

Visual Motivation Cards

by Gordon Stokes

BACKGROUND: Originally developed by Dr. Manfred Clynes whose book, *Sentics*, outlines the research involved, the visuals on these cards depict the actual "wave shape" of specific emotional states as recorded by a machine that Dr. Clynes calls a "Sentograph". The testee responds to the visual with the same emotion the wave-shape depicts, complete to changes in breathing, heartbeat and movement. In other words, Dr. Clynes has created a kind of emotional "short-hand" that by-passes Dominant/CIA control and speaks directly to the body's cellular awareness.

Peter MacArthur of New Zealand extracted the visuals from Dr. Clynes' published research, had them printed in card-form and uses them as part of his work in stress release. Mr. MacArthur brought the cards to our attention and our testing concurs with his: they work beautifully to crack through Belief System blockages.

Our research called for a number of very specific changes which make Three In One Concepts' use of the cards uniquely different from the Clynes' system. These changes include sequence, terminology and application. Also our testing indicated we needed three additional cards (Cards 1, 2, and 3) to broaden our application of the information. In addition, testing the cards with our Behavioral Barometer led to the inclusion of the Maui Jewel Essences to reinforce defusion.

So - developed from our independent research - the packet we present you includes the additional three cards mentioned above, and in no way attempts to conflict with or minimize Dr. Clynes' contribution. With all due thanks to both himself and Peter MacArthur, we include their Card Number Order and basic terminology along with ours to assist your use and understanding. However, the **meanings** assigned the Card Order you now have in hand **and** the descriptive paragraphs in the text "are pure Three In One."

Using the Motivation Cards

1. **Show each card in turn, and test.** When the indicator changes, put the card **in circuit** via the Retaining Mode.

2. **Continue to test in sequence.** Set aside any card that makes the indicator go strong. Continue through the sequence. If the first card came up as #2 or higher, that's the starting point of your testee's cycle. As you complete #12, go back to the beginning of the sequence and **retest the cards that preceded the first indicator change**.

3 - **Evaluate and apply.** Show your testee the informational side of each card chosen. Encourage feedback. **Now have your testee read aloud what it says about the card.**

The first card selected

accesses what the person needs to understand about self right now in present time - the "basic" that needs to be addressed.

The second card selected

relates to how your testee has handled that issue in the past and suggests the presence of a pattern when it comes to similarly charged emotional issues.

A third and/or fourth card

comes as a "consultation" to outline the kind of positive **choices** your testee could make about that (and similar) issues.

Correction: Use eye modes to defuse the issue.

1. Use the Retaining Mode to put Frontal/ Occipital Holding in circuit.

2. Have your testee deep breathe while you do the following process with each of the indicated cards in turn.

A - Using a smooth motion that follows the symbol of Infinity, move the card in front of your testee's eyes. As you do so, have the person say aloud "**I feel** _____"

(the Barometer's desired negative emotional statement)" until you see a release. Then move the card in (for you) a counter-clockwise circle - and continue doing so until eye-tracking smooths out and the indicator tests strong in all Eye Modes.

B - Repeat the above process as the person says aloud "I am _____ (the Barometer's desired state of mind)" until you see a release. Then move the card in (for you) a counter-clockwise circle and ending the card circle until eye-tracking smooths out and the indicator tests strong in all Eye Modes.

CARD NUMBER ONE

(no corollary in MacArthur/Clynes)

LEFT BRAIN - Subconscious blockage

The blockage: backbrain/CIA control, which denies conscious access to forebrain/CAT new options and alternatives. Stress forces us into duplication of past patterns however unprofitable those patterns may prove right NOW. Locked into **reaction**, we focus only on our own fears and feelings. Empathy for others goes begging. "Survival" in the moment takes priority. Deaf and blind to new options, we struggle on as best we can, knowing that "our good isn't good enough." Self-doubt has us by the throat, so naturally we depend on re-assurance from others - which doesn't help, since the only true assurance comes from self. Hence the admonition **LEARN ONENESS**.

The message brought by **Amethyst**: "CHOOSE to move from fear of loss into assurance through increased self-attunement."

CARD NUMBER TWO

(no corollary in MacArthur/Clynes)

MIDLINE - Subconscious blockage

MIDLINE equates with so-called extra-sensory perception. It also equates with the unification of right/left brains - which can't take place unless Dominant fore-and-backbrains work as equal partners. Going forebrain Dominant gives Alternate brain's message the chance to register. When both brains work together, we know more than we can know through detailed understanding or "logic." Once more the "Subconscious blockage" stems from Dominant/CIA's fear of change - even if that change would result in defusing fear itself! Denial "that I can ever be more than I am" sours self-perception. Hence: **LEARN AWARENESS**.

The Maui Jewel: **Aquamarine**. "When extra-sensory attunement suffers due to subconscious hostility, Aquamarine defuses the blockage to release conscious appreciation of, and interest in, what can be perceived beyond the five senses."

CARD NUMBER THREE

(no corollary in MacArthur/Clynes)

RIGHT BRAIN - Subconscious blockage

It's time to start listening to your inner dialogue - time to start becoming aware of the mental images wafting in from your Alternate brain hemisphere. Dominant/CIA has had full rein too long. The rest of yourself, the rest of your life awaits you. Look within to find the freedom, the calm, the balance and harmony that makes anywhere a garden. Balanced brain function fulfills the hunger for wholeness for which we yearn. Consciously shift to Alternate eye/hand. Give yourself practice tuning in. Hence: **LEARN TO USE** Alternate brain function.

"Through its harmonizing influence, the **Emerald** essence serves to increase acceptance, a sense of worth, and openness in present and future time."

CARD NUMBER FOUR
(MacArthur/Clynes #4: "Love")
AT PEACE - Oneness/Separation

Research says the word "Love" has too many non-specific implications. AT PEACE suggests the longed-for state we hope that love will bring. On the barometer, AT PEACE pairs with Loveless/Unlovable. Both desired-state-of-mind and negative-emotional-state manifest through this card. Since most people identify more with separation than oneness, peacefulness equates with unqualified acceptance. Without that acceptance, they feel deserted and alone. Over the years this means less and less communication, more and more suppressed feeling. Waiting for others to give them peace, they overlook the oneness with self which could provide it anytime.

Hence, the Maui message: "When separateness overwhelms us with desertion, **Lapis Lazuli** brings our sense of oneness bubbling back to body, mind and spirit, intensifying self-awareness - and expressing itself in positive communication."

CARD NUMBER FIVE
(MacArthur/Clynes #6: "Joy")
RIGIDITY - Attunement/Indifference

The joy attunement brings comes so rarely that most people wouldn't recognize the feeling. Facing its lack, we toughen up and don the armor of rigidity for the battles in our lives. Only total control of situations, people and circumstance offers hope. Since there's no possibility of achieving such control, we find ourselves continually feeling out of balance and off base. In vain, we try to go indifferent to the real issues of the heart. Pessimistic and immobilized, unfeeling and self-destructive, we do our best to resist change in any form. Could we but realize that destruction precedes creation, maybe we wouldn't resist so hard. The emptiness within might fill with the tenderness, the gentleness, we want shown to us - the tender gentleness that can never manifest until we're tender and gentle with ourselves. Perhaps then we might find it possible to express in tenderness and gentleness with others. As Emerson said, "If you want a friend, BE one."

MOONSTONE: "This essence calms and quiets the deep uncared for and unacceptable-to-self feelings that cut us off from our inner and outer worlds."

CARD NUMBER SIX
(MacArthur/Clynes#7: "Hate")
CONQUERED - Equality/Grief and Guilt

One of the most severe blows to self-awareness comes from feeling conquered. That grim state overwhelms us with a total state of inequality. We "should have been" equal to the battle; we "should have been" able to become the victor, not the victim. Our grief for failure reaches such terrible depths that we "have no recourse" but to deny it and shift the blame to someone else. To stifle further fears, we choose self-sacrifice rather than take up arms again. To avoid more grief, we collaborate with the enemy and - co-operative in our own ruin - surrender our responsibility for change. A hair's breadth from slipping into rigid indifference to self, we loathe our lot.

The Maui message brings hope for the future. For those whose grief and guilt have walled themselves off from hope, "**Opal** brings balance to rigid indifference so that attunement and illumination can take place."

CARD NUMBER SEVEN
(MacArthur/Clynes #1: "No emotion")
DISAPPOINTED - Assurance/Fear of Loss

Having suffered so many disappointments, we choose "no emotion" rather than acknowledge the fear of more pain yet to come. We yearn for the boldness that would give us back assurance. Still, to acknowledge the fear of more pain yet to come. We yearn for the boldness that would give us back assurance. Still, to acknowledge our real feelings might mean further disappointment. At the mercy of those with power over us, we choose the emotional closet so as not to be "let-down and not- heard" again. Of course, we're bitter - who wouldn't be? Threats confront us daily. People over-look our feelings as if they thought us of no consequence. Perhaps they're right. Unwelcome to ourselves, we're unwelcome in the world. Pride? That flew out the window long ago. We want to feel motivated, we want to feel free to show our affection, but we want protection even more. And if suppressing our true feelings brings that protection then we'll have to pay the price.

QUARTZ: "This essence brings the troubled body/mind a renewed awareness of CHOICE so that concentration and meditative centering can take place through the inner power of spirit."

CARD NUMBER EIGHT
(MacArthur/Clynes #5: "Grief")
TRAPPED - Enthusiasm/Hostility

Wounded and resentful, we know the trap has closed upon us. All we can do: act-out as if nothing had happened. But our enthusiasm has fled along with any sense of amusement. Now we have to figure out how to get back at them without actually seeming to do so. We can't just give up and let them win! If that happens once and for all, we'd have to wear mourning. Besides, we've lost a "round" or two before - the fight's not over yet. Losing the last round hurt, but somehow we'll manage to get the upper hand. Somehow, some way, we can make life interesting again instead of faking it.

"When resentment wounds consciousness, **Rose Quartz** rebalances and restores a sense of being needed."

CARD NUMBER NINE
(MacArthur/Clynes #2: "Sex")
SEXUALITY - Choice/No choice

Sexuality, sex-role expectations and the act of sex itself come "on line" here based on the feeling that we have no choice in the matter. It's so frustrating. And half the time the subject and the act itself produce less love than anger. Just take a look at all the energy and emotional charge we've invested in sexuality, "sexual needs," and acting out expected sex-roles! Could it be we suffer from a basic misconception about the total issue? Does it really merit the time and energy we devote to it? What if we could choose our response to the subject, to the act, to the "role" right NOW? Would we act differently? How?

"**Ruby** transforms the blocked energy of over-wrought anger into a willingness to consciously prepare the way toward the highest good for all concerned."

THE STORY SO FAR...

We find it of great interest that the cards' order thus far move us from the bottom of the Barometer up - from BODY through the SUBCONSCIOUS levels to CHOICE, which centered on Sexuality. Now the progression changes.

CHOICE leads directly to Acceptance/Antagonism, exactly as at the top of the published Barometer, and from there downward through the CONSCIOUS level to INTEREST/ RESENTMENT. The message? Perhaps, that the highest level of conscious awareness takes the form of becoming interested in knowing MORE that you know right now.

CARD NUMBER TEN
(MacArthur/Clynes #9: "Apreene")*
EXPECTANT - Acceptance/Antagonism

* Dr. Clynes translates his coined-word "Apreene" as meaning, "A state of eager expectancy in searching for ideas, with a sense of lightness and quiet, absence of anxiety, and trust that ideas received will be worthy, inspired - waiting for an idea to come."

When we operate on a basis of true ACCEPTANCE of one's self, NOW becomes the most exciting time of all. With the power to invoke CHOICE, we're approach-able, optimistic, acceptable, and adapt-able. Naturally, we feel worthy; naturally we feel deserving of the best. In this state, the negative emotional side of the coin operates less and less, until we defuse the SUBCONSCIOUS through acceptance of the NOW. Then the BODY can back us up as a matter of course. The obstructions dissolve, perception clears. We look for the best in ourselves and we find it. In that finding we discover MORE - and MORE and MORE - until the fascination of discovery itself becomes our reason for living.

SAPPHIRE: "This essence releases consciousness from the unwelcome bonds of grief, guilt, indifference and separation to clear obsessive thinking and once more permit freedom of CHOICE."

CARD NUMBER ELEVEN
(MacArthur/Clynes #3: "Anger")
ANGER - Willing/Anger

Most of us repress our anger, lock it away until so much accumulates that it explodes in blind, irrational rage. We hate ourselves for such incidents, but we don't seem able to stop them from happening - no matter how much control we exert over our feelings and behavior. That effort to control extends over others, too. Outbursts of rage "get their attention" when all else fails. Discouraged that we can't reach them any other way, we're equally discouraged that our involvement results in such disharmony - with others and within ourselves. **THE OTHER SIDE OF THE ANGER- COIN: total internalization of rage and fury. This denial eats away like the disease it so often produces.**

"For people whose involvement has resulted in deep discouragement, **Tiger Eye** assists to dissolve the effort to control and awakens acceptance as the key to harmony."

CARD NUMBER TWELVE
(MacArthur/Clynes #8: "Reverence")
AWED - Interest/Resentment

As we allow ourselves to be, do and have MORE, MORE opens up for us. In amazed appreciation, we welcome new alternatives, new options, new studies, new ideas, new insight - both from ourselves and others. We appreciate our essential nature; we care about our own well-being. Our new self-respect extends to others, too. We empathize, not sympathize. We find it easier to recognize our bad habits without justification or blame. Once recognized, we defuse them as a matter of course. As a matter of fact, we're fascinated with that process. More and more "clears," more and more opens up to us. Now we can afford to trust, to be proud, to be increasingly productive. Our manner becomes gentler. Aware of oneness as the goal, consciousness unifies the spirit within to a kinship with all life.

"**Turquoise** defuses the bitterness that comes from fear of loss, suppressed anger and unacceptable separation, replacing them with the assurance of protection, a willingness to prepare, and the calm of knowing oneness with the higher self."