



Co-Founder
Padmaja R. Ireland

PADMAS Way

Process of **A**voidance, **D**enial, **M**anagement and **A**wareness of **S**elf (For Creating Happiness And Harmony)

By Padmaja R. Ireland

Process of
Avoidance (Outer World)
Denial (Inner World)
Management (Outer World)
Awareness (Inner World) of
Self

Situation:

Process of
Involve**m**ent (Outer World)
Acc**e**ptance (Inner World)
Leadership (Outer World)
Love (Inner World) of
Self

Situation	DEFENSIVE PATH (Fear, Frustration & Anger)		CREATIVE PATH (Acceptance, Abundance & Awareness)		AND BEYOND (Oneness)
Process of Defensive Individual's Response Ability To Reality	Avoidance (Outer World)	Denial (Inner World)	Management (Outer World)	Awareness (Inner World)	Of Self (Being One With Everything)
Process of Creative Individual's Response Ability To Reality	Involve m ent (Outer World)	Acc e ptance (Inner World)	Lead e rship (Outer World)	L o ve (Inner World)	Of Self (Being One With Everything)

Learning Response-Ability Through Impartial Self-Observation
Insight: (Response Therapy Through Self-Observation Using PADMAS and PIALLS Way.)