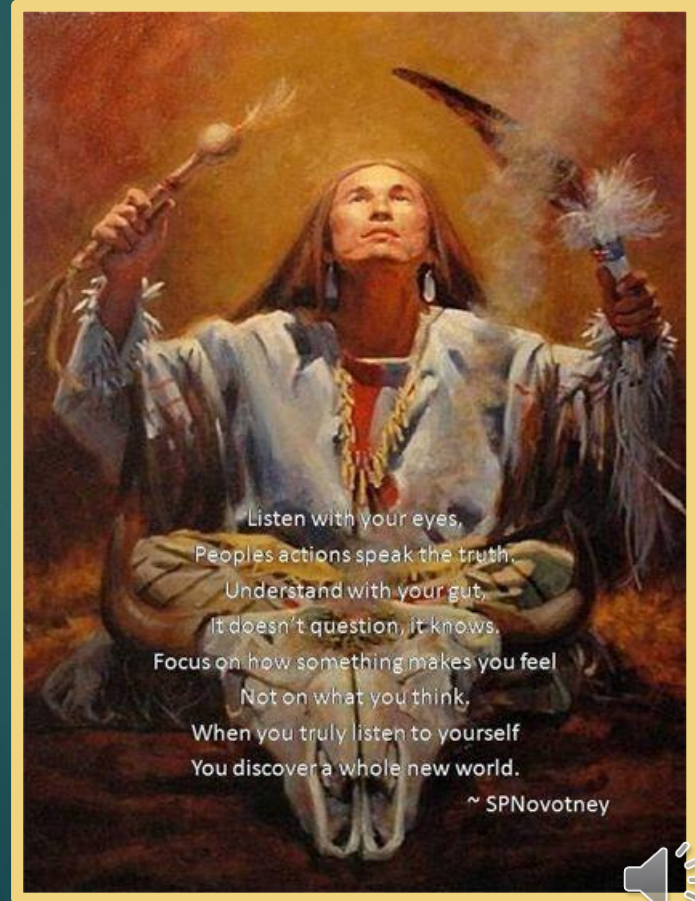
“You cannot solve a problem from the same consciousness that created it. You must learn to see the world anew.”



SOLUTIONS



**We are seeking real
solutions, not superficial
band-aids to the problems
we face.**



Expansion of Consciousness is a Solution

- ▶ I suggest that many people today have forgotten about the value of freedom or at least have mixed up the meaning of freedom to be something it is not.
- ▶ We have become complacent, lulled to sleep by a basic experience of comfort, material security and hedonistic pursuits.
- ▶ Freedom and Happiness are not actually bought. They are the rightful state of every human being and are available to every person regardless of external wealth.
- ▶ These qualities are Internal States to be claimed and expressed externally through our Actions.
- ▶ Freedom and Happiness are integrally connected to living in a state of morality and congruence, or in other words living in alignment with natural law.
- ▶ If we do not claim our natural rights, freedom can and will be taken from us.
- ▶ Living in alignment with natural law, being congruent within ourselves, and CARING about life will ensure that everyone has their basic needs met and will open the door for true happiness, freedom and spiritual fulfillment.



IMAGINATION is a PREREQUISITE

“Imagination is the powerful ability of the human mind to envision a different state or condition than the one which is already manifested. Imagination must be present in order to create a different state of existence than the one currently being experienced, because, according the Principle of Mentalism, for a different state to manifest in the physical world (Plane of Effects), it must first exist within the mind (Plane of Causality). If the Imagination is stifled or destroyed (Total Mind Control), any positive change to our state of existence becomes completely impossible. “

-Mark Passio

What On Earth Is Happening



FREE WILL IS OUR CREATIVE FORCE

“Life is a Magical Act.”

From the Wizard Factory Interview with Chill Will Keller.

Life is the interplay between Natural Law and Free Will.

How can we creatively work with Natural Law to create the outcome we want, to manifest the reality we dream of?

THE IMAGINATION IS THE PAINTBRUSH!





“The reality is that we are all in this together as one family, as brothers and sisters.”



MARK PASSIO
WHAT ON EARTH IS HAPPENING

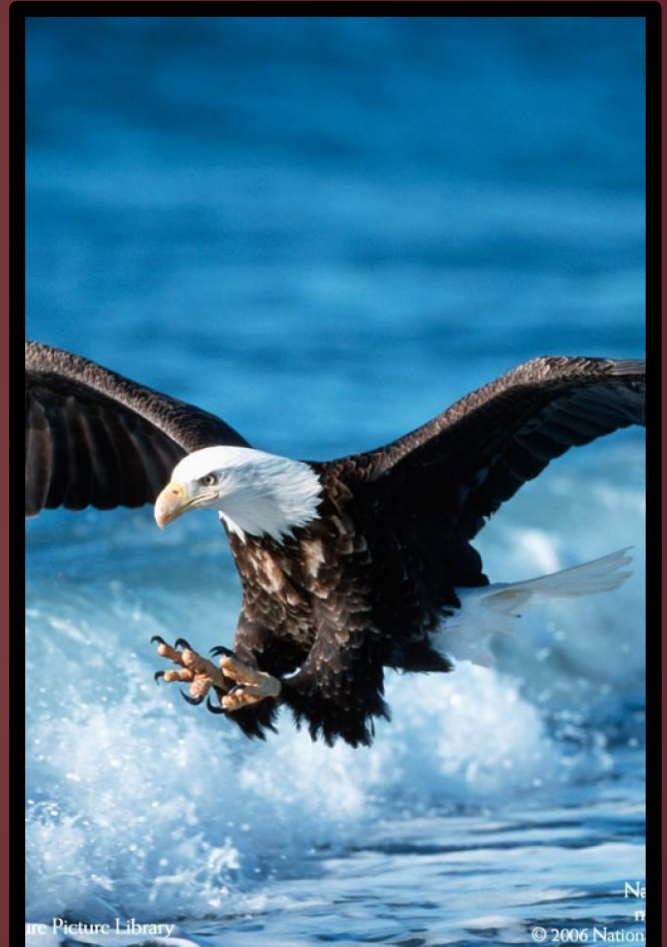


LAW OF FREEDOM

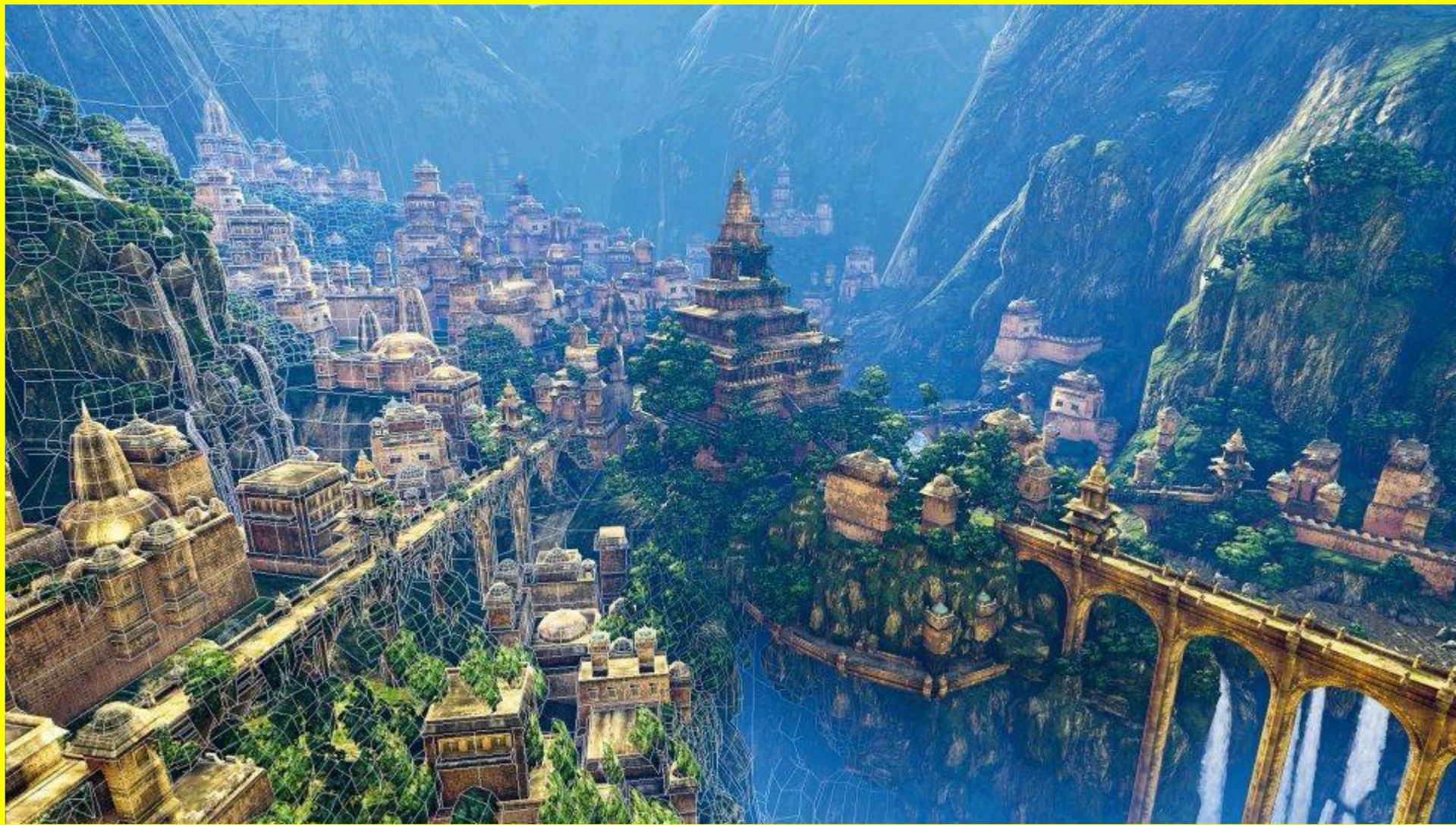
**Freedom and Morality are
directly proportional.**

*As Morality increases, Freedom increases.
As Morality declines, Freedom declines.*

Another way of stating this Law would be to say that the presence of Truth and Morality in the lives of the people of any given society is inversely proportional to the presence of Tyranny and Slavery in that society.



WHAT ON EARTH IS POSSIBLE?



Every
thing
starts in
the mind.

If you
can
imagine
it, it has a
chance!



WHAT CAN YOU IMAGINE FOR YOUR LIFE?...and FOR THE LIVES OF FUTURE GENERATIONS?

Let's start with where you are now.

Self- Inquiry

- ▶ What areas of your life you are most SATISFIED with?
- ▶ What areas are you most UNSATISFIED with?
- ▶ What do you VALUE the MOST?
- ▶ What percentage of your time and money is spent on what you value?
- ▶ What Qualities do you seek to Embody? (*HOW* do you want to *BE*?)
- ▶ What gives your life **meaning and purpose**?
- ▶ What does **THRIVING** mean to you?
- ▶ **How** do you intend to live out **your remaining years**?
- ▶ What do you want for your children or future generations?
- ▶ What is most important for future generations to have in order for them to thrive?
- ▶ Can you imagine people getting along and living in unity?
- ▶ Can you imagine people solving problems harmoniously?
- ▶ Can you imagine what true freedom would look and feel like?



Are you willing to make sacrifices for the happiness and freedom of future generations?



Your legacy will be ...

Self- Inquiry

- ▶ Go to your imagination and create a vision of your most MEANINGFUL LIFE.
- ▶ Pretend money is not an object or barrier.
 - ▶ What are you Focusing on?
 - ▶ What are you spending your time Doing?
 - ▶ With Whom are you sharing your time?
 - ▶ What are you thinking about?
 - ▶ What is the predominate Feeling State?
 - ▶ What are you Creating?
 - ▶ How does your state of being impact those around you?
- ▶ What positive things are you Generating for future generations?

Compare this ideal state to your current state of being.

NOW ASK...

What do I need to change in my current life to fulfill the vision I just created?





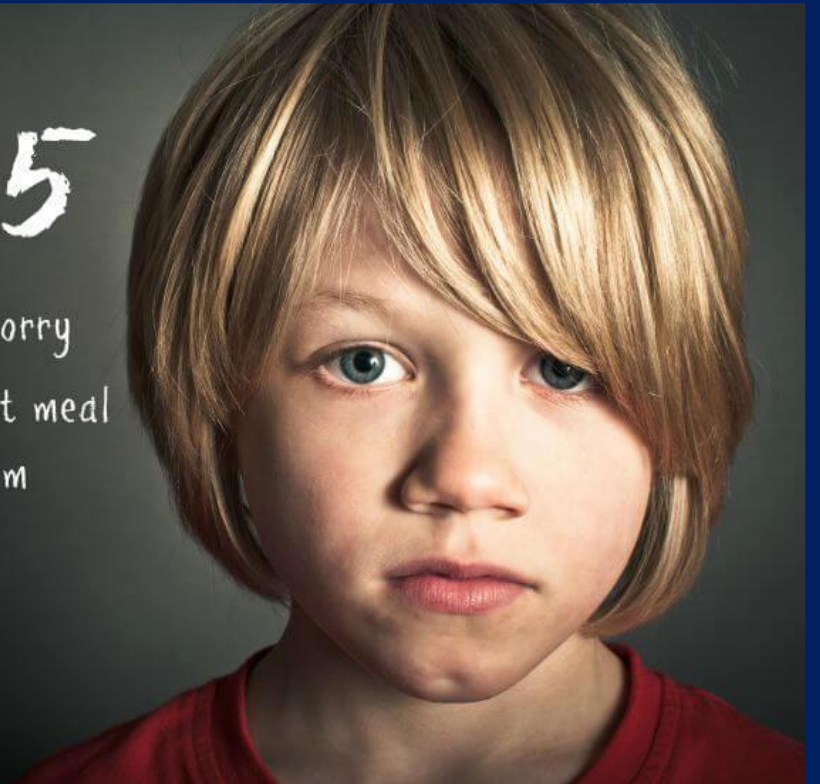
Is this what you want the future
to look like?



1 in 5

Children will worry
where their next meal
will come from

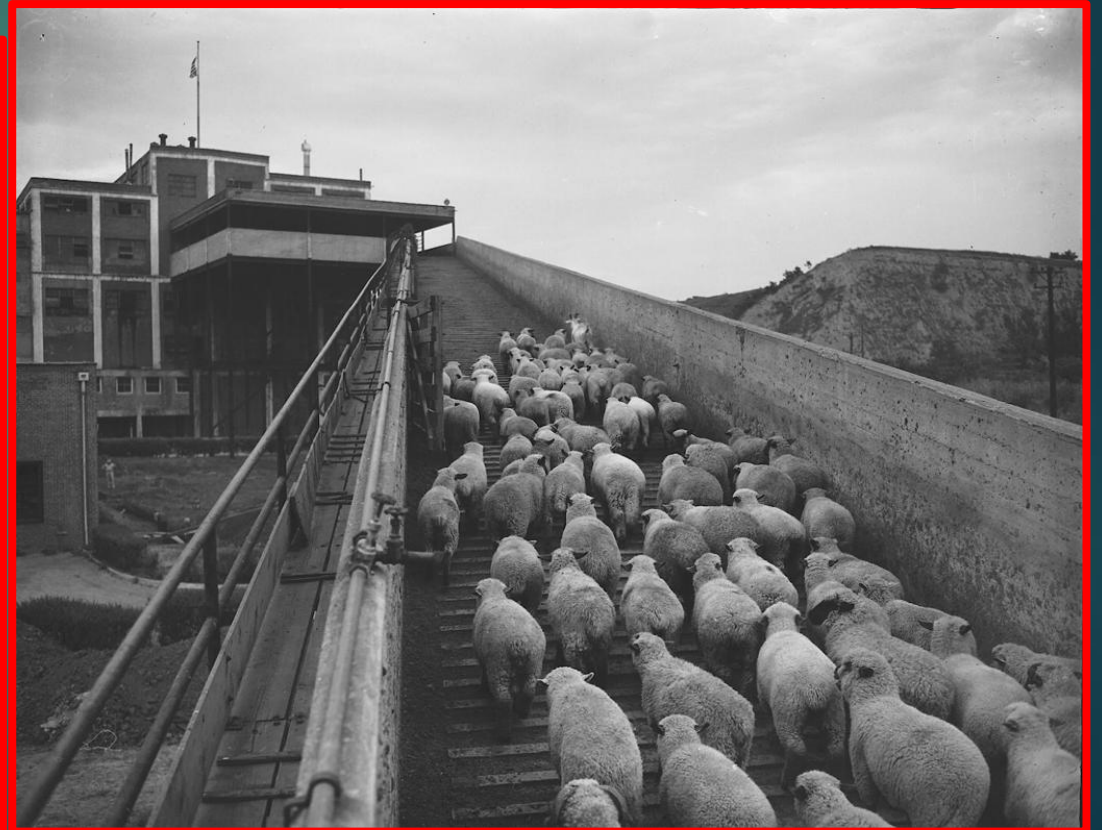
LEMON LIME ADVENTURES



"Freedom is something worth fighting for." --
John Wydogen from the Natural Freedom League



“We can’t let our kids walk like lambs to slaughter while we just watch.” David Icke



WE NEED CONSCIOUS ATTENTION AND INTENTIONAL BEHAVIORS TO FREE OURSELVES and to PROTECT FUTURE FREEDOM


HIGHER SELF

That of Love

Sparkly Results

In spiritual truth everything is light & we are all one soul, one in the same, one with god's infinite wisdom, one with nature, one with all that is. We are without separation, & that puts us into our higher self. Your higher self is pure love, love of oneness & humanity.

con·scious

/ˈkän(t)SHəs/ 

adjective

aware of and responding to one's surroundings; awake.

synonyms: aware, awake, alert, responsive, sentient, compos mentis
"the patient was conscious"

- having knowledge of something; aware.
"we are **conscious** of the extent of the problem"
synonyms: aware, mindful, sensible; More
- painfully aware of; sensitive to.
"he was very conscious of his appearance"

AWAKENING

“ Being “Awake” means caring enough to take action to create positive change. It is not about remaining passive and accepting everything as it is.”

Mark Passio

LIFE BEING
SINGLE

THE 20 FACTORS OF TRUE AWAKENING BY MARK PASSIO:

1. **KNOWING ABOUT THE OCCULT [HIDDEN TRUTH], AND UNDERSTANDING THAT THERE ARE BOTH LIGHT AND DARK ASPECTS TO IT.**
2. **KNOWING THAT TRUTH IS SINGULAR, OBJECTIVE, AND EXISTS INDEPENDENTLY OF OUR PERCEPTIONS OF IT.**
3. **KNOWING THE TRUE SELF AND UNDERSTANDING ITS CONNECTION TO ALL.**
4. **KNOWING THAT NEITHER THE PHYSICAL NOR SPIRITUAL REALITIES TAKE PRECEDENCE OVER EACH OTHER.**
5. **BEING OUT OF EGO-IDENTIFICATION AND EGO-ATTACHMENT.**
6. **EXERCISING DISCERNMENT AND JUDGEMENT.**
7. **BEING MENTALLY FREE OF ALL FALSE RELIGIONS [BELIEFS, AND VALUES].**

TRUE SELF vs. FALSE SELF



- Worldview reflects the understanding that there is no real separation between self and others
- Does not exist in Mental Schism or Ego-Identification
- Seeks to break down institutionalized belief systems that hold back the progress of Consciousness
- Concerned with the alleviation of suffering for all beings

GRASSROOTS SOLUTIONS FOR REAL & POSITIVE CHANGE

- * HEAL WORLDVIEW
- * CHANGE QUALITY OF ATTENTION
- * DEVELOP TRUE PRESENT MOMENT AWARENESS
- * CHANGE DIET
- * DETACH FROM MONETARY SYSTEM
- * NON-SUPPORT OF DOMINATORS
- * DEVELOP MINDFULNESS
- * USE OF ENTHEOGENS IN CONSCIOUS CONTEXT
- * POSITIVE THINKING
- * HELP OTHERS TO AWAKEN

ACTION
ITEMS
FOR
FREEDOM

Slide by
Mark Passio

THE POWER of SELF-RESPECT and SAYING NO

“Self Respect has broken every tyranny in history.”

“Without self respect, all that is left is submission.”

“The Prescription is Mass Non-Cooperation with Our Own Enslavement.”

“We will not acquiesce to psychopathic evil.”

“We need the courage and indestructible determination to say NO.”

Quotes by David Icke



“Complying only makes you more of a target.” – Peggy Hall



THE LOST WORD

In the Enlightened state of Consciousness generated through the Knowledge of Natural Law, a human being is finally able to speak the “**Lost Word**,” which is “**NO**.” **NO** is the **Word Of All Power**. Only when we say **NO** to those who would claim to be our owners, those who claim that it is they who will decide which Rights we have or do not have, do we stop externalizing our Power to anyone outside of ourselves and, in doing so, ***reclaim ALL of our Rights***. Sadly, very, very few people in our world have the **KNOWLEDGE**, **CARE**, and **COURAGE** that is required to do this. This is why this All-Powerful Word is considered “Lost.”



Slide
by
Mark
Passio

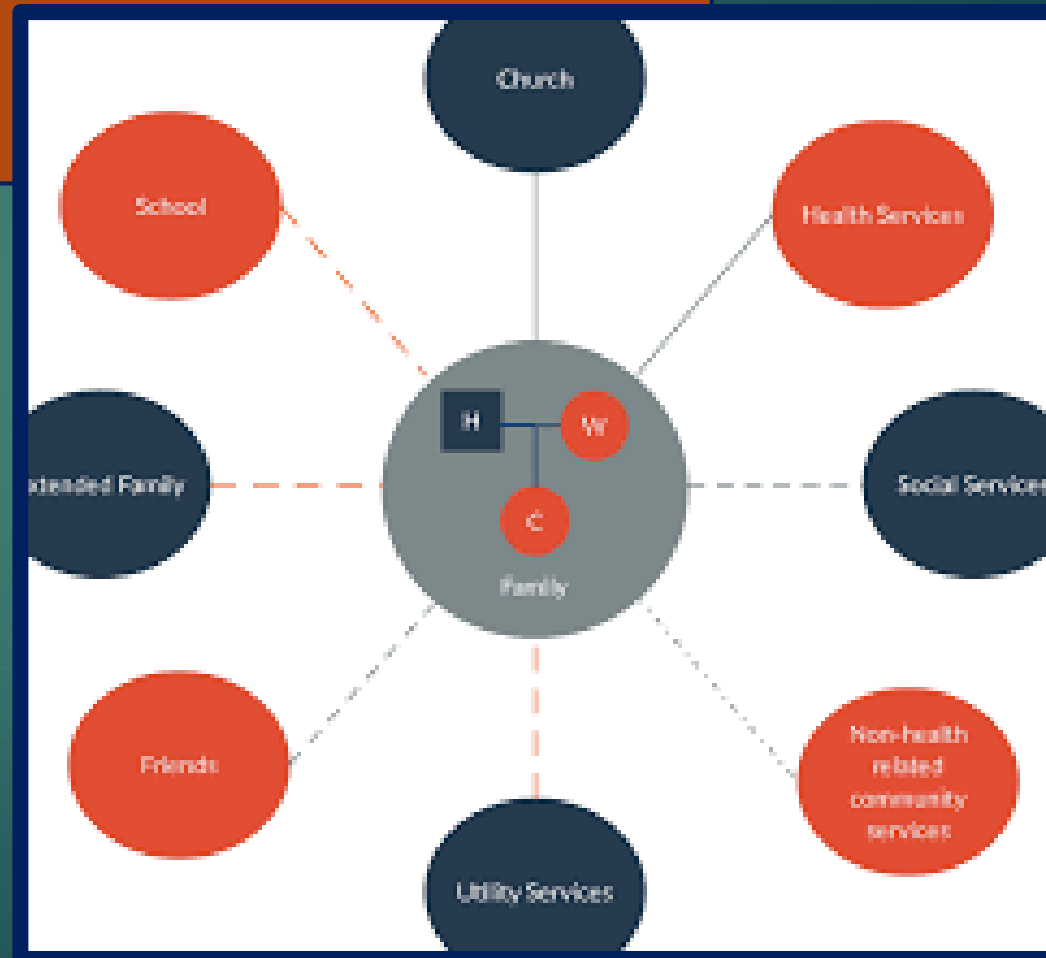
Think about YOUR RELATIONSHIPS

- ▶ Examine your relationships from the lens of **Power and Control**, **Freedom and Oppression**.
- ▶ Examine your level of honesty in each. What are you Repressing to make the relationship “work”?
- ▶ How Reciprocal is the Dynamic?
- ▶ Where is your locus of control in each dynamic?
- ▶ How healthy are you in each relationship?
- ▶ How free and sovereign do you feel within each?

Self-Inquiry

Relationships to examine:

- Romantic Partner
- Friends
- Parents
- Children
- Work Mates
- Employer
- Government Agencies
- Educational Systems
- Religious Institutions
- Political Organizations
- With Your Self



KNOW YOUR HUMAN RIGHTS

Rights are actions that do not cause other beings harm; Those are wrong doings.

Human Rights are inherent within Natural Law.

Human Rights are not given to us by other Humans.

7 Transgressions Against Your Natural Law Rights:

- ☐ **Murder**
- ☐ **Assault**
- ☐ **Rape (sexual assault)**
- ☐ **Theft**
- ☐ **Trespass**
- ☐ **Coercion**
- ☐ **Willfully Lying**



Essentially, you have the right to have control over your own property which includes your body and what happens to it.

You have the right to be left alone and to have your personal space and belongings left in peace.

You have the right to true and accurate information and the freedom to access information sources of your choice.



KNOWING RIGHTS

Rights are most easily understood when they are considered through **APOPHATIC INQUIRY**. This process helps us to understand what a Right actually is by understanding which actions are **NOT** Rights because they cause **harm** to others.



KNOWING RIGHTS

Natural Law always holds true regardless of a population's belief systems. This means that it does not matter how many people agree that "a Wrong can be turned into a Right," or that "a Right can be turned into a Wrong."

Such things can never be done *in Reality*. People can only *believe* that they can claim such reversals and that this will magically make it so.

Unfortunately, most human beings erroneously believe that it is morally possible for them to create and delegate "rights" which do not exist or to take away Rights which do exist.



What is a Right?

You have the right to
do anything so long
as it does **NO HARM**
TO ANOTHER
SENTIENT BEING



RIGHT	WRONG
Correct <i>Based in Truth</i>	Incorrect <i>Not based in Truth</i>
Moral <i>Based in Natural Law</i>	Immoral <i>Not based in Natural Law</i>
Actions based in it do not result in harm to other sentient beings	Actions based in it result in harm to other sentient beings



STAND UP FOR YOUR RIGHTS

What do you say YES to?



ALL HUMAN BEINGS ARE
BORN FREE AND EQUAL
IN DIGNITY AND RIGHTS.
THEY ARE ENDOWED WITH
REASON AND CONSCIENCE

And perhaps more importantly, what do you say NO to?

What we say Yes and No, when aligned in Mind, Body and Spirit defines our personal integrity and guides our life experiences.

However, we are also subject to the behaviors of the aggregate. The thoughts/feelings/actions of the majority largely creates our living reality, the environment or fish tank we swim in.



NATURAL LAW

- *Definitions* -

NATURAL:

Inherent; having a basis in Nature, Reality and Truth; not made or caused by humankind.

LAW:

An existing condition which is binding and immutable (cannot be changed).



NATURAL LAW

(Natural “birth, nature, quality, “essential qualities, innate disposition”
(law (n) “something laid down, that which is fixed or set” from Proto-Germanic ‘lagam’
“put, lay”. Identical with lay as “that which is set or established.”)

- ▶ Natural Law is a Science of Objective Morality that can be directly observed in the 3D world.
- ▶ The evidence of the existence of Natural Law is the resultant state which Humanity receives as a direct consequence of its aggregate behavior, or in other words, the Human Condition itself.
- ▶ One can observe, discover, understand and act in accordance with the principles of Natural Law to make change in one's self and our physical reality for we are co-creators and your actions DO matter.
- ▶ Referencing natural law principles can help us sort out the truth and guide our behavior when we are getting bogged down in the confusion of dealing with complex life situations or people who are emotionally draining or behaviorally challenging to us.



NATURAL LAW TRANSGRESSIONS

A living being or their property *must* have been harmed in order for a **VIOLATION** of Natural Law, or a Wrong-Doing, to have taken place. Any action which does not cause such harm is a **Right**.

WRONG-DOINGS

VIOLATION



NATURAL LAW, a.k.a. GOD'S LAW

Law of Cause and Effect

Law of Attraction

Karma or Moral Law

Golden Rule

- "Effect invariably follows cause."
- "For every action, there exists an equal and opposing reaction."
- ▶ "The energy you emit is the energy you attract."
- ▶ "Energy flows where attention goes."
- ▶ "As you think, feel and act --so you shall be."
- ▶ Thought + Feeling + Action => Manifested Reality
- ❖ "What goes around, comes around."
- ❖ "You reap what you sow."
- ✓ "Do unto others as you would have done to yourself."
- ✓ Treat others as you want to be treated.
- ✓ Reciprocity



Aligning with NATURAL LAW

Natural Law	Man's law
Based Upon Principles & Truth (Inherent To Creation)	Based Upon Dogmatic Beliefs (Constructs Of Mind)
Harmonized with, due to Knowledge & Understanding	Complied with, due to Fear of Punishment
Universal; exists and applies anywhere in the Universe regardless of location	Differs with location based upon the whim of legislators (Moral Relativism)
Eternal and Immutable; exists and applies for as long as the Universe exists, and cannot be changed	Changes with time based upon the whim of legislators (Moral Relativism)

NATURAL LAW EXPRESSIONS		
Expression	Positive	Negative
Generative Polarity (What We Use To Create)	LOVE (Consciousness)	FEAR (Unconsciousness)
Initiating Expression (How It Starts)	KNOWLEDGE (Acceptance of Truth)	IGNORANCE (Refusal of Truth)
Internal Expression (What Happens Inside Us)	SOVEREIGNTY (Internal Monarchy)	CONFUSION (Internal Anarchy)
External Expression (What Happens In Society)	FREEDOM (External Anarchy)	CONTROL (External Monarchy)
Manifestation (The Result We Create)	ORDER (Manifested Good)	CHAOS (Manifested Evil)

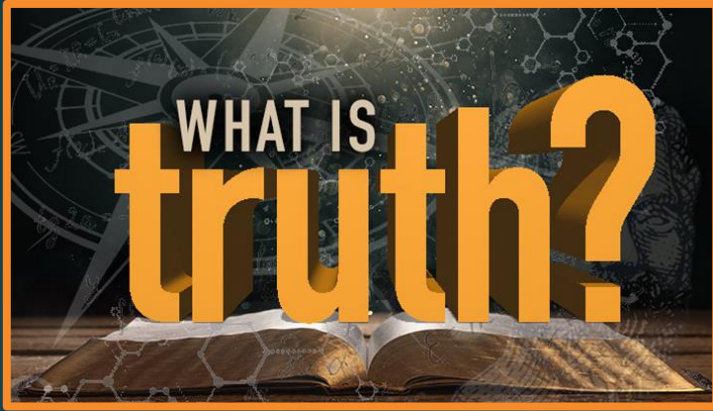


7 Cosmic Principles (Hermetic Laws)



- ▶ **Law of Mentalism** – The All is Mind; The Universe is Mental
- ▶ **Correspondence**- As Above, So Below; As below, so Above. As Within, So Without; As Without, So Within.
- ▶ **Vibration**- Nothing rests; Everything moves; Everything vibrates.
- ▶ **Polarity** – Everything is dual; everything has poles; everything has its pair of opposites; like and unlike are the same; opposites are identical in nature, but different in degree; extremes meet; all truths are but half truths; all paradoxes may be reconciled.
- ▶ **Rhythm** – Everything flows out and in; everything has its tides; all things rise and fall; the pendulum swing manifests in everything; the measure of the swing to the left is the measure of the swing to the right; rhythm compensates.
- ▶ **Cause and Effect** – Every cause has its Effect; every Effect has its cause; Everything happens according to law; Chance is but a name for Law not recognized; there are many planes of causation but nothing escapes the Law.
- ▶ **Gender (or Generation)**- Gender is everything; everything has its Masculine and Feminine Principles; Gender manifests on all planes.





**TRUTH is NOT RELATIVE,
but PERSPECTIVE IS.**

TRUTH is OBJECTIVE, meaning that it is NOT Based on the perceptions of human beings (which are capable of wavering).

Truth is simply that which is.

It is that which has occurred in the past and that which is occurring in the present.

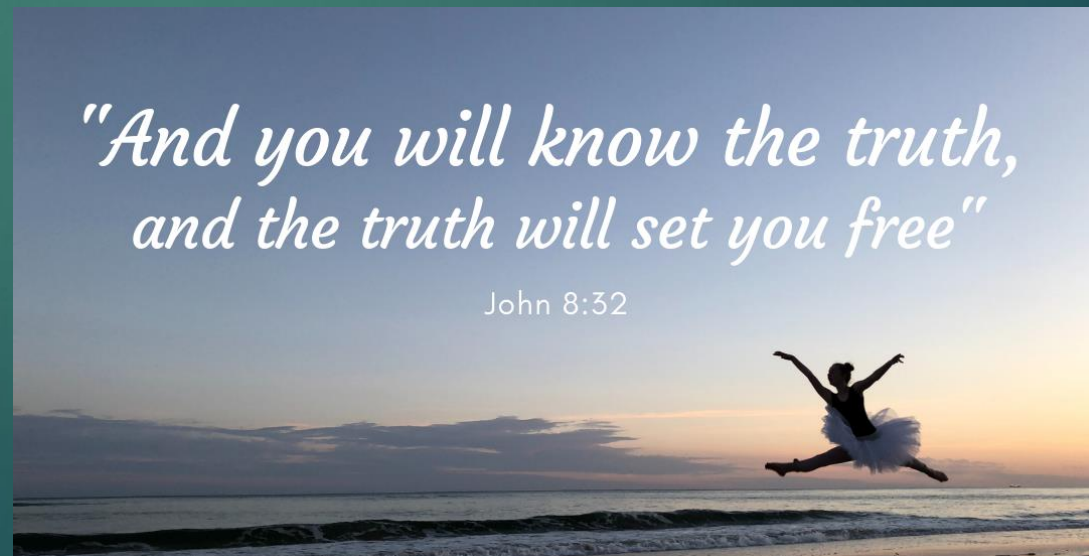
“That which is. It is the Reason, Cause and Power in and through everything. It is Birthless, Deathless, Changeless, Complete, Perfect, Whole, Self-Existent, Causeless, Almighty, God, Spirit, Law, Mind, Intelligence, and anything and everything that implies Reality.

--Definition of Truth from Ernest Holmes in The Science of Mind



TRUTH – Definition continued from The Science of Mind by Ernest Holmes

By a process of axiomatic reasoning, we arrive at the conclusion that Spirit knows nothing outside Itself. The Truth is that which Is; and being that which Is, It must be Infinite and All. Being Infinite or All, the Truth can have nothing outside Itself, other than Itself, or unlike Itself, by which to divide Itself; consequently, the Spirit is Indivisible, Changeless and Complete within Itself. Itself is all that is – both Cause and Effect, the Alpha and the Omega.



NOT the TRUTH

big or small,
lies are lies.

- ▶ **Solipsism** – The theory that the self is the only thing that can be known and verified. The view that the self is the only reality. The belief or proposition that the person entertaining it alone exists, and that other people exist only as ideas in his mind. The philosophic idea that only one's mind is sure to exist.
- ▶ **Moral Relativism** – is the ideology that Objective Morality does NOT exist inherently to Nature, and that Right and Wrong are subjective constructs which human beings may invent and arbitrate according to time, location, circumstance or preference. In Truth and Reality, Morality is objective. Rights can never become wrongs and wrongs can never become “rights;” at any place or time, regardless of how many people believe or wish for it to be so.”



MORAL RELATIVISM



Truth

Perception

Opinion

World View

Belief

- ▶ “My Truth” has become a popular slogan to basically shut down another person’s logical argument. This leads to confusion about right and wrong.
- ▶ Often ‘my truth’ really means “my perception” or “my belief”, neither of which is guaranteed to be true.
- ▶ Be clear that Our Perceptions do not always tell us the Truth.
- ▶ Your perception of truth may be biased due to faulty childhood scripts or world views imposed upon you. **UNCONSCIOUS DRIVERS.**
- ▶ It is important to develop **DISCERNMENT** abilities.
- ▶ It is important to do your inner work to sort out what is driving you and your perceptions and
- ▶ Use a holistic process of information gathering along with a solid understanding of moral principles in order to avoid being hijacked by manipulative agendas and lies.



GOOD OUTCOMES REQUIRE GOOD INFORMATION AND SOLID TOOLS

To Create the Life We Really Want, **WE NEED GOOD INFORMATION.**

This includes **SELF KNOWLEDGE**. We need to KNOW OURSELVES INSIDE AND OUT and TO HAVE A SOLID UNDERSTANDING OF HOW THE LAWS OF NATURE AND MANIFESTATION OPERATE.

- ▶ We get good information through a Critical Thinking Process. This can be achieved through the **TRIVIUM and QUADRIVIUM**.
- ▶ We also need to know what the **PITFALLS** are such as Thinking Errors and how Mind Control works in society.
- ▶ We need access to our **INTUITION** : Internal knowing, visions, proper use of feelings and senses, energetic states and psychic abilities.
- ▶ These Skills assist us in developing **DISCERNMENT** and are available to all of us. They can be used in combination for decision making and truth finding.

The capacity to learn is
a *gift*; the ability to
learn is a *skill*; the
willingness to learn is a
choice.

Brian Herbert



EDUCATION IS
WHAT REMAINS
AFTER ONE HAS
FORGOTTEN WHAT
ONE HAS
LEARNED IN
SCHOOL.

ALBERT EINSTEIN

Learning how to
think is more
important than
the facts you
memorize.



Learn How to Think

- ▶ **Trivium** and **Quadrivium** are the methodologies of Truth Discovery which enable an individual to learn HOW to think.
- ▶ These tools help individuals remove their erroneous belief systems and “magical” thinking, and come to accurate conclusions about what is true and what is not true – including the Truth about the Natural Laws that govern human behavior. Both are, not at all surprisingly, completely absent from most modern “educational” systems.

TOOL

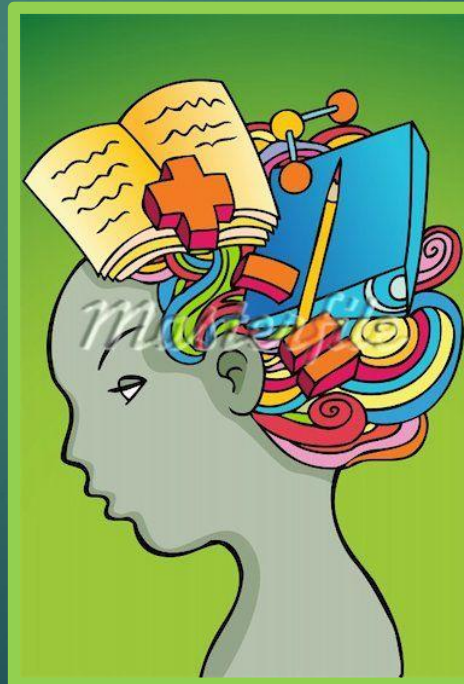


FIGURE 1: The Seven Liberal Arts

THE TRIVIUM:

The three arts of language pertaining to the mind

Logic.....art of thinking

Grammar.....art of inventing and combining symbols

Rhetoric.....art of communication

THE QUADRIVIUM:

The four arts of quantity pertaining to matter

Discrete quantity or number

Arithmetic.....theory of number

Music.....application of the theory of number

Continuous quantity

Geometry.....theory of space

Astronomyapplication of the theory of space

TRIVIUM

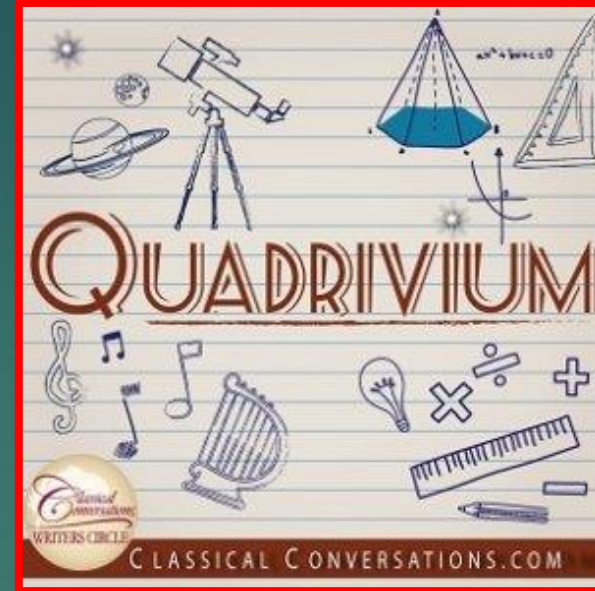
1	Input (Grammar, Knowledge)	Gathering data from an eclectic array of sources <i>without</i> pre-judging it	Answers <i>Who?, What?, When?, & Where?</i> (<i>raw data</i>)
2	Processing (Logic, Understanding)	Comprised of 3 basic sub-steps: Filtration, Correlation, & Analysis (Quadrivium largely utilized here)	Enables us to learn <i>Why?</i> (<i>What is the reason, meaning, or purpose?</i>)
3	Output (Rhetoric, Wisdom)	Speech and action based upon the knowledge that one has gathered and understands	This is <i>How</i> Knowledge and Understanding are propagated so that real and positive change can be created

Be intentional about gathering information from a variety of sources (INPUT), then thoughtfully filter through that data (PROCESSING) before coming to a conclusion, then finally act on it in the world (OUTPUT).

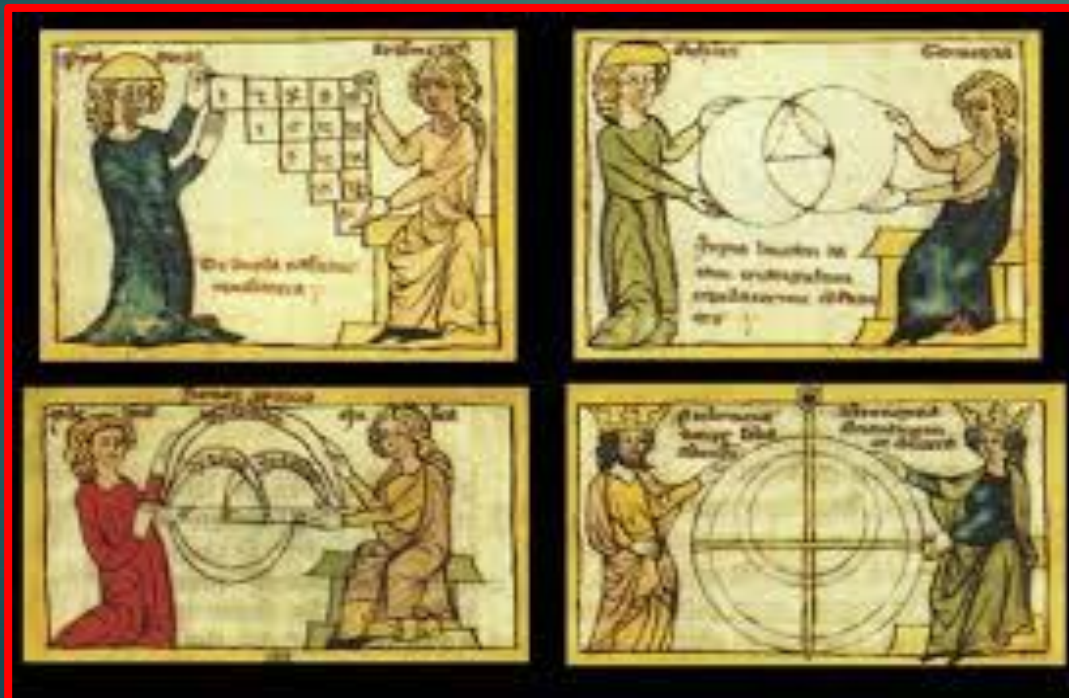


The Quadrivium

- Arithmetic
- Geometry
- Music
- Astronomy
- (the arts and sciences)
- Philosophy is the synthesis of all



TOOL



The subjects which hone the thinking skills for effective information processing.



Unhelpful Thinking Styles

All or nothing thinking



Sometimes called 'black and white thinking'
If I'm not perfect I have failed
Either I do it right or not at all

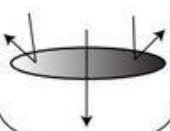
Over-generalising

"everything is always rubbish"

"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter



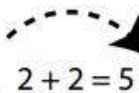
Only paying attention to certain types of evidence.
Noticing our failures but not seeing our successes

Disqualifying the positive



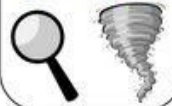
Discounting the good things that have happened or that you have done for some reason or another
That doesn't count

Jumping to conclusions



There are two key types of jumping to conclusions:
• **Mind reading** (imagining we know what others are thinking)
• **Fortune telling** (predicting the future)
 $2 + 2 = 5$

Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

Emotional reasoning



Assuming that because we feel a certain way what we think must be true.
I feel embarrassed so I must be an idiot

should
must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed
If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people
I'm a loser
I'm completely useless
They're such an idiot

Personalisation

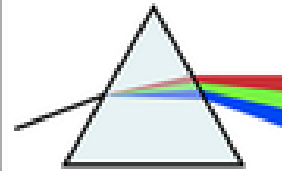
"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

THINKING ERRORS

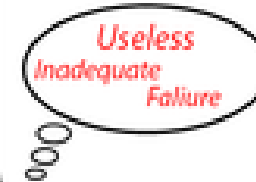
are automatic thoughts which are faulty in their logic.

Selective abstraction



Drawing conclusions on the basis of just one of many elements of a situation.

Minimisation



Downplaying the importance of a positive thought, emotion or event.

Personalisation

"this is my fault"

Attributing personal responsibility for events which aren't under a person's control.

Arbitrary inference



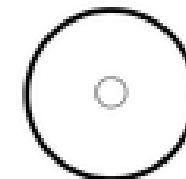
Drawing conclusions when there is little or no evidence

Magnification



"Making a mountain out of a molehill" - blowing things out of proportion.

Overgeneralisation



Making sweeping conclusions based on a single event.



5 fallacies

of logic

A FALLACY IS ANY DEFECT IN REASONING WHICH DESTROYS AN ARGUMENT'S VALIDITY.

1 **Ad Hominem**

Latin term meaning "against the man." It is discrediting an opponent instead of his or her argument. For example: "You're a Liberal, you cannot be correct."

2 **Faulty Cause and Effect**

The belief that if event B occurs just after event A, then A causes B. For example: "Whenever I wash my car, it rains the next day. Therefore, washing my car alters weather patterns."

3 **Either-Or**

Suggesting that there are only two possibilities for any given situation, rather than more. For example: "Either you accept Naturalism, or you are superstitious."

4 **Guilt By Association**

Attempting to discredit an idea, person, or belief by associating it with an undesirable person or a group. For example: "I can't believe you are a Christian! *Hitler was a Christian!*"

5 **Loaded Question**

A Loaded Question is a question phrased so that it forces an answer based on a false or controversial premise. For example: "Why are woman such bitches and whores?"

CHALLENGE YOUR THINKING
AND CORRECT YOUR ERRORS

TOOL

Logical Fallacies

Errors in reasoning that invalidate the argument



Dirty Fighting



Emotionally Literacy

To be able to think critically, we must learn to regulate our emotions.

- ▶ Knowing Your Feelings
- ▶ Having a sense of Empathy
- ▶ Learning to Manage your Emotions
- ▶ Repairing Emotional Problems
- ▶ Putting it all together:

Emotional Interactivity

(the ability to be aware and read other people's feelings enables one to interact with them effectively so that powerful emotional situations can be handled in a skillful way)

