

COMMUNITY RESPONSIBILITIES

This is channeled by JP Van Hulle in a series of individual sessions with Ed Hamerstrom. First, there is a general discussion of community responsibilities. Then Michael discusses individually the forty-nine responsibilities.

To use this, look up your raw number on the “Casting Blocks” PDF. At the bottom of the box is your community responsibility. (To the left is your global job.) Then do a search here for it.

Q: Can you explain Community Responsibilities in general?

Oh, yeah. That’s a really good idea. Thanks, Ed.

Community Responsibilities... What makes them different from the Global Jobs is that...

Both Community Responsibilities and Global Jobs are jobs that we take on when we come here as an essence -- and for our agency, and for our energy rings, and for the good of the planet in general, we’re going to use those qualities within ourselves to go out and handle those specific types of tasks. It’s just some tool in our tool belt that we’re going to use to help the world in those specific ways.

The Global Jobs are, of course, something that’s always there, that we always have with us. Wherever we go, whatever people we run into, however we show up -- it shines a little bit through us. More some lifetimes than others, but it’s sort of a constant companion.

Community Responsibilities are a lot more specifically used. They’re specifically used when we feel that we can really make a big difference to somebody that we already know, somebody that is part of our tribal community -- a friend, a neighbor, a relative, maybe [a] friend of a friend. It’s somebody that we actually really know, rather than any member of the public that’s out there. Pretty much with Community Responsibilities, people look to fulfill those with somebody who’s actually really open to get that support, and to hear or feel what that person has to offer. Because you

have to have a relationship -- at least a casual friendship type of relationship -- for people to actually listen, to pay attention to someone's Community Responsibility.

So it's rare that someone will actually respond to somebody else using a Community Responsibility on them, you know, using it to support another. It's rare that you will find somebody being open to being supported that way unless they're at least in your fourth circle of acceptance. Once you get out to the fifth, sixth, seventh, eighth, ninth circle, it's not going to happen. It doesn't actually exist.

You might be really, really good at one of the Community jobs, whatever your Community Responsibility is -- like, say, Comfort. You might be a great comfortable person, someone who gives great comfort to others. But if someone doesn't know you fairly well, like they're already in your circle of friends in some way, they're going to feel awkward allowing some stranger to comfort them, so they're not going to allow much. Maybe a little tiny moment of it every now and then, maybe like patting them on the back if you are a member of a larger group at a funeral, but there's not much comforting you're going to be able to do to somebody unless they're in your fourth circle.

Q: So let me ask a question. So it is basically the Community Responsibility [that] is down here on the physical plane. It's not referring to your Cadences or your Rows or your Blocks or something like that. It's to do with the essences outside of this plane.

Yeah, it's to do with people you're working with while you're alive and physical and on the physical plane. Now, that being said, if you've been really close to somebody in past lifetimes -- as soon as you meet someone you've been close to in a lot of past lifetimes, they usually bump up into your fourth circle very quickly and they become somebody that you want to get to know soon, and you'd like to spend some more time with, even though they're new in your life, and you start folding them in as quickly as possible because you recognize them in essence level, pretty much, and start to spend more time with them. They may not be somebody you get to see every day, they may not already be in your close circle of friends or family, but you try to fold them in quickly. That's what fourth circle is all about -- people you mean to spend more time with when you can, but you just don't have them in a regular routine in your life.

Because we all know first circle is the most intimate relationship. Second circle is next to most intimate relationships, like our very closest friends and siblings. First is usually mother and child and a mate (if you have a mate), and that sort of thing. Second -- often you live with the people, and they're roommates, close friends. Third is all of your friends and relatives that you're really close to. Fourth is people you want to get closer to, or maybe you have been closer to in the past, but maybe you don't live near enough by each other to see each other all the time, can't stay as connected as you would like to be.

Ed -- in fact, what you're doing is forming a lot of fourth circle connections for people that would like to be more connected. Like doing the MT Community website. That's creating -- instead of being in the fifth, sixth, and seventh circle, they all get to be in each other's fourth circle and that creates that intimacy of pulling more people into the fourth circle that would like to be there. And from there, if they want to start talking more with e-mail, and spending more time together, they can move into more intimate circles if they'd like. But that's the circle that's the outskirts, so to speak, of Community Responsibility.

Most of the people we do Community Responsibility work with are people in our first three circles. Fourth circle is out there. That's possible, but mostly it's the people in our first three circles -- our closest friends and family, our closest neighbors, people that we talk to all the time, see all the time, spend time with all the time. Might be at work. It might be your neighbor that lives next door. It might be your close friends or your family, but that's usually it. Those are the people you work your Community Responsibilities with.

Is that clear? Do you have any other questions about that?

Q: No, that's very clear. I like it.

Okay, I'll start with the Server Community Responsibilities.

It's obvious why the Server Community Responsibilities are Server CR's. (I'm just going to call them CR's instead of saying Community Responsibilities constantly.) The Server CR's are clearly things we do to be of service to other people, to be giving loving kindness to others, and to be

of some service to them in a very personal way. And these are, of course, going to be more personal jobs than the Global Jobs are.

Oh, and one thing we didn't point out is -- instead of calling them Global Jobs and Community Jobs, the reason they're called Community Responsibilities is because we do feel much more responsible for the people that are our closest community. The people that are our closest friends, neighbors, and loved ones. People we work with all day, our family. We feel more responsibility towards them to be the best person we can be and give them these qualities [than] when we deal with Global Jobs.

So [...] we do these CR's less than Global Jobs [which] are there for everyone. We only deal with specific people, nonetheless, because we care more about those specific people. We feel more impulse to step up and be responsible and give these CR's to people than we feel like we have a drive to give the Global Jobs to people.

The Global Jobs might step back in the background entirely for a lifetime or two, where we barely pay any attention to it at all. But CR's, we are always going to be wanting to do those because otherwise we feel we're not being a good tribal member. We don't feel like we're being a good friend, a good co-worker, and a good family member if we don't do the CR's.

There's more of a push for them which is why they're seen as responsibilities. Not obligations., because it's not like people are hanging on to it like a debt. Just in order to feel like you're a more responsible friend and citizen, you want to give your CR to people. So that's an important distinction.

#1: Nourishment -- Server (Bonding) Row, Server (Bonding) Column

The first one is the Server/Server, which is what makes the square of it Server/Server. It's not only in a Server row, it's in the Server column as well -- and it's about as Server-y as you can get, which is providing nourishment to the world around you. It's being a resource for [...] people that have been tapped of energy in some way [so they] have a wellspring of energy to draw from.

Now, it can be extremely, blatantly, exactly what it sounds like -- which is, "oh, I'm so hungry and this person gave me a sandwich". It can literally be

nourishment -- like, "here's some food" or "here's some water", like literal physical support. Often it's not so much a physical support which shows up, [but] energy. Rather than food, it might be money, or it might be clothing. That's how it shows up physically. "Oh, you really need a ride. I'll give you a ride to this place." I'm giving you nourishment. I'm giving you support. I'm giving you my energy. "You really need to be able to pay your bill. I'm giving you some money." That's a Nourishment CR right there in action.

Now we all will do these things for everybody all the time, sometimes. Everyone has in them the ability to do any of the Global Jobs and CR's. You really want to point that out. Any human steps into any of these roles occasionally, with anyone. They just don't feel the responsibility [to] do it constantly, with everyone, unless it's their own CR.

A person that does Nourishment really wants to give people energy. Not just in terms of physical energy (like money, or food, or stuff), but also emotional energy (like nourishing their mind). Giving them the information they can really use, or giving them a book to read that can really support them and nourish their soul, for instance. Or, allowing them to learn something about history. Or, understand something about politics to waken them up so they feel clearer and more nourished in their intellect or in their emotions.

So we can give [...] that's very much allowing ourselves the nourishment to be the energy resource. Because the energy flows from us. Whether it be a piece of information or a piece of food. Whether it be some money. Whether it be our time. Like, we're going to help that person by washing their car or giving them a lift somewhere. That's all nourishing them in some way because they were low on energy in some form or another and tapped out. We saw this person we care about tapped out of energy and we come up and we nourish them.

Like a plant that's wilting and needs water -- Nourishment is literally that. It's taking someone who's wilting [from] lack of energy, and plumping their energy back up so they can go forward again. Back out into the challenging world and have them re-energized. It's literally adding in energy where their battery is drained.

#2: Comfort -- Server (Bonding) Row, Artisan (Invention) Column

And then we have comfort. Comfort is a different story. Comfort is the Server row, but it's the Artisan column. Because people need to get creative with how they can give comfort. Ironically, the reason that it has to be a creative process as well as just a service, to be comforting to others or to create a comfortable atmosphere to them is because people get comforted in different ways, #1. What's comforting to one person isn't necessarily comforting to another person. Sometimes, people, when they're distraught, need somebody to be available and around but not say anything to them because they need peace and quiet. Other times, people need to be hugged and touched. Other times they need to be talked to and that makes them feel comforted. Different people, totally different things. They don't want the same things. So, first of all, you have to be really quick on your feet to know what kind of comfort the other person would want. And then, ironically, as much as humans can feel so thrown down at times, and so discombobulated, and unhappy, they have a really hard time letting in somebody taking care of them. It is not easy. Part of them thinks that they want support and thinks that they want to be nurtured, on the other hand, they also resist it. Because inside of our souls when we come here to the physical plane, we know that we're in charge of growing, nurturing, and expanding and spiritually awakening and enlightening that piece of universal consciousness that's inside of us. So, we feel like it's our job to take care of ourselves. As much as there's a part of us that yearns to be comforted and taken care of, once we're no longer children; children will usually let someone take care of them because they know they're just little kids and they know they're still pretty helpless. But once people get to an age where they feel more on top of things; they can dress themselves, feed themselves, etc., they start to get independent. And say, "I'm in charge of running my show." And if somebody comes up to comfort me when I feel down, if I give in to allowing them to comfort me, maybe I'm not being independent enough, and taking care of myself enough. Maybe I'm being too dependent. Maybe I'm being too wimpy. Maybe I'm allowing myself to be too vulnerable. So, ironically, as much as we all love to be comforted, people resist. A person with a comfort CR needs to get clever about how they give comfort. Because in order to give the type of comfort that's tailor-made for the person who's having the fact they are upset and imbalanced by something that's made them unhappy or grieving. But they also have to find a way to present it so that the other person will accept it and get past their natural resistance to handle their problems on their own without making the person feel disempowered or manipulated. So it's not always easy and can be a challenge. Yet, if you have that CR you definitely want to comfort the

people you care about when they're unhappy, sad, depressed, or grieving. It just immediately comes up to you that you have to go provide some comfort for them in some way. Whether it's bringing them chicken soup or whether it's finding them the right therapist or whether it's just taking them on a little weekend vacation. Whatever it is that's comforting to them. You have discovered that you want to do it. So you can see how these jobs go hand in hand with one another. One of the things that will be easy to see with the CR's is that pretty much all of them in the same row, really work together a lot. They interweave and work with one another very similarly. So, a person that's in nourishment could be giving somebody a bowl of chicken soup because they're hungry and they just want to feed them. And the person who's in comfort could give somebody a bowl of chicken soup because it's what will comfort them the most in that moment. So it could be the same but come for a different CR, identical actions coming from a different CR.

#3: Support -- Server (Bonding) Row, Warrior (Production) Column

The third CR is support. The line of course is service but it's also Warrior cast. Because it inherently means you have to be the person who has the strength in that moment. So, that you literally hold up the other person if they're too weak to go forward. I mean literally, like literally, physically. Like they broke their ankle and you help them make it out of the forest to be rescued. So, it's actually, literally be of support. And even if it's not physical support you're providing, if it is instead, emotional support, or intellectual support, or spiritual support, it still means you being the strong, capable, rock, anchor person they can lean on because they are temporarily feeling too weak to take care of themselves. And that weakness is something that you're counterbalancing, counteracting. Giving them more strength to lean on. Until they can get a comfort person, a nourishment person, help recharge their batteries, you're giving them a place to lean while they feel like they simply can't go forward under their own power. And that's emotionally speaking or physically speaking.

#4: Thoughtfulness -- Server (Bonding) Row, Scholar (Learning) Column

Thoughtfulness is the Scholar column. And of course, naturally it's a service. It's the first time when you're looking at the CR's that steps up into a more exalted perspective of support, rather than the more one on one ordinal support that you get from nourishment, comfort, and support. Thoughtfulness is all about thinking clearly about how to serve the world or

the situation around you. It doesn't mean just being a person that thinks a lot and ponders and is thoughtful about their actions as to what would be the best action to take place. They might have that attribute as well. That's fine. It would certainly go hand in hand. But it's really about thinking about what would solve and handle and work with service to take care of other people, to take of a situation. And it could be to take care of the person who's in front of you or to take care of people in general. And thoughtfulness is often really global. It's people who put in a lot of thinking, clarity, and inventive twists into coming up with solutions to long term problems where there needs to be service. Like, how do we stop air pollution. How do we education people about neutering animals. Or whatever it is that might help society in some way. That's where thoughtfulness goes. And you can see the Scholarliness in it because naturally Scholars love to use their intellectual centers. That's why it falls into the Scholar column. And you can also see the service of it.

#5: Encouragement -- Server (Bonding) Row, Sage (Communication) Column

Encouragement is a desperately needed CR. Because of the fact that if people are just trying to move forward with their own merits, they have a tendency to fall down that crack in their psyche that says, "I'm not worth anything. Maybe I have no value. How did I wind up on the physical plane? I only belong here if I'm being punished." That kind of basic mindset that we can easily fall into, that puts us into the negative pole of spirituality. What we need is to be bolstered into the positive pole of our spirituality to see that we are valuable parts of universal consciousness. Encouragement really helps us to be able to see that. So, it's very necessary. And, of course, to encourage someone you need to honestly tell them that they're doing a good job, and how, and to encourage them forward to do their best to do better. It only works if it's really honest and very clear and stated very diplomatically and kindly. So it takes masterful communication. That's why it falls into the Sage column. It's also something you can do in just a very ordinal way, or something you can do in a very exalted way.

#6: Kindness -- Server (Bonding) Row, Priest (Salvation) Column

Kindness is looking for how to be as loving and supportive to people as can be. It's to the people around you that you care about, the whole group. To be kind is a learned action that spreads love and acceptance around the

community. Acts of kindness are something that it's hard to push forward when people are just infant, baby, and young souls. People with kindness as a CR used to have a much harder time of it when people were a lot younger souled. It's easier to preach kindness and to stand in kindness and to help others get there as you have more mature and old souls on the planet. So kindness is finally coming up into its own where it is going to be a more noticed and easily used. Kindness people have been working hard for centuries and not always getting that far.

#7: Acknowledgement -- Server (Bonding) Row, King (Mastery) Column

Acknowledgement is, again, like encouragement, it's a touchy place. What you want with acknowledgement is, you want to, actually, not just encourage people to do their best or to better. You notice what they're already doing. Be very clear about where they have their assets and where they have their talents and skills and how they're doing with those things. Acknowledge what they've already done and completed. Because Kings are in charge of completion, things are about wrapping the bow on things and finally getting it done. Acknowledgement is the final service that we can give someone when they've actually accomplished something. So that they stop for a minute and appreciate themselves and the universe and get appreciation from the world around them for whatever it is they've finally accomplished. Otherwise they're just striving, striving, striving and there's no noticing of ever achieving any goals. And there's no sense of a raise in self-esteem that keeps people wanting to strive. So, acknowledgement is very important, and something that falls through the cracks all of the time. The King energy is to pay attention to what's been done. If it's been done well, to reward it in some way. Even if that's with a pat on the head, or smile. That reward really can go far to keep people being on the same and right path that they've been on that takes them to where they need to go. So acknowledgement is extremely important and something that's often neglected is also coming into its own as we move into mature souls.

#8: Patience/Tolerance -- Artisan (Invention) Row, Server (Bonding) Column

Once people have their basic emotional and psychological needs met, the next level of service they need is to handle their physical bodies and their physical bodies being balanced here on the physical plane. Their bodies as well as their psyches and emotions. The very first thing, the Server part

about being in health is patience and tolerance. We need that because, if we can't be patient with ourselves, if we can't give ourselves time to learn and grow, we're never going to get anywhere. We'll end up hurting ourselves, not just emotionally but literally hurt ourselves physically. We have to take the patience to learn what we need in order to proceed so that we're not a danger to ourselves and others. Patience goes hand in hand with tolerance. Patience is something that we actually exercise very carefully in our own process here. The person who teaches us patience, who provides it as a CR, teaches us to be patient and loving towards ourselves, so that we are less self-judgmental and can get more done. Tolerance is something we apply to others. To see that they're doing the best that they can and try to allow it to be that they are in their process too and they may not be perfect already. It takes a Serverly kind of perspective and it also takes a real creative perspective to figure out how to be more patient. How to be more tolerant. So, the person is going to have to use all of the tools at their disposal in order to get into patience and tolerance. It's not easy. But it's a foundation piece from where people can grow into healthy relationships with themselves and with their own body and mind. Once people have learned to be patient with themselves and their process, it's one of the first things you need to be healthy. You need to have the patience to deal with life as it is. If you don't have that, you can't be healthy. It's an interesting perspective. This is what our essences felt we needed in order to have health while we're on the physical plane. So, whenever somebody is lacking in health, you want to go there and say, "What is it my essence decides I need that I'm lacking." It's going to be somewhere in this row.

#9: Acceleration -- Artisan (Invention) Row, Artisan (Invention) Column

So, the first thing we need is to be patient with ourselves and our own foibles. The second thing we need to be able to work with acceleration. Meaning, to be able to say, "Okay, now I got it. I see what I'm doing. I know where I'm going. I've been patient enough to lay a foundation to deal with tolerance with the situation with people around me. Now, what do I need to go accomplish in life? To go out and accomplish and to get things actually done. So that I can keep moving forward in soul age and keep learning and growing. What does it take?" It takes being able to accelerate from a plateau into the next stair step up. Because the way we learn on the physical plane is not at a 90 degree angle. People think it's like at a 45 degree angle more. People think that you start plodding up and you're going up through your lessons. You just keep going on an incline, forward,

forward, forward. But that's not how anything grows. It's not how bodies grow. It's not how plants grow. It's not how people grow. It's certainly not how your soul grows. The way you grow is you plateau for a while. You learn everything you need to learn at that level until you master it. Then you take a leap forward. You push pedal to the metal. You absorb a bunch of new experiences and information. Then you plateau there and digest that for a while. Just like eating. You eat a meal, not just one bite. You don't need to take one bite every five minutes throughout the whole day. Instead, you eat a whole meal. And then you digest it. Then hours later, you eat another meal. And then you digest it. So that's how growth works. You need acceleration or you would just sit around like a bump on a log, feeling patient with yourself, but not actually going anywhere, not getting anything done. Acceleration is very deliberately the word there. It means seeing how to take the speed you're at and encourage it to go faster, and faster, and faster until you reach the next plateau. So that you can cover as much ground as possible. Not just to speed along, not just to proceed with alacrity. But with acceleration, it means to go faster and yet faster and until you get to where you can't absorb any more. Then you plateau again. It's not surprising to us that's in Artisan row, Artisan column because Artisan is the creative mindset it takes to see how to go and accomplish anything in the first place. It takes us using our Artisan sub-personalities. It takes using some Artisan qualities because we're not sure how to go faster toward something, unless we can conceive of what that something is and what we want to get out of it when we get there. And, as we accelerate, how we can proceed through all of the challenges between here and there, to get to where we're going. It takes a lot of creative thinking. A lot of problem solving. That's why it's in Artisan, Artisan.

#10: Agility/Grace -- Artisan (Invention) Row, Warrior (Production) Column

The Warrior column takes us away for the moment from the mental and emotional aspect. Actually, acceleration goes under the moving center. It's the moving center aspect of going faster and faster and faster. But it gives you the ability to process large amounts of data. It doesn't actually make sure that your body stays healthy during that process. For your body to stay healthy, it needs agility and grace. The reason it needs both of those is because agility covers a person being able to nimbly and capably take care of their physical body and move through all of the shifts and changes that are necessary to continue to grow forward on our growth path and become

more enlightened creatures. Agility is keeping your body in order. That's literally where you go when you say, "Do I need a better exercise program? Do I need to eat differently?" That's agility. It goes with grace. Grace is there to help you interact gracefully and positively with others physically. We want graceful responses. We want graceful communications between our body and the other person's body. So that we react in, and respond in a simpatico, harmonious methodology when we are interacting with those around us. The agility is for ourselves so that we can overcome whatever obstacles are necessary physically. Grace is for dealing with others.

#11: Adaptability -- Artisan (Invention) Row, Scholar (Learning) Column

Adaptability takes us more, like it did, like the Scholar column did in the last row, it starts taking us up out of the ordinal. It takes us out of just dealing with me, myself, my own body, or, just me with you, this other person that I'm in front of. Even though you can use grace and tolerance in a much larger group, it's really meant for being able to deal with people in a one on one way, primarily. If you take it out further, great. But as we step into adaptability, which is how to stay healthy in the Scholarly sense, the adaptability is all about using whatever tools we can come up with to work with what the physical plane is going to throw at you. Because the one thing you can count on, on the physical plane, is you can set a goal, and you can start moving toward that goal, unexpected things will arise that you absolutely couldn't plan for no matter how hard you try. And they're going to have to be dealt with. Otherwise, you're going to be dead in the water. It's just part of being here on the physical plane. You can never really predict what's going to happen. You can write down everything the way it is today. You can imagine exactly how it will be a year from now. When you look back in the next year and you see what your predictions were, they're never completely accurate. All kinds of stuff happens between one year and the next, that's going to make your life different than it was the year before. We can either just be dead in the water, or we can adapt and deal with it, work with it and find a way to morph ourselves into the ability to handle it. It's a Scholar attribute, a Scholar CR in terms of column because Scholars are very good at saying, "If this line of inquiry doesn't work, then I'm going to try this one and I'm going to try that one. "They're very good at logic trees and at deciphering and taking it down to its component parts. And looking at it and seeing how it can be put back together in a different way. Or approached at a different angle. To enable you to try a different set of circumstances to get the same thing done that you were trying to get done.

But it didn't work in one way. Let's try it this way. Let's try it that way. It's very Scholarly to puzzle things out. That's why it falls in the Scholar column. You absolutely have to have adaptability while you're going acceleration, while you're doing all of these, in order to gracefully and positively be moving your physical body through its karmic lessons to continue to grow here on the physical plane.

#12: Contrast -- Artisan (Invention) Row, Sage (Communication) Column

People don't seem to understand this one well. So we need to explain it a little more thoroughly. If we don't get some seniority to contrast we're never going to work well, except by ourselves. This one goes even more so out into working with the community. What contrast does, it acknowledges, that here on the physical plane, for us to feel healthy, balance, etc., we're constantly taking the temperature of what's going on around us. How is that person handling this? How is that animal, or that plant, or that city handling this? How does that culture handle this problem or that problem? Then what we do is a comparative analysis. The comparative analysis says, ok, here's how George climbed that mountain. Now I'm going to climb that mountain. Should I do it the same way as George does? Or should I find a different way to climb the mountain? The CR of contrast says it's not a competition. Life is not a competition. Life is instead, a variety of different pathways. You can see how you're doing in contrast to that other person, or the world around you, or that group. That way you can see how you might be differing or how you might want to try something unique, or how much you want to follow in their footsteps. It's all about you moving forward. It's not about you having to be competitive with that person over there. As young soul society tends to push everyone to believe. That everything is competition, competition, competition. Younger soul society believes in acceleration. They're not terribly patient. They do have a certain level of patience that they have to deal with or they can't act. And they'll accelerate. And they believe in keeping their body physically agile and all that. They can adapt to problems as they show up. But they don't look at the contrasts and say, here's what I learn from this. They say George is over there climbing that mountain. I've got to get to the top ahead of him. We're in competition now. So, they learn nothing from George. And they learn nothing from everyone else who's climbed the mountain. Because they, themselves feel in competition because they're climbing the mountain. Competition can actually rip apart health and progress. When you feel very competitive, if you're in competition with another person, then you're constantly under

stress and your health suffers. The health of your spirit and your soul goes down because, instead of just looking at the useful contrasts of how everybody else is moving through life, you're setting yourself up to fail in comparison to them, or to succeed by making them fail. That's a win, lose proposition. Win, lose, always takes health away, rather than encouraging people to be healthier and more in positive alignment with one another, to support each other through their growth process. That's where contrast comes in and is incredibly useful. One of the reasons you don't see lots of people in contrast, they're there. There are a lot of people out there. But the reason you don't see them using their CR's that much is because they have been so not listened to during pretty much the entire realm of, while people have been young souls, contrast people get drowned out and not paid attention to very much. They used to be more paid attention to when people were baby souls. They're coming back up as folks are moving into mature. Contrast folks are getting more attention and being able to be more in alignment and have people more in alignment with them. In order to look at contrast and look at all the different shades of gray between us and another person and not be too black and white, it takes good skills and understanding of human nature and a great ability to parse A from B from C. It takes excellent communication skills in order to get it across. Well here's how you contrast with George. But I'm not trying to set you up in competition with George. That's why it falls into Sageyness because to takes masterful communications to get that CR across. Otherwise it could also be used by Scholars and Priests. In fact, a lot of Scholars, Priests, and Sages choose that. If their role is Scholar, Priest, or Sage they're more often to be in contrast than the other roles.

#13: Aspiration -- Artisan (Invention) Row, Priest (Salvation) Column

Aspiration keeps us healthy because it's all about imagining excellence for ourselves. It's imagining what could be the best, the most ideal, the most positive outcome for ourselves and others. This goes out to the whole community. It says, "Why don't we aspire to these goals because if we can get there we will feel a great sense of accomplishment?" We'll have done something wonderful for ourselves and others. Even if we can't get all the way there we've set a standard for ourselves to work towards. Any movement towards it is going to be success. It's going to make us feel good about ourselves, because we're aspiring to something great or good for the good of our community, for the good of the world around us, to make improvements in ourselves and others. That's aspiration. It's inspiring and is

goal setting at the same time. You can see why it would be in the Priest column because it's very spiritually oriented. It also helps us set those real goals. Like a career goal that might take us 8 years to work toward, because we decide we really want to become a brain surgeon or something. You have to have aspiration for that. Or if somebody really has any goal that may be very challenging and take more than a very short time to progress toward, falls under aspiration. We need support. It's very rare that you can have these big aspirations and they don't need a support team to get us there. Usually aspirations are something we may have done on our own but we need other people in order to function to get there. So that puts us into a more exalted CR. That's why it's Priestly instead or Serverly. Aspiration is needed because nobody, all by yourself, going to learn to be a brain surgeon. You need tons of mentors, doctors, teachers, and a whole university set up for you, and everybody that helps you pay for your medical insurance costs or your educational costs and your parents to give you a big education before that. It's all teamwork. Aspiration is teamwork and that's why it's in the exalted format.

#14: Release -- Artisan (Invention) Row, King (Mastery) Column

As you can see from the Server row, the King CR, at the end of the row there, is a wrap it up CR. It wraps up, just like acknowledgement wraps up the service row, release wraps up the health row. The very final thing we have to do if we're going to overcome an issue having to do with our emotional, physical, spiritual health is, we have to let it go. Either that or we're going to keep on dealing with it again and again. If we don't ever totally release it, if we don't master it and finally release it, it winds up being a reoccurring problem. It's like a person can get cancer and they can overcome cancer and go into remission and never have that cancer again. Or, they can be somebody that gets some form of cancer every few years and has to go through the whole routine with some sort of healing method or another to get rid of it over and over again. So, release is completion. It's also deciding I'm really done with this and I'm ready to let it go. It's obvious to see how that can help you with your physical health. Like, you catch a cold and you finally let it go and don't have any of that virus in your system anymore. You're healthy again. It's easy to see on a physical level. It's also true on a spiritual or emotional level, emotional well-being, or emotional health. We have to reach a point where we let go of allowing ourselves to be run by our issues, scars, childhood, or some pattern we've used that's kept us psychologically in a bad place, or emotionally in a bad

place. We need to finally see what we can learn from it and let it go. Release is one of those CR's that was easier for people to work on when humans were newer. It was easier to work on in terms of letting things go physically and emotionally. Early humans had to learn to let go of their sadness, shock, and grieving quickly, so they could move on to the next survival lesson. So they came up with big funeral rituals for instance or rituals to help them through the pit of winter. They came up with these so they could have a ritual and chanting or ritualized grieving so they could let go of their sorrow, sadness, upset over their losses in some way that would allow them to go back to efficiently surviving. That's how we came up with so many of the rituals humans have even today, funerals, etc., was so they could release and get themselves back to focusing on the present moment. Early on in human history, release was, let go of whatever has been physically bothering you and move on. Let go of what's emotionally bothering you and move on. It's still getting there in terms of intellectual, psychological, and spiritual release. People are just now, as they're getting more into mature soul thinking, able to work on those levels. It takes people being more psychologically and spiritually astute to learn to release held instinctive patterns or deep psychological issues, scars, that kind of thing. Folks are just beginning to learn that as we move away from young soul into mature souls. Release is just starting to come into its own at the more refined levels that are not just related to just physical and emotional well-being. It's an evolving CR. It's in the Artisan row because you have to be continually creating and re-creating yourself in order to let go of something and move on to the next level. Go get thrown out of health and try to get back into a healthy state we have to re-create ourselves which is how it got into the Artisan row in the first place.

#15: Stability -- Warrior (Production) Row, Server (Bonding) Column

The Warrior row is the domestication row. We are going back to the very beginning to look at the very first column of the Warrior row which is stability. What you wanted back then, when Warrior energy came in and said, let's make it easier to have ourselves not to be pushing against nature. Let's actually use nature to support ourselves. Let's domesticate plants. Let's actually plant them by ourselves instead of going out and gather. Let's keep animals instead of just going out and hunt. That was making a connection with nature. That's why we're going way back to the beginning there. When you look at stability, it's the first form of Warrior ability to take care of the people that are the closest to you. What's the very first thing you want to do in the Warrior methodology if you want to take care of those

close to you? The first thing you want to do is provide anchoring and security. You can understand why that would be a service, because it would make you feel nurtured and strong. Stability provides foundation from which everything else can grow. As a Warrior row, it makes sense for us to be in stability first. You could have also called that CR creating a foundation but it goes beyond just foundation. It also goes to continually re-creating security over and over again. Once you've provided initial stability, as you build from there, if some instability starts showing up, you go back to stabilizing again. So, first it creates a foundation. Then it goes back and says, okay something has happened to makes that foundation shaky. How can I go back and re-ground? What people do when they provide stability for their community is, whether people recognize it or not, as often is the case when people don't see this CR, they don't know that somebody's doing it, they just notice when that person's around the group or family, everybody feels like they're working at some sort of well-oiled machinery, instead of flying apart chaotically and things aren't making sense. Stability can be more invisible. But if you hang around one on one with someone who has the stability CR, you recognize how much they create an ambiance of, everything is safe here. You can relax and let your armor down. Not surprisingly, some people with this CR are counselors and therapists, making others feel more stable.

#16: Fertility -- Warrior (Production) Row, Artisan (Invention) Column

Fertility started out exactly as it sounds which was, what can we do to create so that there's more fecundity in the space? How do we make better crops? How do we raise more food? How can we take care of our animals so that they have more babies so that we have more animals, so we can have more food, also, for usage of their bones and skins? How do we create, so that we, as a race, can have more babies that survive? Back in the infant soul days, fertility people literally tried to whatever they could to support their community to keep their babies alive and have more of them survive infancy and to keep more of their crops and animals alive, so that literally there could be survival. There are still a lot of places where there's high numbers of infant and baby soul communities where there's still fertility people paying attention to those sorts of things. Even in these sophisticated cultures, like in the U.S. right now, you'll see someone with that CR will become a fertility expert. They will do what they can to keep people having babies who have infertility problems. It can literally go in that direction. It has also been expanded beyond that. This is where more of the Artisan creativity

comes in. Of course, Artisan creativity comes in when you're just talking about plain old fertility because it's creative to have babies, baby animals, or plants. The fertility CR has moved beyond helping people have an environment in which they can have more children, more pets, etc. It's also to have more creative ideas that create a better market place or society. It's also the fertility of ideas that creates better politics or books to read that expand the mind. They're trying to create better, higher philosophies, and to create better standards, better laws. You'll see people in fertility are authors, lawyers, city planners, etc. What they're trying to create is, as they say, build a better mouse trap. They're trying to create a better situation that would create better opportunities for all. Of course, it always trails back to survival. Beyond surviving, you want to have a better environment, a healthier environment, etc. Fertility has moved much more these days into fertile and creative ideas, and plans to implement to improve life around us. It's more than just making sure that we keep producing more humanity. There are lots of people on the planet now. But that's only in the last couple of hundred years since it's moved away from being all about people having more people. Now it's more about having better a lifestyle and better standard of living. It's interesting because people in fertility are going to be some of the movers and shakers that come up with the best ideas for handling challenges on the planet so that people can live better, longer, and not just have tons of humanity crowd everybody into a space, pollute it, kill each other off. But rather, they keep coming up with solutions to the problems that show up when you do have more people born. It's definitely a CR to watch because it's coming more into its own in the last couple of hundred years, finally moving beyond just being how do have enough people, food, and animals to survive.

#17: Endurance -- Warrior (Production) Row, Warrior (Production) Column

Warriors are nothing else if not stolid. They're capable of planting their feet somewhere, persevering, making sure they work on something until they get it completely handled. They manage it all the way down to the ground. They make sure, that no matter what it takes to get it accomplished, it eventually gets accomplished. Whatever it takes to survive, no matter how difficult things get, that someone will still be standing at the end. So that their race, the human race, the tribe, family survives, no matter how difficult, challenging, impossible the situation might be, that there are somehow survivors there at the end of it. So that's basic, basic, basic when there are the worst challenges you can imagine, when you feel like your life is in

complete disarray, when there have been horrible tragedies happening, like the house burns down and half the family burns down with it. People that have that CR of endurance step up and help everybody figure out how they can survive rather than commit suicide in the face of overwhelming odds. You'll see endurance people helping on suicide hotlines or going in to support people after hurricanes. You'll see them as EMT's. A lot of them are in the army or the armed forces of some sort. They go and try to resolve and handle issues where people are getting killed and where it's as bad as it can get.

Q: It's interesting because it's not a Priestly uplifting sort of thing I guess.

No. It's down in the dirt.

Q: It's still very much serving people.

It is. It's very serving. It's serving of humanity, serving of the community. It's often very serving of your troupe or family, your closest buddies and pals around you that you want to be sure somehow manage to make it through that tragedy or that overwhelming disaster. Endurance people help people get through the flood or to pull all of the survivors out after the flood, tsunami, or hurricane. They help them find enough food and water. They're often involved in disaster relief. So they're very basic, very stolid, very solid people. Often they're unsung heroes. In their normal day-to-day lives they may be firemen or like we said, emergency response specialists of some sort, things that aren't necessarily praised on a day-to-day basis. But you have something like 9-11 and everyone says thank goodness we have dedicated firemen. Look at how many of them gave their lives. But so often they are unsung because people just expect them to be there when the chips are down.

#18: Competence -- Warrior (Production) Row, Scholar (Learning) Column

You can see why competence is in the Warrior row. Warriors want to take care of the basics. They want to be sure that those close to them, their families and community survives. Once you stabilize and are sure they can keep reproducing and have disaster relief in place, the next thing you need as much as possible is to have people be competent. They know how to basically gather the skills that they need to do what it takes to support each other. Competence people build schools, write how-to manuals, and keep people afloat. For example, by repairing computers and helping by being

locksmiths. They help them with the stable things you need to get through life. Competence people will repair your car and cut your hair. They make sure you can manage to get through the day. Many competence people manage the paperwork, accounting work that keeps society going and afloat. They keep track of business transactions for instance. They run cash registers. They make sure everything is afloat so that it doesn't fall apart or get chaotic. You'll see, because it's the Scholar related CR it's Scholarly because there's education involved. In order for people to be competent, they have to gather some skill. In order to gather skill, they have to be taught. As soon as you get to Scholar you start noticing that it opens up into being a little more about the community and not as much one-on-one. It's about training people in the larger sense. Everyone needs to have a certain level of competence. That's why you have schools. That's why everyone learns the alphabet, how to read, to do basic math. Otherwise society would be incompetent. Again, it's handling people in mass, a little more than just one-on-one or one-on-a-few like the first few CR's. So now it starts to open up in a more exalted way as you move up into Scholar, then into the more exalted Warrior CR's. Competence is exactly what it sounds like. It involves training, mentoring, and support. Very few people are born with competence. Most people have to be trained to be competent. And they're only competent in certain arenas. It takes patience, training, and being willing to be there for people in order to get them where they want to go.

#19: Strength/Empowerment -- Warrior (Production) Row, Sage (Communication) Column

We are still in the Warrior row. Where is it that you're going to bring in the Sage aspect into this? It's the ability to talk and communicate with the rest of the world. There are 2 CR's here. Instead of starting with the ordinal one which is strength, it'll be easier to explain these by starting with empowerment first. The Warrior CR's are about creating strength, survival and the capability to get through whatever might show up. It's to help the community to do what Warriors do which is to survive and take care of each other. When you move out into the community you've provided some stability, endurance, and competence, now you want people to feel they can work well together. In teamwork there is a greater ability to survive. Warriors are all about survival. The Warrior row of Community Responsibilities is all about surviving and surviving well and surviving with one another. It's about helping each other rather than just working on one zone. If people feel powerful instead of feeling powerless they do a lot more

for themselves and each other. They are Sage CR's because, in order to experience these, you experience them through communication. Through that mentoring and competence that you got from Scholar people begin to feel more capable. They empower one another by increasing the ability for people to see in themselves and others that they have value and capability. Empowerment comes from recognizing in one another that the person has value and capability. It takes being able to see the person neutrally and clearly and communicate to them they are able to handle anything that shows up and getting them to believe it. At the more ordinal level working on yourself in terms of getting in touch with your own competence and personal power is to read up on things like self-help books, getting mentors to help you, just helping one-on-one, somebody that you're very close to, it makes you a stronger, more capable person. The strength part shows up inside oneself and in helping somebody that's going through a difficult time to be strong. The greater of these 2, that are both being used by the same person, the one that helps the community the most rather than in stressful situations where you're working on things on your own or with one or two other people in which cast, you all pull together to be as strong as you can be, but it goes hand-in-hand with is the empowerment. Once you have people feeling empowered, you have your community feeling like they can make a difference to their own fate, then they don't just lie there in the mud and be exhausted peasants. They pull themselves together and form a community and a society. They take their ability to survive and flourish into their own hands. They don't feel overwhelmed, useless, powerless, or easily subdued or controlled by tyrants or dictators. This is actually a CR that helps people break away from dictatorships or overly controlling political situations.

Q: It sounds kind of like what a successful coach does when they take over a team and make them better and work together better.

Yes, absolutely. That would fall into here absolutely.

Q: Would a lot of good coaches, disproportionately many, have that CR?

Oh yeah and coaches in various different lines of work, people that are literally sports coaches and people that are coaches in terms of psychological coaching. They are also people that are guidance counselors, etc. There are all kinds of very supportive, positive work that people do with one another using this CR pairing. It would include people that write self-help books and give seminars. They do the strength and empowerment CR pair.

#20: Courage -- Warrior (Production) Row, Priest (Salvation) Column

[Skipped from 19 to 21 between recordings. This short paragraph was added later:]

Courage is the study of what it means to behave with bravery in the face of any obstacle or while experiencing any level of fear. It's an intimate process to share, so it wound up a CR instead of a GJ.

#21: Resolve -- Warrior (Production) Row, King (Mastery) Column

Like the 3 earlier CR's in this row it is more exalted type of CR. It's something that spreads out in every direction. It makes a big difference and is quite contagious when you're able to hold on to resolve and help other people find their resolve, find their backbone, their ability to stand for something. Resolve goes in 2 directions. Resolve is being resolved which is similar to being determined, feeling like you can handle whatever comes up and can see it through to the end. It's getting it through to completion. Resolve is also getting to the resolution. So it's not only being resolved that you can stay on target no matter what and not give up, as a determined, persevering quality. It also takes you all the way through to the resolution of whatever project you've been working on. Because it's in the Warrior row it's about getting things accomplished. Warrior row is always productive no matter what block it would be in the Warrior Global Job is always productive Global Jobs. Resolve is also productive. It's about finding resolution. It's about being strong and standing up for seeing something through all the way to the bitter end no matter how difficult or challenging it is. No matter how long it takes even if it is a very, very long effort. Resolve can be quiet. It doesn't have to look noisy or pushy. It can be quietly going on behind the scenes for a long time. It always gets its man. Like the Canadian Mounties, it always gets there. Resolve never falters. If you can inspire others in your close family and friends to also be resolved you wind up with a community, and since this is a Kingly CR it tends to reach out and magnetize others to become resolved also. King energy does that. It magnetizes. So you can get a group or a company to be very resolved to move towards a goal. This could apply to everyone in a family, spiritual group, or investment group to be resolved to move towards a goal. This is a very useful thing. It works even better with baby and mature souls than it does with young souls because the resolve spreads around to see things

through to completion and to do whatever it takes to get there. Resolve is interested in the goals that may be the long sought out goals that definitely affect the whole community. They're more community goals. Young souls tend to put more attention on what focuses them on themselves and their own goals rather than what works for the whole community. So you'll see resolve be used much more effectively with baby and mature souls, and of course old souls.

#22: Recognition -- Scholar (Learning) Row, Server (Bonding) Column

Just like Warrior rows are all about productivity, when you move to the Scholar row it is all about what do I need to learn? How do I open my mind and my experience so that I can become clearer, educated, objective, and capable of getting things that I need to do on the physical plane done? At the very first level of learning is to recognize that you want something or that something is a good idea. To have recognition is to see that person or I recognize I have karma with. That's the direction I need to go. That's an area of study I want to participate in. I don't know until I recognize it in the first place. Recognition is frequently undervalued because people don't stop to be grateful. They tend to recognize and then move forward very quickly. Oh yes. That's something I want or want to know. That's something I want to do. And then they go do it. But without recognition people can flail for a long time. They can have problems settling on what they want to do for a living, or who might make a good friend or mate. If you don't have good recognition skills you feel like you're traveling through the jungle without a map. You don't know where you're going. You might stumble into something good but you don't know how to find the trail. Recognition is very important. You can see it was very necessary and vital for people back in infant soul days when they were first learning to recognize each other and recognizing the usefulness of other human beings seeing how they can work and bond with one another. The recognition was very useful from the very get-go. It was a foundational piece upon which all learning, growing, and starting new projects came from. That's why it's in the Server column. It serves the individual and community. It gives them some idea what direction to go in the first place.

#23: Experimentation -- Scholar (Learning) Row, Artisan (Invention) Column

As soon as you've recognized what direction you want to go and something

looks like a good idea and you want to participate in it, then you experiment with it. You do trial and error. Is this going to work? Is that going to work? Is that going to fly? Are you going to teach me anything? Are you not going to teach me anything? Is this a good relationship for me for me to participate in or not? You can understand why experimentation is in the Artisan column. Artisan is all about trying something new, or something I've never tried before, going in some new direction I've never gone in before. Once I've recognized something I proceed to experiment with it. Experimentation people encourage folks not to be too conservative, fearful, or stogy. They say come on, give it a try. Give it a shot. Taste that escargot. You might like it. Just do something you've never done before. Why not? It could be some path you'd really like to follow so let's try it out.

#24: Review -- Scholar (Learning) Row, Warrior (Production) Column

The Warrior, productive part of this Scholar row says I recognize it looks like something that might be interesting. Now I've examined it a little bit to see what I like about it. Now let's see what I've learned from my experimentation and review it and see if it's something that's useful. Or is it time to make a course correction. I may need to add more. Or maybe I need to go at it in a slightly different direction. Maybe I need to give up on this and go in a different direction. Not just persevering somewhere where I may be wasting my time. Review gives you an opportunity to look over what you've been doing. See if it's useful. See where the useful parts are. If it's not useful, jettison it. If it is useful but something else would be good to be added in or if you need more of something, then you can add it in. Review gives you the opportunity to gauge more or less if you need to make a course correction so you can move in a different direction. It is the Scholar row, so it allows people to do a whole lot of catching up with their research. I've had all these experiences and I've done this experimentation, let me also read up on what other people have done so I get to triangulate with their efforts to see if we're really getting somewhere.

#25: Absorption -- Scholar (Learning) Row, Scholar (Learning) Column

Absorption here makes total sense because it's all Scholar all the time. Once you've reviewed and you see what's good about something and it's working then that CR of absorption is about literally taking it in and absorbing it into your lexicon, into your instinctive center, into your very selves so that you learn it once and for all. Whatever it is, whatever the lesson is, you don't

have to repeat it and repeat it. You get it from doing it that time. People often really need somebody around with the CR of absorption because a lot of people do not get experienced the first time they go through it, even a second or third time. They're constantly setting themselves up to have similar karmas or experiences over and over again because they just don't know how to absorb the experience and learn from it enough not to wander down that path again. Absorption is an extremely important CR. People don't expose themselves enough to it. The people that do the same karmas over and over again don't have an absorption friend or close family member in their life. They should actually look for one.

#26: Study -- Scholar (Learning) Row, Sage (Communication) Column

Absorption is really personal. Study starts to take you out into the exalted format. It is Sage related because it interacts with other people. You're learning from them. They're learning from you. You're being a teacher. You're being a student. You're taking everything you've experimented with so far, everything you've absorbed, you're teaching it to someone else. You're learning more about it. You're picking up mentors so you can go further with it. You're either writing up studies or taking on more studies in the area. But you're taking it to the next plateau, to the next level beyond what you've already absorbed. It's a place of great exchange of ideas. Someone who has that CR often encourages debate, discussion, blogging, editorials, etc. so that people can share their ideas, information, and perspectives with each other.

Q: Isn't that a lot like the 7 different levels of soul ages?

It is. It truly is.

#27: Reflection -- Scholar (Learning) Row, Priest (Salvation) Column

Once you've looked at all of what you've been learning, everything you've been studying, and everything you've been going through to see what the usefulness is of it and you've been sharing it with others in the study format and have been absorbing it into yourself, you want not to just learn it so you don't have to do it again, but you want to reflect on the higher purpose of it. A person whose CR is reflection teaches us to look at the higher purpose. Okay I've learned that. It was useful. I'm glad I know it now. I understand what I went through and I can explain the experiments to other people

around me. What good is it spiritually? Where does it? Reflection takes it to a higher perspective. It makes us look at our lives from a broad scope vision. From a position of altitude we step up and ask what is really happening in the warp and woof of my life? Let me look at myself, my doings, and my studies from an overview to see what I'm really getting out of all of this. Reflection sounds quiet and peaceful. It can also be very intense because it can make people look very deeply into themselves. The average human until they're mid-level mature, which is a long time being here, are not particularly reflective. Human beings are generally not all that reflective. They usually have to have some real push to get into a reflective frame of mind. Having a person whose CR is reflection really helps people to stop for a moment and look at where they're going and what they're doing. A lot of people who have this CR wind up being spiritual leaders, teachers, or counselors of some sort. It gives people who go to church on Sunday a chance to think about what they've done all week. Have I been a good person for instance, at the most basic level?

#28: Overview/Perspective -- Scholar (Learning) Row, King (Mastery) Column

Overview is not only to reflect but really get a sense of the whole tapestry, the whole pattern of your life, seeing yourself and your life. Where you are in it? Where you are in your life path? What your strategies have there. Are they workable or not workable? How good of a person are you being? How evolved a person are you being? Where are all your un-evolved bits? It really enables you to strip yourself down and see yourself extremely clearly from examining your learning path, your studies of truth, and where it's been taking you. It's hugely illuminating in terms of looking at oneself. You can either do that for yourself or you can help inspire other people to do an overview of their own life, studies, and where they're going.

Perspective – In order to be in that clarity of overview of yourself you need to have a neutral perspective. So you're not looking at yourself from an overly rosy or overly gray perspective. You want to be as objective rather than subjective as possible. Perspective gives you that ability to be objective. It takes you away from yourself entirely. It allows you to give perspective to the people around when they're off and running on what it is they know or think they know. People get very opinionated. They have really strong opinions. They can have really strong political, social, and sexual opinions. And they have strong opinions about diet, health, you name it. Certainly they

have strong opinions about spirituality. Once they get super opinionated they are often extremely subjective. Perspective takes that subjectivity away and allows people to look more clearly and rationally at what they believe versus what someone else believes. This allows them to have a greater perspective about what's going on with someone else and how to understand what that other person is thinking and where their ideas have led them, even if you disagree. Having perspective allows you to understand better where someone else is coming from. It helps to see why they might be there. It helps to be able to see more clearly the overview of their path so that you have objectivity about them and their lives or say about a society, club, or organization. It also helps you to be able to see them clearly as well as the overview side, which allows you to see yourself clearly. Overview tends to be for you or for you to teach people how to do it individually for themselves. Perspective is something we use for the planet around us.

They are an extremely useful and popular set of CR's. People really tend to like having overview and perspective people in their lives. When they come into the room, people really like that because they tend to solve or calm down arguments and help people to be more neutral with each other. They make great mediators. Truth is, this whole row, people really enjoy it. People who have chosen to have their CR in the Scholar row are pretty popular. They get a lot of appreciation and a feeling like I've really benefited having you do to this for me, from having you in my space.

Q: Are there any CR's that are unpopular?

Yes. People sometimes have a tough time with the Artisan row of CR's. Like the person that tries to teach you patience and tolerance. Some people don't want to be patient or tolerant. They just don't want to be. They don't want to adapt well. They don't want to look at the contrast out there in the world that on the one hand you could see it this way. On the other hand you could look at it another way. People tend to resist those quite a bit. The Artisan ones are sometimes not that popular. And also, we haven't gotten to them yet, but the Priest row CR's are not as popular either. The Scholar ones are very popular. Usually the Warrior ones are because they're so stabilizing. Everybody likes people in Server CR's because they feel taken care of.

#29: Sharing -- Sage (Communication) Row, Server (Bonding) Column

It's very Serverly to share and not be just all about oneself. That's why it's

in the Server column. However, when you hear sharing you think, well I'm going to share my food. I'm going to share my toys. But no, that's not really what sharing is about. Sharing is about not being obscure, obtrusive, or armored around one another. People that have this CR can step up and talk to children about sharing their toys or allowing others to have a turn, that sort of thing for little kids. But everyone teaches that sort of thing. What the sharing CR people are really about is allowing others to see who you really are. To actually share yourself and not be believing that perceived invulnerability, trying to clamp down and not let people really see what you think or feel. That's actually not what makes a person powerful. What society tries to say particularly when you're a younger soul age is that you're more powerful if you armor yourself. The more you armor yourself, the stronger that you'll be. People can't know your weaknesses so then they can't attack you. But the truth is, to be with your community properly, all the people you are intimate with you have to learn to share yourself. Because if you don't share yourself and allow intimacy, you don't allow them to know what you really think or feel then you're not being your true self with them. Who they're in relationship with isn't really you. So you can't have any real grounding for a close relationship. The person whose CR is sharing is actually there to teach the community how to be more open with one another and how to embrace vulnerability in the proper format rather than to reject it altogether and say I don't need anybody. I can just be on my own. So it's an important CR for each community to have somebody who has that CR. It's important because if there's nobody to remind people to allow themselves to be vulnerable, the whole community suffers. People wind up having a lot of deception, posturing, arrogance and no real understanding of one another. So, the sageyness starts with communication of sharing who you really are. It's extremely important and good for the whole community. And again, as we're getting into the exalted CR's, Sage, Priest, and King, you'll see that, unlike so much in the Server, Artisan, Warrior, or even Scholar row, it's about how it's good for the whole community not just for yourself. The work they do is for the entire community not just the individual they're working with. Because of course, it's exalted.

#30: Generosity -- Sage (Communication) Row, Artisan (Invention) Column

Generosity falls into the Artisan column because it takes cleverness, ingenuity, and creativity to see how to have enough to give of your energy or goods to others instead of just having enough for yourself. It usually takes cleverness, creativity, and skill. It also takes inclination. People have a

tendency to keep their goodies and toys for themselves. This is a ramp up from sharing. Generosity says don't just share yourself with others, but also share your wisdom. Share your goods. Share your services. Keep enough for yourself, yes. But once you have excess, let other members of the community benefit. Take care of others around you. Don't just be all about amassing more and more for yourself. There's a natural human tendency, particularly in the baby and young soul phases to stockpile all of their goods for themselves. That makes them feel stronger, more powerful, wealthy, have better standings in society if they have more stuff than everybody else. They may want to keep their information and wisdom to themselves because knowledge is power. This second Sagey CR says share with each other your goods as well as who you are. This is what sharing is about. Generously give of your excess, whether that would be an excess of things or whether that is an excess of service. I have extra energy so I can help you move if you're moving to another house. I have the extra arms. I'll go help you there. I have extra knowledge, something you could know that I can share with you, I could teach you. That's why it falls in there. It's an augmented sharing.

Q: I have a question. Both of those are about teaching other people to share and be generous. Are all of them going to be teaching others to do that sort of thing?

Yes. Everything in the Sage row is about teaching others. Of course, the more you teach others, the more you learn it for yourself. But people that have these CR's usually have a natural tendency to be more open and generous themselves. And then to experience it and the positive reactions that it creates and therefore is able to be a poster child for it.

Q: So they have to sort of experience being that way themselves before they teach it.

Yes, and usually they experience it from a past cycle somewhere or early in their infant soul life they're driven to have these experiences so that they can say look this is how well it worked for me.

#31: Acceptability -- Sage (Communication) Row, Warrior (Production) Column

Acceptability is different from acceptance. Acceptance is wanting to open your heart to be with whatever is and learn to work with it rather than avoid

it. Acceptability is a CR of knowing what is okay and what is not okay. What's toxic or poisonous or not good for the individual or society? That can be in a very literal like I don't eat those mushrooms. They'll kill you. Don't behave in this fashion because you're going to break down the structure of our society. This is not a good thing. You don't want to be in a culture that says you have to be monogamous. You don't want to be having affairs with 2 sisters behind their backs at the same time. It is not a good idea. It is not acceptable behavior because it's going to break down your relationship with that family. It's going to create harm all over the place. This is not acceptable behavior. Acceptability looks at what's okay for the community in terms of how people should be behaving. The more advanced the soul is who has this CR the more advanced is the way they look at what's acceptable and what's not. The older souls they get, the more they look at what's spiritually acceptable. When they're younger they look more at what's politically acceptable. What is societally acceptable? What is literally acceptable into the space and good idea or bad idea? It's a bad idea to adopt a wolf and think that it is going to act like a dog. It's not really acceptable to bring it into the tribe. They could turn on you. They're just a wild animal. You're never going to be totally able to tame them. It's not acceptable to have that pet here. It's not acceptable to set your traps too close to people then leave because a child could step into that when you're trying to trap an animal. That's not acceptable. Acceptability people actually wind up setting up a lot of rules and regulations. They're the ones that will say here's what will work in this company, at school, or in this society. Here's the kind of laws we should have. You don't want people just suddenly j-walking in the middle of the street where a car can hit them. That's why we have crosswalks. It was probably an acceptability CR person who thought of the idea of crosswalks in the first place. That way there was a safe place for people to be able to walk across the street at all times. People would always be looking to see if there was somebody in the crosswalk more than they'd be looking if somebody just suddenly dashed out from between 2 cars parked on the side of the road. Acceptability is in a very practical, physical sense and terms, but it is also what's acceptable politically, societally, emotionally, intellectually within the group that is that person's community. They can be defining their community as their county and county congress person, or they could be counting it as their family, business circle, or circle of friends.

Q: How exactly is it Warrior?

It's Warrior because Warriors are very practical. What Warriors do is say, "Hey, if you eat that mushroom you're going to die. If you park your car next to that cliff like that and you don't have your break on, it's going to roll down the hill. It will probably smash your car and hit somebody." It's extremely practical. It's even practical in the esoteric stuff. Like, "Hey, I see that you're trying to date these 2 sisters and they don't know it. Cut it out, man. You're going to bring trouble into our group of friends because you're messing with things you shouldn't be messing with." It's practical. Warriors are usually very grounded and practical. So we have that practical energy to it.

#32: Concentration -- Sage (Communication) Row, Scholar (Learning) Column

Concentration is something people don't understand very well and yet is a very important element in moving one's soul forward. Concentration like meditation is one of the methodologies we use to advance our soul age. The way we do that is by giving ourselves something that is important enough that we put weight on it. It's then discussed. The reason it's in the Sage row is because it winds up being discussed and circulated amongst the community. If we concentrate our efforts this is the results we can get. If we all pool our resources, if we all focus on solutions to a problem, if we meditate on it, think deeply, if we give it our deepest, best, agile, attentive concentration we can resolve this issue or this problem. It's Scholarly because it often uses really deep thinking methods, even mathematical algorithms to work out the solution to a problem. Like, how do we build a building so that the roof doesn't crash in on us? Those basic needs from the get-go, concentration helped us come up with solutions to some of the peskiest, most difficult problems and really created a situation where eventually we would have a much more highly technological society. People concentrating their minds, attention, and efforts on a single goal helped them to all come together to come up with solutions for problems that maybe one person, even if they were a genius, couldn't have done all on their own. Concentration marshals the resources of the group and helps them pay attention to what is actually important. And pay attention to it until there's a solution and not be pulled away from or distracted from what needs to be attended to. It means being able to work with a group, which is why it's in the Sage row instead of say the Warrior row. Warriors are very single minded. You might think of it as very Warrior. But it's actually in the Sage row because it takes working with others. And because it takes mental acuity

and clarity more so than it takes being single mindedness, it's a Scholar attribute rather than a Warrior attribute.

#33: Socialization -- Sage (Communication) Row, Sage (Communication) Column

When you think about it, makes total sense that it's Sage/Sage. It's Sagey in both directions because it's really about how we bring in, connect with, and work with socializing different members of our tribe to get along best with one another. What kind of society do we want to build here? If we're starting a company, we're all moving to the same town, all living in the same apartment building, or we're all joining the same family, friendship group, study group, or church, how are we going to get along with each other? How do we build a societal structure with one another? Even at the largest level, how do we build society? How do we build a country, county, state, or town? That's all part of socialization. Those kinds of things tend to get established. And they stay established for a really long time. Like, countries don't shift all that often. Once states and counties are established they stay the same over a long period of time. The social aspect of new businesses is happening all the time. A new family coming together or a new friendship that's coming together, they have to come up with how they're going to socialize with each other, where they each fit into each other's society, how they're going to get along with one another, and what's considered okay to do with that group that wouldn't necessarily do with another group. Like, if you have an entirely adult group you might have conversations that you wouldn't have around children. Or, if you have a group of older souls that like to go out into the woods or go hot tubbing, you might find that everyone's okay with doing that naked, without bathing suits. Whereas, if you have a different soul age group people would be scandalized and not be able to handle the nudity. Social aspects shift depending upon who you're with, soul age, what type of group it is, how old or experienced people are, either in soul age or in chronological age, their interests, and what the group is coming together for. A church group is going to be different than a business group that's building buildings, for instance. A contractor group is going to be different than a church group, which is also going to be different than a political group, etc. It's all about setting up how they socialize with one another. Sages are really much more in charge. The Sagey energy is much clearer about how people can be with, get along each other, and communicate with each other in a way that makes society come together rather than split apart. That's their job. That's what purely Sages are

supposed to do is help people get along with one another. So, that's why that falls into that category.

#34: Interpretation -- Sage (Communication) Row, Priest (Salvation) Column

Interpretation is actually an augmentation of socialization. It's using all of what's in the Sage row up until that point. Interpretation says, we learned how to get along with one another in our close knit community. We learned to be more ourselves, to give to one another, to know what's acceptable, and unacceptable behavior. We can work together and get things done. We know how to make things work in our little society. Now when we're in this society and things are working and we're already in an established family or business group and something comes up that's different, an issue, or a problem, how are we going to work with that? How are we going to interpret what one person is saying to another so that they don't decide to have enmity or get into flaming, attacking, or treating each other badly? What do we do to help people that are at odds or that bring a problem into the space that needs to be worked on to interpret what would be the best solution to how we can get along with one another and actually work together rather than work at odds with one another to come up with a solution?

Interpretation it's on the one hand one person explaining, a neutral party, a mediator, or an arbitrator, explaining person A to person B so they don't just rile each other up because of bad communication. It's actually about socialization and communication at one level. But it's also about explaining a concept, idea, or problem in such a way that everyone understands it and sees what they can do to be a help rather than a hindrance when there's a problem or difficulty. It falls in the Priest category because Priests like to lead their flock to all be most spiritually aligned and get along with one another. When there's dissention, cruelty, unkindness, arguing, or fighting then they're not being on a spiritual path. The Priest influence is to have everyone get along better with one another. They have found a great way of doing that is to explain the situation to the people so that they find a way to get along better, find a solution to the difficulty. It's extremely diplomatic to be in interpretation as a CR. The people that have that CR are usually quite diplomatic people. They work hard to help people to understand one another and to help their community stay really close knit and bonded with each other. In fact they're quite disturbed, upset, and unhappy if they belong to a business, church, or family and people are fighting with one another. It will get to a point where, if people won't listen to them, they'll leave. They won't

work for that company anymore. They'll leave. They won't stay connected to the family members if nobody will allow them to be peacemakers. They get too uncomfortable with groups that have ongoing dissention or if people won't listen to them and pay attention to their support or advise. Folks with this CR tend to be quite sensitive.

#35: Authenticity -- Sage (Communication) Row, King (Mastery) Column

Authenticity is a summation. It is the King cast after all. It is the summation all the way from Sharing through to people working well together in groups and getting along with each other and working out their differences. The only thing that can undermine all of that goes almost back to the beginning when we talked about sharing your real self instead of being armored and protected against other people. In order to get along well in a close knit group you have to be able to see each other and see what's really going on with each other and be self-revealing. What we were talking about there, what the Sharing people do is to get people to lighten up and be less armored and share more of who they really are. But the King level, the mastery level of all of getting along in the community is; if everyone is like minded and everyone wants to be more intimate and all trying to work with each other, be generous with each other and work out all the problems that come up, concentrate on them, interpret difficulties and work on them and be good socializers that will all work. But what will destroy it is somebody coming in with a lie, cheat, or falsehood, representing themselves as something they are not. Lying, cheating, stealing, criminal type of behavior is going to undermine a society every time. Because it's not just not fully sharing yourself. It's deliberately misleading and deliberately trying to take advantage of people by cheating them in some way, undermining them in some way, basically throwing a big problem into any society whether it's a family, church, or business, if you have somebody stealing, lying, or misrepresenting you wind up having problems. There has to be a bullshit detector. That is the person whose CR is Authenticity. They can tell if someone is just being shy, nervous, or withheld because they're not sure they want to be that vulnerable yet and they're not being self-revealing. That's not being totally authentic because it's not letting you know who they are. But it's not being false. It's just not being fully seen yet. A person whose CR is Authenticity is really good at being able to read a contract and say, "Wait a minute this is B.S". Or they could see a business deal that's trying to come in and say, "No, no, no. There's something wrong with that. That person is representing himself in this way. I can tell he's lying. You

don't want to be doing that interchange with that person when they're not telling you the truth." They have a great sense of what's true and what's false. Not just what's true and false from a lying perspective but from a cheating, undermining, stealing, or in any way sneaking or taking advantage of, abuse of another person sort of perspective. People with Authenticity as a CR make good lawyers, judges, police, or soldier type folks that keep on the criminal element. They make good private investigators. They even make good accountants because they can look at numbers and tell if somebody is trying to set up a way to cheat. You can see the usefulness of them because they pierce into falseness and shed light on it. They do that with great stamina and clarity. It's King energy because Kings of all roles have a greater ability to see into the motivations and behaviors of all of the people they work with. They are great strategizers. They are excellent readers of human nature by their very ability to lead. In order to lead you really have to know and understand what's going on with the people around you. If you're going to be fooled by people that are inauthentic, you're not going to be able to be a good leader or ruler. Kings, by their very nature are often good bullshit detectors. That's why Authenticity has that Kingliness to them. All of these in the whole row have to do with communicating to others, how we speak to others, how we're letting them know who we are or not letting them know who we are, how we're sharing, socializing, all that.

#36: Forgiveness -- Priest (Salvation) Row, Server (Bonding) Column

People with the Priest CR's as is also the case with Sage and King CR's impact the community in a wide scope way more than they would seem to be on the surface. For instance, just starting with Forgiveness you can understand how that would be a Priest/Server combination. Of course, everything here is going to be about Salvation. It's in the Salvation Row. Forgiveness is particularly suited to the Server part of ourselves because it's all about how to best be with, get along with, and stay bonded to those we care about. It's a huge element in how to help a community stay together and connected with each other. Humans being mistake making machines are going to screw up on a regular basis. They are going to do things when they're imbalanced that hurt one another, hurt feelings, and bother one another. There are also going to be things you're going to do inadvertently that hurt other people. If we didn't have the process of Forgiveness, the ability to understand how to forgive there would be grudges, resentments, and long term feuding that would take place that could go on for generations. It could lead to war and other negative results. Forgiveness is very important.

As we know, it's not just about forgiving the person so they get a fresh start. It's about resolving inside oneself to let go of the anger, hate, and grudges and be in the light of agape. It's a struggle. It's something that the person who has that CR not only learns in practice for themselves. They actually use it as a tool in forgiving those around them of any kind of harm or hurt. They lead by example. They will have situations each lifetime where they know or are around something that is difficult to forgive so they can be an example of how to be in Forgiveness and how to allow it run you rather than resentment. It's not an easy CR to take on because it means you're willing to set yourself up to be a person that things are done to, that is in harm's way, so you can teach others around you to practice Forgiveness instead of hate. You have to be a person that's very willing to sacrifice oneself, which is part of the reason it's in the Priest Row and Server column. You have to be self-sacrificing in order to teach Forgiveness to others. Because this is in the Priest Row, one of the exalted rows, it's not just something you teach one on one. People with this CR will stand forward and help whole communities and their families to come to some state of balance after some tragedy or difficult circumstance. People with this CR often become Grief Counselors, Priests, Rabbis, Therapists, and people that can help large groups of people to understand and deal with tragic or difficult circumstances. It's a very self-sacrificing CR.

Q: Can you give us any prominent examples of people with that CR?

Martin Luther King. Mahatma Gandhi. Those are 2 biggies.

Everyone understands what Forgiveness is. It's not a hard concept to grasp intellectually. It's just hard to be there emotionally. Often things are hard to forgive. It's a difficult lesson to teach others. In fact, we have to say that everything in the Priest Row is something that really takes a lot of dedication to learn and to be in that Priest Row of CR's. The Priest CR's are more difficult than the others. Priests take on more to do for their community. Somebody that takes on the Priest Row is willing to take on that Priest job of being more there for their community than most people generally would be. It's not an easy Row to belong to. Even though some seem deceptively easier than others, it's not true.

#37: Innocence -- Priest (Salvation) Row, Artisan (Invention) Column

Innocence seems on the surface of it to be simple as somebody who can stay

connected to their inner child, looking at things through non-jaded, non-cynical eyes, open to the wonders of the world around them type of childlike state. That's a blessed state to be able to be in. It sounds deceptively simple. It is not easy to be in Innocence because the world constantly throws you challenges that are so intense, so overwhelming even throughout our childhood before we even achieve adulthood. Generally speaking, people have had enough challenges and difficulties they could make a healthy case for being a skeptic or cynic because life can be pretty dang difficult. By the time a person is an adult it is easy to embrace looking at life with the cup is half empty perspective. It is not so easy say I'm going to strip away my armoring and shell of protection and callousing myself off from the difficulties and cruelties of life. I'm going to set that down and allow myself to stay in my vulnerability. If you're not vulnerable you can't stand for Innocence. If you can't be in Innocence, you can't be in the purity of what is actually happening in the experiences in your life. You can't have your experiences in a clear, pure, undiluted way, where you really learn the truth about them if you are in an overly skeptical, cynical, or negative state. People have to be in Innocence. On the other hand, Innocence is not an overly positive, optimistic, or Pollyanna-ish state. Innocence is down to the bone, open to the clarity and truth of what's going on. That is an extremely difficult stance to take because the challenges of the physical plane tend to tarnish our innocence. We even have terms for that. That person had their innocence ripped away. They've been stripped of their innocence especially if they've been abused physically or sexually or have gone through some sort of harmful or horrendous experience. People will say their innocence is gone. People mourn that if it's a child but what they don't realize is that without being able to tap back into one's innocence, it doesn't matter if you're a child or an adult. You can't fully experience the clarity and fully experience the positive, wonderful aspects of life because you can't set aside your wounding long enough to do that. Ironically, only when we set aside our wounding and allow ourselves to be vulnerable at the same time to mourn wounding can we be in our Innocence. So that's very tough. You have to be willing to heal yourself, set aside your wounds, and completely open yourself up again to potential other wounds, to hang onto Innocence. Without Innocence there's no ability to fully experience the joy of life. It's a tough and deceptively sweet, easy looking type of CR that is actually extremely difficult. It needs to be taught by example. A person with that CR also needs to be very creative which is why it's in the Artisan column as to how to teach it to each person they would approach with the CR. Every person they're going to approach to teach them to be in Innocence is a

person who has lost their ability to do that by having had their innocence stripped away from some sort of tragedy or difficult circumstance. Every person that's approached by a person with that CR is going to be someone who has been wounded, hurt, enraged, infuriated, upset, calloused, and armored. This person has to find a creative way in approach to gently get inside that other person's armoring and touch their soul in such a way that they can recapture their innocent state. They show that it's a possibility and then help them to get there. That can be something that takes a very gentle touch. It can also take a long period of time. Some people are worked with for years in order to re-establish the ability to get in touch with their innocence in their soul. You can imagine how much more difficult it is not just having to approach them one on one but whole families or groups of people that feel like they have lost their innocence say politically, socially, or legally, in way or another, feel like their innocence has been trashed, for instance if they've been warred upon or something of that nature. It's a very healing but also creative CR. There you see the Priest and the Artisan energies at work. Somebody that takes on Innocence has to be willing to be incredibly vulnerable, brave themselves, and be able to handle others very well. It's a big step. It's not something a person would step into as a CR; none of these in this row are, if you've never had a cycle before. It's not the type of thing you would take on if this was your first cycle on the physical plane.

#38: Prudence -- Priest (Salvation) Row, Warrior (Production) Column

In comparison to the first 2, Prudence isn't as emotionally wrenching. Prudence is something that is more subtle than you would think. It's about being practical and making choices that make sense that are in alignment with what's going to work in the long run. Prudence isn't just about what is pragmatically useful. It's also about what makes sense not just intellectually or monetarily. It's what makes sense morally and emotionally. Prudence takes in the morality compass and the emotional compass. A person who is teaching Prudence and what that person would be doing is not only using the practicality and groundedness skills of the Warrior column that it's in. It's also trying to find a way that a person they're teaching can do what works for them at every level. What works for their spiritual, emotional, tender, vulnerable side, as well as what works for them in terms of out in the world in a moving centered way, career way, in a power/survival way. What makes the most sense? What would be the prudent thing to do? It's all about how you proceed and what you do in life because of course it's in the Warrior

column. It means it has a practical edge to it, grounded and about your actions in the world. It's your actions in the world so you are protecting the stability of your relationships and holding onto your internal integrity within yourself so that you're doing what really works best for you as well as the community around you. It isn't just practicality.

#39: Equality -- Priest (Salvation) Row, Scholar (Learning) Column

Equality is also a tender subject. On the one hand you can make a statement that says all humans are equal in the eyes of the universal consciousness, which is true. But equal doesn't mean the same. Everyone is unique and has their own individuality. So there is a polarity here. First of all you're going to have completely different subsets of personality traits, competence, abilities, whether those abilities are physical, emotional, or intellectual. Our capabilities are going to be all over the map in terms of how grounded, capable, engaged in life, able to function each person is. So here you have all of this vast array, huge, wide scope or abilities, talents, skills, and problem areas. And yet there is a natural desire in the universal consciousness to move people to a place ultimately where, if they're going to achieve agape they have to be willing to see everyone around them as equally as important and valid a person as themselves and each other. Otherwise you're never going to have an evolved enough society that you have common humanity. Everyone having the same humane experiences with everyone else and people being at a level where they can cycle off. Aiming for, an understanding of, and embracement of equality is a wonderful goal but it's not that easy to achieve. Because people are always seeing inequities between themselves and someone else. Well, yeah, I'd like to be at the same level as that person but I'm twice as intelligent as they are. I'm twice as agile as they are. I have 16 years more experience than they do. I'm taller and stronger than they are. And yes, those things are all true so how do I accept that other person as my equal while still admitting the truth that this person is bigger and stronger? This person is small and weaker. That person is more intelligent. That person has Down Syndrome. How do you find the Equality in all of that? Equality is a higher perspective. It takes being able to step up into a place of greater altitude to see the whole landscape and to see with great clarity to see that there is value in each individual human being and that there is value in seeing and embracing the equality rather than the inequities. In other words, embracing the similarities rather than the differences. The reason this is in the Scholar column is because it takes the clarity to see the equality. Otherwise folks just get muddled down in better

than, less than. All they're doing is being in constant comparison and/or in competition with each other. It takes a person with a CR of Equality to help erase competitiveness, to help set aside constantly overvaluing, undervaluing one another and to accept one another on equal ground. That takes someone with a great sense of intellectual and philosophical clarity. That's why it ends up being a Scholar column CR. But it's also Priestly because it's taking care of the whole flock by allowing them to learn to work together with one another and accept one another as equals. They can step up into a higher, more spiritually connected community. Because, as long as you have people in vicious competition with each other, or being cruel with one another, taking advantage of each other's weaknesses you're never going to spiritually advance as a culture or as a community in this case. It's a little tough to take on trying to teach the whole planet to be in equality. But you can work on your community.

#40: Gratitude -- Priest (Salvation) Row, Sage (Communication) Column

Like Innocence, Gratitude sounds simple on the surface. It is not simple because people do not have a natural tendency to be grateful. It's something that has to be a learned response. When you first come to the physical plane and you're struggling to desire things and then working through the denying force to finally have whatever it is you're desiring. It creates the triadic system of constantly moving from the positive to the negative to the neutral and spinning around and around that wheel. That's a karmic wheel that drives learning and growth experiences here on the physical plane. The problem is that driving wheel tends to; as soon as somebody reaches neutrality create an immediate kick off, well now it must be time for me to have the next desire. So that as soon as I have a desire and I work through all of the denying force and have achieved my goal that is the trigger that I should then go off and desire something else because what I'm karmically inclined to do is to be in the working out the challenges most of the time, 95% of the time, so that I can be learning something, growing, and evolving. I'm learning and evolving most when I'm working through challenges. Let me be there most of the time and spend almost not time coming up with the desire in the first place or basking in the neutrality of having achieved my goal. The problem with that is if we never stop more than a few moments in our planning stages of what we desire or more than a few moments in understanding the completion of a desire and recognizing that we actually achieved something, recognizing we have something to be grateful for, that there is something good that has occurred and actually accept it and

acknowledge it; if we don't experience any gratitude then life becomes a grind. And that grind is just about work, work, work until you work yourself into the ground. The vision of the person becomes more and more truncated until they're not enjoying themselves. They're not having any fun here. Which is why this is in the Sage column. Once there's no enjoyment, there's no fun, life is simply bleak. Then you cease to be learning the full number of lessons of what there really is to know on the physical plane. You lose your innocence. You lose your ability to forgive. The whole row of CR's here falls apart. You stop doing what's prudent. You stop seeing others as equals. You get in competition with them. You become bitter and cynical. So gratitude makes it so a person isn't bitter and cynical. They actually look at what they've achieved and what has come to them. They start seeing their plate as being full of much accomplishment and much that is good. Rather than seeing it as empty simply because it doesn't have the new dish on it you want to put on next. This is incredibly important; everything in this row. Of course, all CR's are important. But everything in this row is important for hanging on to the higher levels of our humanity. To be the best and the highest people we can be. To aim for evolution you have to put all of these into place. So we need gratitude. It reminds us to be happy for what we have achieved. It reminds us to be contented. It reminds us to enjoy life at least to some degree or we lose in all the ways we just discussed.

Q: Tell me again. How is it Sagey?

It's Sagey because gratitude puts us in pleasure and happiness and remembering to enjoy ourselves. And the whole job of Sages, the whole wisdom of Sages is to remind us that the physical plane is here to be enjoyed. It's not just a testing ground. We're supposed to have 50% gifts and 50% challenges, not 99% challenges and 1% gift. If we forget that, we just arrange to be constantly in challenge and we forget to have the gifts that balance the challenges out. It's interesting because every challenge we perform always has a gift in it for us. We need to stop and appreciate or recognize the gift and actually enjoy it. It's like a person that goes for a run. They work up a sweat and gets thirsty. Somebody gives them a glass of water. They take 1 or 2 gulps, toss it to the roadside, and go back to run again, because running is good exercise. But they didn't allow themselves to actually enjoy drinking the glass of water. They didn't give their body a chance to rehydrate. They're just off on the next run. Soon it becomes just a grinding, painful, agonizing day of run, run, run. They get more and more exhausted because they're not actually stopping when they achieve their

goal to drink and absorb that glass of water. They have something to eat with friends, praise themselves for what a good run it was. And then go back and be prepared and rested so they can go run again. That's how the physical plane was designed. We're supposed to spend some time, not just doing all of the challenges, but in accepting and being in the gratification that that challenge got fulfilled. Also sitting in the sun in the excitement of planning what the next challenge might be. So when you think about it, it's ironic because there's positive, negative, and neutral forces; positive and neutral forces are 2/3 of the forces that there are but we tend to spend about 99% of the time in third one which is the denying force.

#41: Trust/Faith -- Priest (Salvation) Row, Priest (Salvation) Column

Now we come to 2 CR's that people who occupy this spot are willing to take on. They sound alike. They are not exactly alike. As is the case with most of the CR's, as we mentioned before and is also the case with Global Jobs, when you take on 2, you're taking on moving in 2 different directions with it, with something that is a similar goal. This is Priest/Priest, so you can see how Priestly it is. You can understand with Trust and Faith, it's all about trusting in something bigger or higher than yourself. When you're not sure how you can make anything work, when you're in despair or confusion, when people aren't sure how they can keep putting one foot in front of the other. Either because they just don't see that path or because they feel ground down enough by fate or life or spending 99.999% of their time in challenge. What happens is that they want to falter and give up, get overwhelmed, and to go into martyrdom and/or self-destruction and simply die away. That's where Trust and Faith come in. The job with the person who has Trust as their CR is to teach people to have trust in that there is something greater or bigger or higher than whatever it is they're looking at in the moment that's grinding them down. Trust in that if you open your eyes there's more to life than the denying force. There is also the neutral spot of being in contentment. There's that contented spot. There's also the excitement of looking at taking on something that's engaging, fun, and interesting. Those things get tossed by the wayside as we mentioned when we were talking about Gratitude. When you trust, when you learn to trust one another and to give yourself wholeheartedly recognizing you're going to do the best you can. Other people are going to do the best they can. Even if you're a mistake-making machine. Even if the physical plane is designed to keep throwing you challenges. It's still true that most people most of the time are doing the best they can. To be the best person they can. And to do the best job they can of

growing, learning, and supporting one another. We need to learn to trust one another. Not to trust one another in a foolish way. Not to trust somebody to do something they not capable of doing. But to trust that their higher self and your higher self have a goal of teaching you something and taking you somewhere that's going to be for your good in the long run. That allows a measure of being able to just relax into and connect with others and let them take care of you and support you. And to let you take care of and support yourself. And to be supportive of the other people around you. Trust is incredibly important. We don't give it easily. We have a tendency not to trust one another. That doesn't work well in communities. Communities need to extend trust.

The trust has to be realistic trust. It has to be I trust in you that you're going to do the best you can. You're not always going to do things perfectly. But you have yours, ours, and the community's best interest in mind. You'll do the best job you can. I trust myself that I'll do the best job I can. That's realistic trust. I'll give you every benefit of the doubt. I'll be there. If you occasionally screw up I'll forgive you. That's what people need with one another. The person with this CR teaches people to trust one another and to trust them realistically. Not to decide to shut down all trust just because occasionally somebody makes a mistake.

At the higher level they also teach Faith. Faith is in something beyond just in what people do with and around each other. Faith is to actually look at there is something to believe in that is bigger and higher than one's self out there in the higher levels of spiritual consciousness. There is that which is taking care of you, guiding you, watching over you, helping you, supporting you. People can call that God. They can call it the Tao. They can call it Universal Consciousness. Generally it's the higher and higher levels of your own essence. But there is that spiritual guide out there for you. There are many spiritual guides for you. Even if you just consider it your own uber consciousness. That part of you, that higher guiding part of universal consciousness is going to always look to what supports you in the long run. We need to have faith in that; that we are moving towards a goal, towards enlightenment, towards evolutionary stance of becoming more and more of what we came here to be. Or we wind up in a state of looking around and saying is that all there is? There's nothing for me to believe in. There's no reason for me to be here. It's all just a random amount of chemistry and a random number of events. Anything somebody says or does is just as valuable or valueless as anything else something says or does. When you

have no moral compass like that and no sense of growth, satisfaction, clarity, and sense of actually achieving anything or getting anywhere people fall down in despair. They lose their morality. Then you have criminal and pathological behavior. But you also have despair, suicide, and self-destruction.

A person with this double CR is the ones that go out and train the people in their families and communities to see that there is something higher than themselves. They can trust in one another. It's possible to have diplomacy and détente and the ability to get along with one another and form agreements, contracts, and be accountable to one another. And to make communities work. If you didn't have somebody with this set of CR's you'd never have a complex, interdependent society. You wouldn't be able to have cities. You wouldn't be able to have governments. You wouldn't be able to have any of that because people wouldn't trust one another to be at the end of a 10 foot pole. They wouldn't be there for one another. They wouldn't take care of one another. They would just hold one another in suspicion every time anyone made a mistake. Eventually you would be holding everyone in suspicion because eventually everyone is going to make a mistake. These folks have probably the most difficult if not for sure one of the most difficult CR's that there are. That is to teach those around them that it's okay to trust even in the face of fallibility and the fact that people are not always trustworthy. They need to be trusted anyway. They need to have faith in something that is higher vision than they see themselves. There is a point to existence. Even when they're here having forgotten that they are in touch with that higher spiritual resource and able to (obviously you can see by all the atheists around you) able to deny that there even is a higher resource or a higher consciousness, but to still hold the space of faith and vision anyway. It's one of the toughest is to be in that position. You have to really be an experienced person with a few cycles under your belt. You have to really be willing to take on a double Priest job and CR. It's huge. It's tough. It's really a biggy. What can we say? It's one of the toughest places you can go.

#42: Expansion -- Priest (Salvation) Row, King (Mastery) Column

Expansion takes all that trust and faith in something and says if you can be in a place of higher trust, a place of faith, if you can open yourself to forgiveness, tolerance, and equality; if you can get to that place where you're an open, spiritual being and willing to advance, then your next job is to continually expand and open and be willing to step up to the next spiritual

lesson. The person in Expansion is teaching each person that has embraced their spirituality, that's will to have faith in something higher than themselves, they then need to master how to keep stepping up and stepping up to the next great spiritual lesson. Even if it looks daunting, even if it looks like, wow I just climbed Mt. Everest and now I have to climb something in the Himalayans. Even if it seems like after everything I've learned this lifetime, I can't learn anything else. I'm full. I'm done. It's too hard. Expansion says the only thing to do once you have reached a certain plateau and absorbed what you've learned is to expand yourself even further to the next higher set of spiritual lessons. They're here to remind us there is always another higher, wider set of spiritual lessons between where ever we are all the way back up to the Tao. Sometimes it's hard for people to come to terms with that we have this almost limitless ability to continue to expand our spirituality and awareness. We want believe we are more limited than we are. Because then that gives us only a very limited amount of responsibility for how together we need to be and how spiritually aware we need to be, how loving, forgiving, or kind we need to be. We'd all like to believe that there's only so much we can do. We're only human, etc. Expansion says you're not off the hook. Expansion says the next thing to do when you've done everything you know how to do is expand even further. Only somebody who's willing to take on some King energy can do that because it's definitely a mastery-type of CR. The person has to really feel like taking on some mastery to take that one on because it's taking you beyond where you've been and making you willing to constantly go beyond where you've been.

Q: Is there some way that it's like a completion or what the other sevens? It's a finishing up?

Yes.

Q: How?

How is it a completion?

Q: Yeah.

Because the very last thing to learn in the Priest row is to continually expand to higher and higher sets of spiritual awareness. You have to basically use everything else in the row to get there.

Q: Okay. Good.

#43: Self-Reliance -- King (Mastery) Row, Server (Bonding) Column

The King row of CR's is going to be generally taught in a more exalted way. Just like with the Sage and Priest CR's people tend to take them out to the whole community even though they might work one on one with people also, their mandate seems to be, not just taking on one person at a time, but generally being an example of supporting the whole community. That being said the one in the Server column, Self-reliance, is a very proactive CR. One of the main things people do on the physical plane to sort of shoot themselves in the foot and create more problems than they need to have is they don't want to accept how challenging the physical plane is. When something comes up that's really hard, something they don't know how to handle, or don't want to handle is a tendency to withdraw into martyrdom, victimization, and feel like I just want to take my marbles and go home. Why is the world so hard on me? I'm going to sit here, cry and feel sorry for myself. They get into this disempowered martyred state. If you feel like a victim then you don't have the ability to do anything to get yourself out of the situation. A lot of folks sit there much of the time. So the people with the CR of Self-reliance go and dig out the people who have gotten themselves stuck in the mire of martyrdom, sadness, the feeling of helplessness, and overwhelm. They sort of get them out of the mud and teach them that they can, by shifting their perspective, rely on themselves, their own higher selves, their own inner abilities to go out and make their lives work. They don't have to have everything going smoothly externally. They don't necessarily have to have support from the community, although it would be great if they did. Sometimes we don't have anyone to take care of and support us other than ourselves. We still have to get through life rather than to just lie down and give up. Self-reliance is an anti-martyrdom, anti-self-destruction, and anti-self-deprecation tool. It tends to rescue people who are in those kinds of states by teaching them that they can count on themselves, on their own higher selves, and their own abilities to get themselves out of whatever trouble they are in or through whatever challenges they have. Of course it provides a service and its kind so it naturally fits in the Server column. But because it has this overview perspective of here's what you have to do to take care of yourself when times are tough and you feel like you have to give up, that overview puts it in the King category. Because what it's doing is teaching people to master their tendency to go to

helplessness and martyrdom and move into a feeling that they can make a go of their own life's work. So you can see the mastery element there. That's why it's in the King row. It's not one of the easiest of the CR's but it is one of the most inspirational. People feel inspired by folks with that CR. They feel understood and that maybe things don't have to be as bad as they seemed in the first place when they get that kind of support.

#44: Elimination -- King (Mastery) Row, Artisan (Invention) Column

Elimination is often very misunderstood. People think the CR of Elimination is all about discrimination. That's not actually the case. The reason it's in the Artisan column is because people in Elimination have to use their creative thinking to see what to trim away when there are issues, problems, or challenges that are confusing you, that you feel have created such a bottleneck that you can't move forward in your life. We often feel that way. Wow, how do I move forward now? I'm stuck in something. It's confusing. It's a conundrum. It's a puzzle of some sort. I don't know how to move forward from here. I may have stopped feeling martyred. I may have started using my self-reliance. But I'm still confused and I have no clue where to go and what to do. When a person is in Cluelessness and feeling stuck, not because they're in martyrdom or one of the ordinal obstacles, but because they simply aren't sure where to go or what to do. What Elimination does is it says, okay we're going to use the process of handling what you can handle and get that out of the way so you can trim it down to its bare bones. Then see what's left. Then we can see how to handle it because we've removed all of the obscuring factors and have gotten rid of confusion. Elimination is trimming down anything that's in the path of getting to your goal by creating more and more clarity. It's mostly about eliminating confusion. It can literally be about eliminating various cycles, actions, activities, or commitments. A person may be over-committed. They may be trying to do 300 things at once in a day and they can't do any of them effectively so they have to decide where to cease and desist, things to let go of, at least for now. So they can focus on something else. Elimination is not about getting rid of, in the long run. It's about setting aside those things that are obscuring what really needs to get done so you can focus on that. And to take things into a simpler and clearer format so that it eliminates confusion. So things get set aside temporarily but they often get re-engaged later. It's not so slice and dice and destroy as people think. People have a tendency to think of Elimination as a very destructive CR. It's not. It is willing to look at because Artisans are in charge of creation and destruction, after all. Being in the

Artisan column, the person who has Elimination as a CR is willing to step up and say, okay if we're really going to get to where we want to go, this cycle has to stop or this has to end over here. We have to stop doing any more of this. They have to be willing to make those tough decisions to trim the fat over here. Something has got to be different. You have to be willing to face what those things are. Often people don't want to set aside a habit pattern or a particular path they were on in order to take a more effective path because they get weighted to whatever it is they've been doing. It can be hard-nosed. But it is extremely useful. Like all of these CR's it has a tendency to be very useful for the whole community at large. Even used more so in that way than for individuals. Certainly it can be for individuals as well.

#45: Consequence -- King (Mastery) Row, Warrior (Production) Column

It's very clear why Consequence is in the Warrior column. What all of the King row is about is mastering your destiny and challenges here on the physical plane. Anything in the King row is going to be about mastery. Once people start working on all their issues and problems, once people really start to get going and stop feeling sorry for themselves, that there is a challenge and they start seeing clearly what it is they need to do, because they've worked through Self-reliance and Elimination if necessary to get to where they're actually tackling what really needs to get done, in order to stay in a more spiritual place, in other words, to go in a higher direction rather than a lower direction, once you see what your problem is and you start tackling it you have to also see the consequences of your actions. What's going to happen if you do X, Y, or Z? You may have this problem and it's in front of you and now you clearly see what it is. You're going to step up and take action, be self-reliant, and eliminate anything that's between you and the problem. Let's say you have a person and the way they're behaving is a problem for you. You could just attack that person in some way physically, verbally, or legally. But that could have consequences down the road that you might not like. Or you could decide to seduce that person. Or you could decide to argue with that person. Or convince that person. Or enroll them in a new perspective. Or exercise compassion. There are all kinds of different ways you could go towards this person that has blocked your path. But whichever way you go there are going to be longer term consequences in terms of at least you and them but often you and your neighborhood, you and your society, you and the people around you, you and the law, for instance. That's one of the reasons we make laws as humans.

Often people who have this CR have been the law makers. You run into this kind of challenge and somebody really irritates you, you may want to take a swing at them. But if you beat each other up, society is going to say that is assault and battery. People who do that sort of thing with each other are going to have the consequences of being removed from the rest of society and put in jail for a while to cool their jets to learn how to handle and tackle their issues in a more civilized manner. Consequence people are often law makers. Or rule makers. They come up with the rules and regulations that people follow in businesses where the Human Resource department says here's what's okay to do in this business and not okay to do in this business. If you work here, this is how we expect you to behave. This is what we want you to do. That can be different than what society says. Or different than what a family says. People in Consequence are often teachers or role models of some sort for children. They are often parents who teach children very clearly what's okay and what's not okay. They will often find themselves in positions where they're asked about what's proper, appropriate behavior and what's inappropriate behavior. They serve in that capacity a lot. You can see the Warriorliness of it. The Warriorliness of it is we are policing the rest of the populous so they behave themselves so the society can go forward. Everyone can move forward without too much disruption in the long run because of people being overly self-centered and how they go about handling their problems. If we only think about what's going to work for us when we're thinking about how to handle a problem. And we don't think about everybody else around us then we wreak havoc for the society at large. A person in Consequences does help the individual but they are much more about making sure that people in general don't destroy the society within they work or live or the family structure, or whatever it is. Consequences people are very much into overview.

#46: Impartiality -- King (Mastery) Row, Scholar (Learning) Column

Impartiality allows us to not only look at the consequences of what we're doing like how that might affect us, but also how it might affect our friends, family, community, neighborhood, country, whatever it is we're doing. That's important. But Impartiality also has us look at just in general what is it that I'm doing in terms of handling my problems or solving my life, working on my challenges, what's going on here, not from my own agenda, but from a neutral perspective. Where I don't look at what would be good for me or what would be good for Suzy Q over there or for my close family, friends, or even my particular country or society. Let me look impartially at,

if I'm working on these challenges, what does it actually mean? Why have I got these challenges? What are they all about? How do they impact the planet in general? If this looks like it's good for me and my society, is it actually good for the ecosystem? Is it good for the world? Is something that's happening in my life related to what it means to be human right now and in the course of human events? Impartiality takes us to a higher perspective. It says neutrally let's just look at what we're involved with and ask ourselves why am I involved with that and what does it mean that I am removing my own personal desires from the mix? Not just desires for myself, but for the people around me, my family, and my community. Let's set all that aside and not look at what's good for any particular human. Let's just look at what's going on here. Sometimes we need to have that perspective. If we didn't have Impartiality as a CR somewhere then people would never look at something from the perspective of for instance, destroying the planet by strip mining. Because you could always make a case of, that strip mining is going to be good for people because it gives them cheap fuel. As long as you put it on a hill side farm away from where everybody is living and you set up a system where people who are the miner workers have good working conditions and health insurance then you're doing as good a job as you can to make sure people everywhere are happy. But it destroys the ecosystem. It destroys the mountains where you are. It destroys the ecosystem for the animals and plants of the area. It can even wind up in the long run, messing with the water tables, etc. We don't have the ability to think in wide scope vision without Impartiality somewhere in the mix. These are the people that help us look at the wide scope, long-term perspective.

#47: Wisdom -- King (Mastery) Row, Sage (Communication) Column

Scholar is where you start to get more exalted than the first 3. The CR's get more exalted as you move into Sage, Priest, and King. As you move along the row. You can see this is a much more exalted perspective than Impartiality and the first 3. Now all of them from here out are very high perspectives. Wisdom is not just seeing clearly in every direction where the issues and problems are for oneself, for people, humanity in general and knowing clearly what to do, what would be the mandate of what would best handle things, what the consequences are of our actions, and seeing it all very impartially and clearly. You can see everything very clearly. But then what you want to do is to evolve and develop the wisdom of knowing, after I've seen it all clearly, how do I want to proceed that would be in the best way a lesson for myself but also the most compassionate, kindest thing I

could do. As a sentient creature of the universe, what would be the wisest course I could take? Not just looking at it from an impartial viewpoint which is useful. But then I have to proceed and I have to think about that I'm working on my own evolution. And I'm working on the evolution of those I care about, those around me. In order to evolve, what is the wisest direction, the wisest course I can take?

It falls into the Sage category because Sages are ultimately in charge of the wisest overview of how there should be interactions between people, between them and the rest of the planet, and between them and the rest of the galaxy, relationships and the wisdom of how to be and function, in communication with and in relationship with the rest of the world and the rest of the universe falls under the purview of the Sages.

The people that have this CR, usually even from a very young age people seek them out for their guidance. They seek them out for their wise perspective. They want to know their opinion of how to [do] what -- because they hold the space of the wise, clear, kindest, most loving, and most useful way to proceed whenever there's an issue or problem.

#48: Liberation -- King (Mastery) Row, Priest (Salvation) Column

Liberation is stepping outside of seeing the world in terms of challenges and gifts and always being in the polarity, always being in this balancing act of desire and denying force, and always trying to clutching at the straws of, I want this but then I also need to resolve whatever it takes to get it. So I'm always in a cycle with needs, desires, and denying force, and challenge vs. gifts and having, constantly in a seesaw, constantly being in the balancing act. When you hold the perspective that you're going to just do whatever is the wisest, clearest, highest thing to do on a moment to moment basis, you're going to just put one foot in front of the other and be the best person you can be on a day to day basis, you're released from the polarity. That sense of release and freedom from polarity is what the people with this CR teach us. It's Liberation in the highest sense of the word. Liberation removes us from seeing everything in life as challenging, always the next ax to grind; the next piece of difficulty to handle. It takes us at least temporarily into a place that is such a higher perspective. It just sees everything as this constant beautiful act of unfolding this huge tapestry of existence that is not about things being constantly hard and challenging and always handling the next problem. It's about us basking in the neutrality of just having whatever it is

you have, having that be sufficient and contented and feel the liberation of not grinding away in the machinery for a while. It teaches people to set themselves free from this constant seesawing between challenge and gifts; this constant polarity of the physical plane. And let themselves be in this liberated place at least for the moment. Liberation people are the ones that often see a vision of how we can step into a higher place than we've been before. Liberation people are the ones that first thought of the concept that humans could rise above just hunting and gathering and learn to manage their environments so they could stay in one place. They could have grounded, permanent homes if they wanted. So they could put roots down and have more permanent relationships with their neighbors. They could have agriculture. They could have animal husbandry. Things like that. Liberation people help them see that they could let go of constantly having to be nomadic. They could sensor themselves and ground themselves somewhere. Liberation told people that they didn't have to always enslave their enemies. Instead, they could step up above enslaving other human beings and start seeing all humans as having dignity and equal rights. These are examples of Liberation. It's a very high CR. It's one that's usually taken on by somebody that's already had a lot of cycles of experience before they come to this particular planet.

#49: Prosperity -- King (Mastery) Row, King (Mastery) Column

The last CR is in the King/King slot so of course it's double whammy of mastery. And that is to feel that where ever you are in your life, you're in a prosperous setting, a prosperous place that all feels available to you. Whatever there is that you might want or need could be available at any time. There's enough for all. There doesn't have to be scarcity or sense of disconnection. Instead there can be plenty in every direction. It's huge. It's a biggy. It takes wide scope perspective to see that there is plenty of good, plenty of all one needs at any time, available in your life.