

# The Brilliance of the Behavioral Barometer™

by Carole-Ann Bickerstaf

The Behavioral Barometer™, the backbone of Three In One Concepts, is the unfoldment of you and your unique self being at CHOICE .....your never-ending story.

What the Barometer does for any of us using it professionally, is to clearly set up navigational skills for the client to be consciously aware of feelings that they know well and yet feel they have NO CHOICE about. At Three In One Concepts, we use the barometer to identify and clear every indicated "out", be it a so-called physical imbalance or emotional stressor. There is no separating physical and emotional. Every physical pain has an emotional concomitant. In a given moment one may predominate but both are present. The brilliance of the Barometer is that it allows each individual to be active with the possibility of CHOICE. Each choice you make is a choice of intention. To have CHOICE regarding our internal response develops a consciousness towards what we are willing to do. The insight of the Barometer helps you appreciate the fascinating never ending story.

## **The Barometer**

In the beginning there was the body – the bone deep truth of existing and relating. The CHOICE of being so attuned and at-one-ness with ourselves and each other. The possibility of the universal truth. We all know how the story changed : profound separation and indifference, both with "them" and within, leading to the universal lie of NO CHOICE. The journey through the Behavioral Barometer is one that tunes us into more of our possibilities. To the extent we "play" in present time – the Barometer is one of the most useful tools to engage us on any issue.

Through clear circuit muscle testing we discover what level of consciousness we may be "stuck" in. Upon that discovery we can address the truth of our story and experience the implication of "desired states of mind". To BE and to HAVE (BE/HAV/I/OUR). To go where we want to go.

The depth of the Barometer is kaleidoscopic and definitely holographic. The time that truly exists is NOW, regardless of where we have been. How we discover ourselves is the most delightful story to be told. The Barometer and the explicit way it gives you three levels of awareness with one muscle test truly addresses the HOLOGRAPHIC YOU!!! The people who work with the Barometer find themselves in "awe" of their story. Your uniqueness, the phenomenal "AWESOMENESS" is worth discovering through the Behavioral Barometer.

## **How It Works**

So here is how we play with the Barometer: As you can see there are three levels – Conscious, Subconscious and Body, that are colour coded for easy use.

Within each level there are three subheadings, each with eight key words.

### **Step One**

Think about an important relationship in your life. Pick a relationship that you would like to improve or one in which you would like to feel better and/or communicate differently. With this relationship in mind you have chosen an issue that involves you. Now we are ready to discover where you are on the Barometer.

### **Step Two**

With your muscle circuits ready to go and using an Indicator Change, test Conscious, Subconscious, Body. Where you have an Indicator Change will be the start of the story. Now you use the same method to determine the paired sub heading and key words.

For example: Body level is your first Indicator Change and you continue in that category and your second Indicator Change is ONENESS/SEPARATION. Good. Now, once more, an Indicator Change takes you to the small key words – let's say SAFE/UNLOVED. What you have is three levels of possible insights with yourself and the issue.

# THE BEHAVIORAL BAROMETER

<p><b>ACCEPTANCE</b></p> <ul style="list-style-type: none"> <li>Choosing to • Approachable</li> <li>Optimistic • Acceptable</li> <li>Adaptable • Worthy</li> <li>Deserving • Open</li> </ul> <p><b>WILLING</b></p> <ul style="list-style-type: none"> <li>Receptive • Adequate</li> <li>Prepared • Answerable</li> <li>Encouraging • Refreshed</li> <li>Invigorated • Aware</li> </ul> <p><b>INTEREST</b></p> <ul style="list-style-type: none"> <li>Fascinated • Tuned-in</li> <li>Needed • Welcomed</li> <li>Understanding • Appreciated</li> <li>Essential • Caring</li> </ul> <p><b>ENTHUSIASM</b></p> <ul style="list-style-type: none"> <li>Amused • Jubilant</li> <li>Admirable • Attractive</li> <li>Delighted • Excited</li> <li>Alive • Trusting</li> </ul> <p><b>ASSURANCE</b></p> <ul style="list-style-type: none"> <li>Motivated • Daring</li> <li>Protected • Bold</li> <li>Brave • Considered</li> <li>Affectionate • Proud</li> </ul> <p><b>EQUALITY</b></p> <ul style="list-style-type: none"> <li>Lucky • Co-operative</li> <li>Involved • Purposeful</li> <li>Reliable • Concerned</li> <li>Sincere • Productive</li> </ul> <p><b>ATTUNEMENT</b></p> <ul style="list-style-type: none"> <li>In tune with • Congruent</li> <li>In balance • Creative</li> <li>Perceptive • Appreciative</li> <li>Tender • Gentle</li> </ul> <p><b>ONENESS</b></p> <ul style="list-style-type: none"> <li>Quiet • Safe</li> <li>Calm • At peace</li> <li>Unified • Completed</li> <li>Fulfilled • At-one-ment</li> </ul>	<p><b>CHOICE</b></p> <p><b>CONSCIOUS</b></p> <p><b>SUBCONSCIOUS</b></p> <p><b>BODY</b></p> <p><b>CHOICE/NO CHOICE</b></p>	<p><b>ANTAGONISM</b></p> <ul style="list-style-type: none"> <li>Attacked • Bothered</li> <li>Questioned • Burdened</li> <li>Annoyed • Indignant</li> <li>Opposing • Inadequate</li> </ul> <p><b>ANGER</b></p> <ul style="list-style-type: none"> <li>Incensed • Furious</li> <li>Over-wrought • Fuming</li> <li>Seething • Fiery</li> <li>Belligerent • Hysterical</li> </ul> <p><b>RESENTMENT</b></p> <ul style="list-style-type: none"> <li>Hurt • Embarrassed</li> <li>Wounded • Used/abused/confused</li> <li>Unappreciated • Rejected</li> <li>Dumb • Offended</li> </ul> <p><b>HOSTILITY</b></p> <ul style="list-style-type: none"> <li>Trapped • Picked-on</li> <li>Put-upon • Frustrated</li> <li>Deprived • Sarcastic</li> <li>Vindictive • With-holding</li> </ul> <p><b>FEAR OF LOSS</b></p> <ul style="list-style-type: none"> <li>Let-down • Not-heard</li> <li>Bitter • Disappointed</li> <li>Threatened • Over-looked</li> <li>Frightened • Unwelcome</li> </ul> <p><b>GRIEF AND GUILT</b></p> <ul style="list-style-type: none"> <li>Betrayed • Conquered</li> <li>Discouraged • Unacceptable</li> <li>Self-punishing • Despondent</li> <li>Defeated • Ruined</li> </ul> <p><b>INDIFFERENCE</b></p> <ul style="list-style-type: none"> <li>Pessimistic • Immobilized</li> <li>Rigid • Numb</li> <li>Stagnant • Unfeeling</li> <li>Destructive • Disconnected</li> </ul> <p><b>SEPARATION</b></p> <ul style="list-style-type: none"> <li>Uncared for • Unloved</li> <li>Unacceptable • Loveless/unlovable</li> <li>Unimportant • Melancholy</li> <li>Morbid • Deserted</li> </ul>
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The BEHAVIORAL BAROMETER is used in Three In One Concepts  
 Identification and Referral of Distress

## **Telling the Story**

To review the specific example above: Body level, which speaks to bone deep cellular knowingness, is telling you that the given issue has you feeling either a great sense of ONENESS or SEPARATION. Both are realities at some point inside ourselves, both are good when we are Conscious of their interplay. Now let's look at the small key words: SAFE/UNLOVED. You can ask yourself how these words speak to you, ie, "How SAFE do you want to be or feel in this relationship?" for at risk is appreciating yourself with your communication or lack of it, or going to a place of "UNLOVED".

Remember, this is the Body level of the Barometer, which we are usually not so aware of intellectually. So let's bounce up and see where we are on the Subconscious Level:

ASSURANCE/FEAR OF LOSS and our corresponding key words are DARING/NOT HEARD.

As you continue the bounce up to the Conscious Level:

WILLING/ANGER and ADEQUATE /FURIOUS you can see two other levels of possible awareness.

For example: Consciously, if we are responding internally to NOT ADEQUATE, we may very well feel FURIOUS with ourselves. What then would be our attributes to communication in the given relationship?

The expression of DARING to communicate our ADEQUATE-ness and our *self-doubt* on that issue which leaves us feeling NOT HEARD, takes us through the other levels we have spoken about – not SAFE no matter how DARING and feeling NOT HEARD and UNLOVED inside .

## **Why It Works**

With each Barometer readout, the BRILLIANCE of it is YOU. Your never ending story leads you to the option of choosing new CHOICES and with each new CHOICE comes the option of changed responses and changed behavior. The minute we choose to behave differently we change our life. We can play in present time and have a much better time more of the time.

LET THE FUN BEGIN !!!!!

The Brilliance of the Barometer is YOU!!



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