Voices Without Violence
Evolving Self-Awareness in Human Consciousness

History & Experience
Beliefs
Ideas
Reactivity
Anger
Anxiety
Principles
Character
Ethics
Coherence
Chaos

Philosophy
Theory
Theology
Ideology

Grounded
– Timeless
– Centered
– Conscious

Obsessive
– Compulsive
– Addictive
– Unconscious

Clear — Focused — Purposeful — Synergistic

Creating awareness
Assessing the threat
Stopping the reactivity
Holding the reaction
Healing the pain

Meaning
Safety
Justice
Competence
Connection
Healing
Transformation

Have you ever been FRICKed?

F
R
I
C
K

Centered
Balanced
Focused
Inflation

Deflation
Gen
1:27

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