



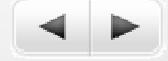
# Module 1

*Stages of Transformation*



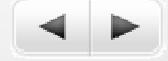
# Welcome...

- Why Conscious Transformation?
- What to expect?
- How to approach this programme?
- The power of commitment



## Conscious what...?

- It is about becoming *CONSCIOUS* of creating *TRANSFORMATION* in our lives
- There is a constant force pulling us to grow and expand, and yet we spend most of our lives resisting it
- By understanding this resistance and loosening its grip, we can allow our lives to naturally unfold, and we can also align our intent with this process to accelerate it



## 2 Kinds of Change...

- Translational change vs transformational change
- Most people want their lives to be different, but they don't want to have to change
- Or, people want translation, but they need transformation



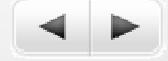
## Want vs need...

- Most personal and spiritual development is about satisfying the desires of the ego
- We want more confidence, more money, more health, more power...
- And yet, do people that have these things have more happiness anyway?
- Happiness as a destination is fleeting, fulfillment comes in the journey of inner transformation
- Ultimately, a longing for feeling good, is replaced by a love for truth and inner growth



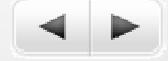
# Why resist change?

- Because going through deep change is terrifying, it is unsettling, and shakes the very foundations of our self
- We want to hang onto the status quo
- When we change on the inside, it shakes the outside, and we live in a society where people prefer to hang onto certainty
- And yet... as children we go through a number of major stages of development, and so we are all more than capable of this



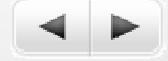
# Development stages

- If we are going to understand transformation, then we want a map of the process!
- Stage models of development have become rather unpopular in some areas, because people don't like the idea that some people are "more evolved" than others
- And yet, this idea is itself ludicrous... who would you prefer ran the country, Hitler or Mother Theresa?!
- There are ever increasing possibilities of self-development, this isn't to negate other stages, it is just a fact of life



# Stage models

- Piaget's model of child development
- Maslow's hierarchy of needs
- Spiral dynamics



# Spiral Dynamics

- Yellow

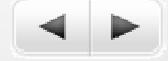


- Green
- Orange
- Blue
- Red



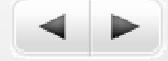
## This means...?

- Understanding where you are now, helps us to understand what needs to happen next on your path of development
- Most of the struggles we experience in life are clearly mapped out in the struggles of the level of development we are at
- To experience true transformational change, it is not about getting more of what we want at our current level of development, it is about moving to the next level



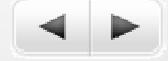
## Orange...

- The religion of the external world – we define ourselves by external things, and this leads to inner deficiency
- We tend to be over focused on career, worldly things, status and how much we do and achieve
- The healing and resolution is a shift in our focus from what is happening outside of us, to what is happening within us
- We need to embrace green!



# Green...

- Focus is on being connected to ourselves and those around us and being in touch with and expressing our “true feelings”
- We tend to be rejecting of orange, and being constrained by blue things such as discipline and structure
- The result is that we tend to lose our ability to truly live in the world
- We can also become caught in a deeply narcissistic path which actually contributes very little practically to the world around us
- We also find that we constantly struggle to actually follow through on things and actualise our dreams
- Manifestation in the outside world requires dedication, hard work and the ability to follow through – these things are not found at green!



# Homework...

- Where do you think you are?
- If you were to be truly radical and see your life from a new perspective, what would you say *REALLY* needs to happen in your life?
- This is probably very different to what you think you want!
- In Conscious Transformation we are also going to look at what you want, but I want to start from this more radical place...



## Feedback questions...

- What are you hoping to get from Conscious Transformation?
- How did you find the first module, and do you have any questions?
- Where do you think you are on Spiral Dynamics?
- What experience of meditation do you have, if any?

Please e-mail answers to [lois@ConsciousTransformation.co.uk](mailto:lois@ConsciousTransformation.co.uk) by Monday 8<sup>th</sup> July 9am with “Conscious Transformation Module 1” as the subject