



Vision for Humanity

Equation Document for Self (18/4/2012)

Vision for Self - key shift from an equation of decrease to increase.

These equations represent opposing ways of constructing your personal world.

A shift away from what this equation $d = er$ represents to what this equation $I=ER$ presents to us; is ultimately a shift from experiencing depletion and fear to experiencing a life of ongoing increase and renewal – an abundance of new love, new wealth, new health and new happiness throughout your life.

This is a process of conscious transformation where we shift from unconscious mis-creation to conscious and constructive creation.

Decrease represents outcomes of depleting value; slowly eroding over time what was your original potential physically, mentally, emotionally and spiritually.

Increase represents outcomes of genuinely increasing value incrementally adding over time to your physical, mental, emotional and spiritual wellbeing.

To understand the significance of what $I=ER$ presents in regards to our potential, we first need to understand how $D = er$ limits who we are.

Beneath the surface of the way we present our lives to others, we have all intuitively felt that we are not living the fullness of life that we deserve – that life could be more.

We seem to be constantly fighting unpleasant feelings and lethargic physical states that slowly creep into our lives. We experience general negativity, low self-worth, physical drain, relationship stress and financial worry all of which can intensely occupy our existence.

In attempting to find a solution through materialistic identity, artificial highs and external rewards our physical immune system and emotional resilience just simply wears down over time - spiralling us lower.

We allow peer pressure, pop culture and an assortment of modern day stimulants to effectively blind us from establishing our authentic higher self. Our true potential.

$$d = er$$

$$d = (mc)r$$

$$e = mc$$

d decrease comes about as a result of **e** ego consciousness that has taken form through the way we as human beings relate to all things via all of our **r** relationships. **e** ego consciousness is the result of **m** unaware mind applied to **C** primary consciousness.

m = unaware mind

Harbours unchallenged beliefs about who we are and what we are capable of. In this reality we operate

instinctively from learnt behaviour- formed from what we have been told. Predominantly we develop a skills based intelligence as a practical means in which to function in the world that we are born into.

This mind relies upon formulated belief systems ingrained through our upbringing, educational systems, media and financial and political structures (society in general). All of which artificially creates who we believe we are- a complex identity based upon what the world tells us.

This mind applied to:

C = primary consciousness

Which is reactive and naturally resorts to using the primitive tools of our human nature: defensiveness, anger, blame and selfishness to operate by and to navigate the world.

Is what we call

e = ego consciousness

Our ego consciousness believes in the competitive nature of survival. That there is a not enough for everyone and in order to have, another must go without.

We do not like being vulnerable in anyway. In our fear we believe we are separated from all else. We find comfort in having control over others, and justify ourselves in using various forms of aggression to maintain what we have and to gain the outcomes we want.

Here we survive on disillusioned feeling states of entitlement and righteousness, but at deeper levels guilt, misery and emptiness exist.

r = relationship

The relationships created by ego consciousness produce unsatisfying outcomes.

The key relationship you hold is that with yourself, when this suffers all else deteriorates. Through shame, guilt and fear you can stop believing in yourself and wonder what it is all about, we can even end up sabotaging our health and self image.

We try to control relationships with others to our advantage. Eventually these relationships wear down, break apart or become dysfunctional making our lives even more unbearable.

Some of us need to hit rock bottom before we see that we also have the same potential to incrementally create well-being in our lives.

We are all capable of thinking and acting in ways that do not serve us or anyone else, especially when life gets tough.

It is in consciously deciding to seek better outcomes that our path turns to growth and we see the opportunity for success that is presented in every encounter, and even in perceived set backs or failures.

A miracle is simply a shift in consciousness

If we wish to experience a better life, then first, a shift in consciousness is needed towards a new way of thinking – representing our authentic selves.

A shift to

$$I=ER$$

$$I= (AH)R$$

$$E=AH$$

I increase comes about as a result of **E** elevated consciousness applied to form **R** healthy relationship

E elevated consciousness is the result of **A** integrated awareness applied to **H** human spirit

A = Awareness

Enables you to question and direct the thinking of the mind and the actions derived from learnt behaviour. We are aware of what the mind has learnt and what constructive and destructive potential this holds. We have control of the mind. We have a discerning intelligence, and are able to question our own selves. We have a healthy curiosity, and are able build valuable context surrounding the information and knowledge gained.

We are completely conscious of our own consciousness and able to develop wisdom. Instead of reacting to our world we truly become creators of it.

We become aware that we have a choice to use higher level tools to create.

H = Human spirit

Represents our authentic selves and identifies with using the treasures of our highest level tools: love, forgiveness, compassion, tolerance and integrity to form and guide all relationships – and to produce all that we create.

These tools seem harder to master at first, we need to be more conscious to select them and sometimes we have to be very skilful to enact them, but when we do they induce positive feelings of happiness, joy, contentment and genuine self worth.

E = elevated consciousness

Is the result of these higher aspects of ourselves working together, an ever increasing awareness utilising the higher level tools of our human spirit, allowing for internal wellbeing and healthy interactions with others to materialise through all we touch.

This is our true north.

R= relationship

Most importantly our key relationship, the relationship we hold with our self, becomes solid and well. We develop a healthy view of ourselves and begin to love and respect ourselves, forming a healthy base for expansion concerning all areas of our life.

We foster positive interactions and invest in the best endeavours to consciously produce the long term outcomes that we know will be truly satisfying.

All of the relationships we form are based on co-operation, co-creation and co-action through which everyone's needs are met.

And what a wonderful world we start to live in when encountering other individuals also choosing to engage in this positive energy to create... a reciprocal consciousness

which multiplies and encourages Global Increase.



And so

The more we accumulate knowledge and understanding of ourselves, who we are, our primary relationships, society and the environment from which we source, the more the potential exists to create a comprehensive awareness or what we call **A integrated Awareness**

Choose to subject this greater personal awareness to the transformative tools of our Human Spirit and we begin seeing and creating with an **E elevated consciousness**.

When we put this equation into practise we can only achieve personal growth and satisfying reward in our lives.

We create a whole new relationship of belief with, and in, ourselves, channelling our thoughts to seed the actions that will create the positive events in our lives that we want.

We accept and respect ourselves, eat healthier food, exercise, seek greater knowledge, become positively curious and open to knowing who we are. Obtaining more and more 'wealth'.

We value others in our lives, we understand the power our words and actions have upon them, we establish quality friendships, take an interest in our community and our planet, and understand how important our interactions are in the world.

We know the quality of our lives is largely the result of the quality of all of our interactions. Living in the moment of creation is an understanding that you can use your creative power every moment of the day to create more peace, prosperity and joy in you and in others.

This is the greatest gift you can give yourself and the greatest gift that you can give the world.

Check back into this website regularly and view the “What you can do” section of this Vision for Self.

Practically see how this way of thinking can incrementally increase the quality of all areas of your life, through its various applications;

Producing:

- a mind that truly supports you
- a depth of self worth
- a source of emotional & spiritual well-being.
- greater personal accomplishment & financial reward
- physical health & vitality
- a sense of happiness and satisfaction through more enjoyable interactions and relationships

All of which we call Genuine Personal increase- growing your intrinsic value while positively impacting others and the planet.

I=ER



www.visionforhumanity.com

Vision for Humanity Charitable Trust (VFH), Charities Commission: (#CC 27918).

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