

# C O R E P R I N C I P L E S O F P S Y C H O L O G Y O F V I S I O N<sup>®</sup>

1. **There has to be a better way:** Whenever there is a problem or conflict there has to be a better way. Even in the most difficult of situations, there is always a solution that would allow everyone to win. Love, joining, forgiveness, communication, co-operation, and choice will lead us through.

2. **The world is our mirror:** Anything we do to others, we have already done to ourselves first. No one can do anything to us, unless we are already doing it to ourselves and others at some level. We make our own reality and write our own stories. Conflicts with others reflect conflicts within ourselves. By resolving our inner issues, we automatically resolve the problems in our world.

3. **Anything that happens to us, serves our purpose:** When painful events occur, we typically have hidden the awareness of the purpose of the events from ourselves. Through accountability we release the blame and finally the guilt that keeps problems and self-defeating patterns intact. We empower ourselves by realizing we made mistaken choices and that we now can make another choice. This gives us the ability to change what we do not like in our world, if we are willing to give up the blame and guilt that hides behind every problem in favor of accountability.

4. **The power of choice:** Our direction in life is the result of our continuous choices. As we change our beliefs we change our perception and our patterns. We are responsible for what we perceive and what we experience, but we can choose again.

5. **We are always in the perfect place to learn the lesson we most need to learn in order to heal & grow:** Our lives are always unfolding in the highest possible way given what we need to heal and learn. All events are connected and there are no "accidents". If we have the eyes to see it and the mind to recognize what it is we are seeing then we will see the macrocosm reflected in the smallest events and details. We are always in the perfect place to learn the lesson we most need to learn. Our most painful experiences, once they are healed, leave us with compassion, wisdom and with the power to heal others caught in similar circumstances.

6. **Relationships are the vehicle to create transformation:** Depending on what we give to our relationships, we construct hell or heaven on earth. What and how much we give to others is what and how much they give to us. To bond with others and heal relationships is an accelerated path of growth. Healing the distance between you and another not only has the power to heal your problems, but has also the power to heal problems around you.

7. **To have true success, everyone's interest must be served:** As we recognize that our best interests and the best interests of others are always the same, we move ourselves forward. If anyone is the "bad guy" everyone loses. It is essential

to keep communicating until everyone wins. Without mutuality and equality there is no abundance, only the conflict which comes from competition.

8. **Leadership lets nothing be more important than answering the calls for help around us:** All problems of self-consciousness, shame and self-attack are meant to keep us from hearing the calls for help around us. Responding to calls for help pops these self-attacking personalities and generates flow for both of us. All problems or at least a layer of them could be healed by asking, "Who needs our help?" and by responding to their call. By helping others it opens us up for the help we need as well.

9. **Present problems are disguises for past pain:** Pain indicates that a mistake is being made as all pain comes from misunderstanding. As problems are resolved, understanding is brought to both the past and the present, and our history as well as our future changes for the better. It is never too late to have a happy childhood.

10. **To live our purpose is the key to fulfilment:** Our purpose in life is happiness, healing where we are not happy, helping the world and making the unique contribution we promised we would make at a soul level. Embracing our destiny is the best gift we can give the world.

11. **Pain and suffering are washed away by love:** This happens with empathic joining between two or more people. By transcending personal barriers we can become one with others and experience the higher states of consciousness in which pain can no longer exist.

12. **Relationships are the fundamental building blocks of life:** Thus it would also be true that the path of relationships which is a path of love and joining is an evolutionary path. From this it would also hold that every problem is a relationship problem at some core level where some issues of separation and judgement are the cause.

13. **We are on an evolutionary path to realize that we are spirit on the way to Oneness:** Receiving grace and miracles is the easiest way to reach that goal. Heaven is blessing and helping us every step of the way if we would only receive it.

14. **Healing is everything:** Whatever our circumstances or problems, however we see things, the answer always lies in healing and forgiveness. Healing and forgiving is what we have come for and what will bring us happiness and lead us home.

15. **Our gifts are the answers to our problems:** Every problem hides a gift. One of the easiest ways to transform a problem, no matter how big it is, is to realize the gift the problem is hiding. Each gift embraced or shared brings about a lessening of the ego and an opening for Grace.