

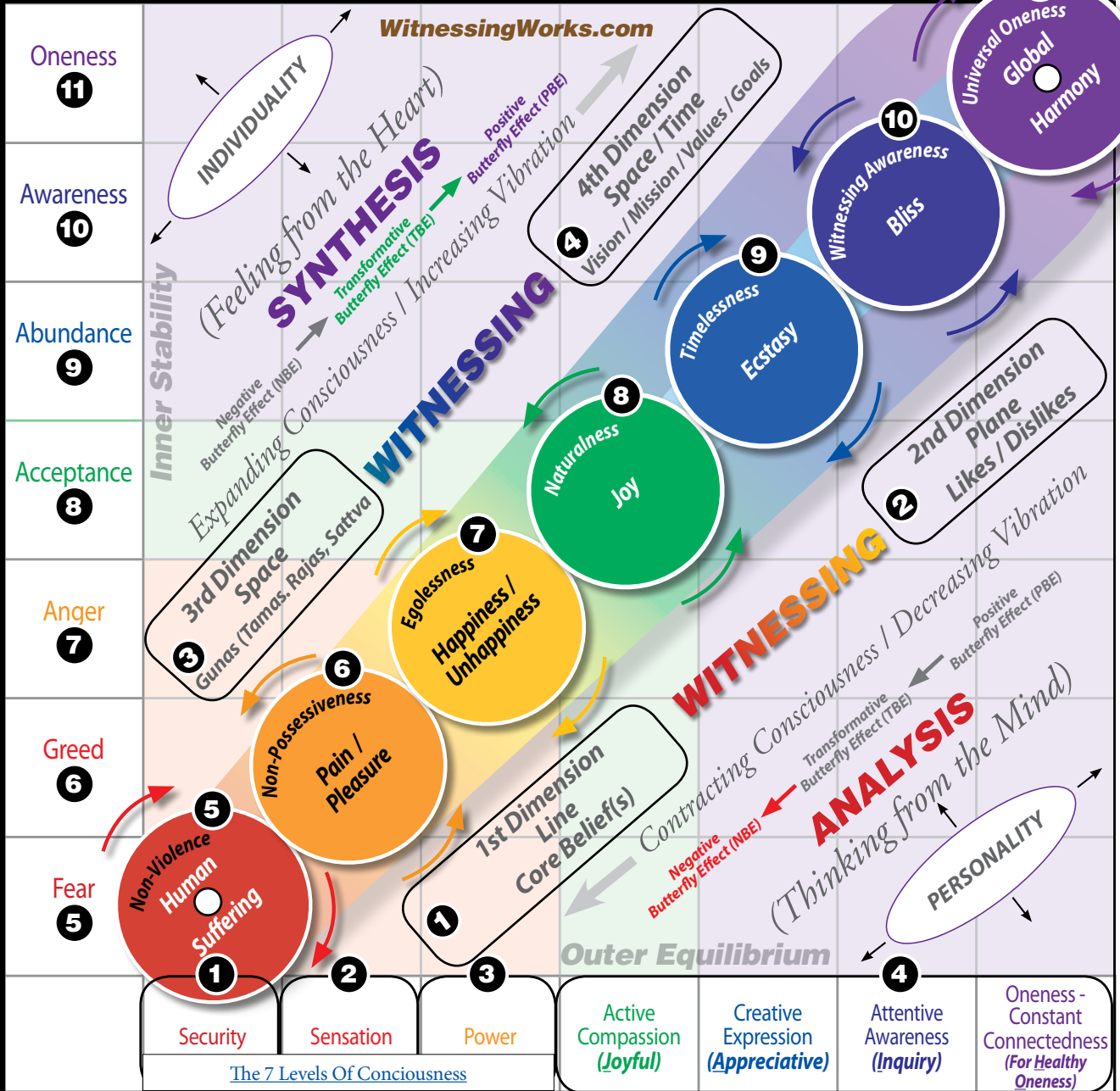
The JAIHO PROCESS

(Joyful Appreciative Inquiry for Healthy Oneness)

By R. Reddy Sama

INNER PEACE

Spiritual	Wisdom / Visionary (C)	Common Good (C)	Service
	Mentor / Partner (T+C)		Making A Difference
	Integrator / Inspiror (S+C)		Internal Cohesion
Mental	Facilitator / Influencer (T)	Transformation (T)	Transformation
Emotional	Manager / Organizer (S+T+C)	Self-Interest (S)	Self-Esteem
	Relationship Manager (S+T)		Relationships
Physical	Crisis Director (S)		Survival
Awakened State	Leadership Style	STC	Level Of Consciousness
	Richard Barrett (From www.valuescentre.com)		



Oneness – Constant Connectedness Center Response:
 "Being one with everything: No separating thoughts or perceptions; understanding, loving, and identifying with it all - and thus with nothing special."

Attentive Awareness Center Response: "There she is playing the part of the hurt girlfriend, feeling sad, thinking that Harry has to be here for her to feel loved and enough. She's really into the security role. Oh, now she is into the power role - making him wrong and holding on to that". That is the "Harry-not-showing-up drama unfolding perfectly. Or There she is, creating a happy time for herself. When Harry does not show up, she is flowing with that and enjoying her evening."

Creative Expression Center Response:
 "I genuinely appreciate this opportunity to work on my addiction to being with Harry and to having him be here when he says he's coming... Now I get to enjoy the time by myself. I can put on a new cassette and enjoy the music and the leisure time. I have been wanting some time to myself - now I have got it and I can enjoy being with me! I can write a letter to my friend Sylvia and tell her how much I love her."

Active Compassion Center Response: "Humm, Harry is not here and I expected him. I don't want to create any illusions about what's happening with him. May be I'll call him and find out. I could go out but I think I'll just relax here at home. I'll have a peaceful evening - and, even though I don't like Harry not coming. I still feel love for him."

Power Center Response: "How dare he treat me that way! I am so angry I could scream. He didn't even call me. I don't want to date him anymore. He's lost his chance now. It makes me just furious that I passed up a date with John. Who does he think he is, anyway? I'll show him."

Sensation Center Response: "I feel disappointed and frustrated because I wouldn't get to be with Harry to night. And also, I won't have that delicious dinner at the restaurant. Now there is nothing for me to do. I will watch television...Oh, nothing good on. I am getting bored."

Security Center Response: "I am afraid Harry does not care for me anymore. I just know that people at school will think that I am no fun to be with. No one will ask me out ever again. May be I'm too fat. May be he likes Helen better."

Life Situation:
 The words given relates to the following situation: The words given in italics relate to this situation.
 "Harry does not show up for a date."
 Responses from each center are given above:

Source: Excerpts From the "Hand Book of Higher Consciousness" by Ken Keyes, Jr.

"Mind analyzes and divides;
 Heart synthesizes and unites;
 Total being watches and awakens;
 Awareness allows all and enlightens."
 - R. Reddy Sama

Age (Years)	1-7	8-14	18-21	22-28	29-35	36-42	43-49+
IPG	Tamasic Ignorance (I)			Rajasic Passion (P)	Sattvic Goodness (G)		
Personality Type	Criminal / Lawbreaker (I)	Political Leader (I+P)	Trainee (I+P+G)	Business Person (P)	Learner (I+G)	Effective Leader (P+G)	Authentic Leader (G)
Dimensions Type / No.	Line (1)	Plane (2)	Space (3)	Space + Time (4)			
Behavior	Destroying	Demanding	Controlling	Transforming	Appreciating		
Cause	Single Belief Or Thought	Likes / Dislikes	Ignorance / Passion / Goodness	Vision Directed And Value Based Leadership For Common Good			
Physical	Shame / Guilt	Non-Judgement	Understanding	Love / Caring	Release	Joy	Illumination (Bliss)
Mental	Anger	Neutrality	Wisdom	Kindness	Grace	Tranquility	Vision (Divine Self)
Emotional	Fear / Grief	Acceptance	Reason	Respect	Laughter	Trust	Reverence (Ecstasy)
Spiritual	Courage	Willingness	Clarity	Compassion	Light	Peace	Enlightenment (Oneness)
Maturity Level	Sense Of Proportion	Sense Of Consequences	Sense Of Humor	Sense Of Acceptance	Sense Of Appreciation	Sense Of Awareness	Sense Of Gratitude
Quality	Self-Preservation	Self-Gratification	Self-Definition	Self-Acceptance	Self-Expression	Self-Reflection	Self-Knowledge
Mastery	Right Action	Right Feeling	Right Thought	Self-Creation	Illumination	Revelation	Transformation
Pitfalls	Isolation	Duality	Fragmentation	Attachment To Conflict	Abstraction	Over-Identification	Indiscriminate Use Of Will
Sacred Truths	All Is One	Honor Oneself	Honor One Another	Love Is Divine Power	Surrender Personal Will (Ego) To Divine Will (Spirit)	Seek Only The Truth	Live In The Present Moment (Here/Now)
Movie	Amistad	Willy Wonka	Rocky	It's A Wonderful Life	Dead Poets Society	Contact	Gandhi
Book	The Family (J. Bradshaw)	In The Meantime (I. Vanzant)	You Can Make It Happen (S. Graham)	The Giving Tree (S. Silverstein)	The Artist's Way (J. Cameron & M. Bryan)	Seat Of The Soul (G. Zukav)	Siddhartha (H. Hesse)
Awakened State	Physical	Emotional	Mental	Spiritual			

OUTER SUCCESS