

Positive Model

Also called:

The Synergistic Model, the Success Model, the Happiness Model, the Constructive Model, the Prosperity Model. A model is a system created out of a way of thinking and communicating.

Whenever you feel negative, you are thinking with the negative model and communicating negatively too. We all have memories that were recorded with the negative model operating and when these feelings are triggered, we go right there. However, when we are feeling positive, loving, and happy, we communicate a different way. The thinking is different. The system we create around us is also different and will have the following pieces. Both systems are just ideas and concepts that work together to create a system that operates in a very specific way.

Rules

Happiness for everyone is the highest rule. Whatever is in the best and highest interest for everyone is what is right. Right and wrong are contextual. What is right for me might not be right for you. Here we do what works rather than following a rule. You have to think to know what is best not just follow rules.

You are not responsible for how others feel because you can't make someone happy or sad. They have to choose how they feel themselves. Happiness is a choice. Feeling bad comes from a different perception than feeling happy. Only you can choose how you want to look at anything. It may not feel like a choice when your buttons are pushed. That is your baggage that is triggered. It is up to you to work on it. No one else can fix it.

You deserve the best – everyone does. You have to choose the best. If you feel you don't deserve it, you won't create it. You are always enough. We each have a very special and unique learning journey and adventure on this earth and you are already perfect for that journey. You are not in competition with anyone. There is no such thing as failure and there is no where to go. Life is just an experience and an incredible adventure.

Mistakes

Mistakes are not a big deal, they are just learning experiences. We don't come here with all the answers. We come here with an open adventure reaching out in front of us and we create as we step forward. We are supposed to make mistakes as part of the learning journey.

In the Negative Model, a mistake is a sin. No one has to be blamed if a mistake is OK. We all learn at different rates on this journey. You have had experiences others haven't had yet. So, others might not know what you know. You also won't know what others have learned because you haven't been there yet or had the chance to experience what they have experienced. That doesn't make you stupid or them stupid. The

opportunity to learn will soon come. In this model, you only take responsible for your journey. That is enough to manage. Taking charge and controlling others lives is a big burden and you can't do anything about the trip they are on so let go. You don't have to defend your life and neither do they. Because you can really be yourself, it is easier to be up-front and honest. Although you do your best, some people will still get their feelings hurt or misunderstand you. That is their problem.

Authority

You have authority over your own life. You feel empowered. You are your own person. There is no hierarchy because all journeys are equal. I accept you as you are and you accept me. You don't have to understand me to accept me as I am.

Question everything. In this model we don't even use beliefs. We use ideas and concepts and when those ideas and concepts don't work anymore, change them. Do what works. Only by questioning everything, will we lose the things that won't work.

This model is an All/win. Unless everyone wins, no one really wins. Instead of a small sliver of pie, if the pie isn't big enough, we make a bigger pie.

Money, position, and power are all temporary. Who you are is something more than what you do or what you have. Money or position are the result of choices and where you are on your life experience. You can have anything you want. You just have to really want it.

To live this model you must have a larger view. If you look back at someone coming from a small mind and imagine them with a larger view of life, they will look different. Also see them being able to see from others perspectives so they aren't so limited. Doesn't that change things too? If you look back at yourself as a teen or much younger, didn't you have a smaller view of the world. If you could have the maturity you have now, what would that look like? How many different decisions would you have made? However, you hadn't learned much yet so you were perfect for where you were.

You must first respect yourself before you can have a healthy respect of others. In the negative model, respect is mostly out of fear. In the positive model, respect is much easier to understand. If each person's journey here is perfect for them, you don't have to judge others as not good enough. You can respect and forgive yourself for not knowing yet. Everything happens in it's own good time. We all learn in time just what we needed to know. You already are perfect. Later you will be more perfect.

It is more important to be honest with yourself than with others. You can be honest here too because you don't judge yourself as bad.

Roles

The only role here is assertive. Assertiveness is a skill. Without assertiveness you can't stand up for yourself. You can't speak up.

Aggressiveness and assertiveness are different in that aggressiveness is running over someone. Power over. Assertiveness is empowered. I can allow myself to act passive when necessary but I don't want to stay in a passive role. In the negative model, people are either passive or aggressive and there is room for only one aggressive individual or it becomes war. I may choose to act passive because it is not in the best interest of either of us to have a war. I can choose a different time to make my point or say my piece.

In this model, you don't allow yourself or even think of yourself as a victim. Victims create victims of other people. I can't be a victim if I think of this life as a learning journey and take responsible for my learning. Everything that happens to me is something to learn from. Some lessons are expensive so I want to learn all I can from difficult lessons. We pay for education sometimes and education can be expensive. Make it worth it. I choose not to be every be a victim. Being a victim is a state of mind.

Free

In this system, we all think for ourselves. No one can ever really know what is best for you, tell you how to be, or know what is acceptable for you because they are not on the same trip as you. Someone else's ideal is for them. No one can tell me how to think because my life is all about my choices. I also would not want the responsibility of your life if I told you how to think. I can express my ideas, I am free to do that. But, you have the choice to take what you want and do what works for you.

In this system, no one makes you owe them because you give without strings. I take responsibility for my life, I cannot be obligated by you. I don't owe you. Anytime you feel the feeling of obligation, it is someone trying to get you to take over their responsibility for their life. Don't do it. Some people say, am I not obligated to care for my children. No, you are responsible for them until they are old enough to be responsible for themselves. Am I not obligated to you after I told you I would be there? No, if I don't want to be here, my journey has changed. I am responsible to my happiness and myself first. And then if it still feels right to be there, I will be there.

Control

No one can manipulate me to control me because I am free. I no longer buy into pity, obligation and guilt. Those feelings are hooks of manipulation.

Pity is when someone doesn't accept their learning journey and wants you to rescue them. I prefer to have compassion for the difficult journey you have chosen – but that doesn't mean that I have to rescue you from your choices.

Guilt is just beating up on myself. Guilt blocks learning. It is a way for people to manipulate you to do things for them. If it doesn't feel right for you, don't do it. Some people have been taught to feel guilt and shame. Let it go. Guilt and shame are wasted emotions. How can I have shame if I accept my journey and learn from it.

Since I am empowered here, no one else has control of me. I am in control. I have faith and trust instead of fear. Scare tactics don't work here. Fear is something to pay attention to. It's a red flag. It's a warning that I am in a negative system and there is something to learn here.

Identity

It is OK to have anything I want. The things are for my enjoyment but they don't own me. Things don't define me. I am me with or without them. What I do is not who I am. It is just an expression of some of me. I know I will have more status in the world if I look good and dress accordingly. That's OK, but inside I know who I am and that I can be anything I want to be. I look as good as I can just for me. I have the things I have because I enjoy them. I follow my curiosity and listen to my intuition. That is how I know which way to go.

Happiness

Happiness is the most important thing to pay attention to. If I am not happy, something is wrong. In the beginning, happiness was too much to comprehend. I looked for peace first. Finding peace is a starting place. You have to feel like you deserve happiness, that happiness is possible, allow yourself to have fun before you can know happiness. You have to free yourself. You can't be happy and not be free. Happiness is like wholeness. The happiness you know today is a tiny piece of the happiness you will know later if you let yourself. I also can't make you happy. You have to make yourself happy. It is a choice. You have to choose happiness over being right. Some people find being right makes them happy. That is because they only know how to live in the negative system. I don't have to be right. I am right for me and that is all that matters.

In the negative model people pretend to be happy. Stop pretending. Face reality. Where ever you are is where you are. Stopping pretending make you have to change some things. Those things need to be changed. It is hard at first but when you stop pretending and start being real, it is so freeing. If you think of your life as your own individual journey that is already perfect for you, it is OK to stop pretending. Reality is wonderful. Life is abundance not scarcity. In the negative model/system, one has to survive. You are just trying to survive. Get out of survival into living. There is an abundance of experience you are headed for and it can be great.

Stop sacrificing. Giving up your journey here for someone else is wrong. You came here for a reason and Jesus is the last person who should sacrifice for someone else. Did sacrifice for my children? No, they were a choice. It was giving out of love. Do I sacrifice for my business? No, I do this because I want to. Anything I want to do or made a choice to do is not a sacrifice. Sure, sometimes it has been rough. That doesn't mean it was a sacrifice. If the cause becomes a personal sacrifice, then my cause has changed and I must find it somewhere else. Sacrifice is a perception. I don't want to just get by. I want to live.

In the negative model, people are either selfish or self-less. Here I am centered within my self. I have to manage my life first and be considerate of yours.

In the negative model, love equals need. This leads to co-dependency. Need is need. Love is love. I love you when I am feeling loving towards you. Love is different than like. I may not always like you because sometimes you are unlikeable. But, I will always love you. If you need me, I will be there if it feels right. I don't have to be there. I have learned to only need me. The world is full of needs and only understands need. Being needed substitutes for being loved. If I love you but don't need you, I can love you and still let you go. If a relationship is based on need, sooner or later that need is either filled or the person gets tired of trying to fill a bottomless pit and the love is gone.

Equality

No two journeys are equal so how can we have equality? We are all different but we can still be equal. Your journey is perfect for you and mine is perfect for me. Both are equal learning experiences. Each life is perfect where it is. One is not better than the other as both are perfect for who and where they are. I am always enough. If you judge me, you can't know where I have been or why I am where I am. This was my choice and I am fine with it. No one owes me a life - I make my own. I give of myself and there is still plenty because I have given where it was not a sacrifice. I trust myself.

Communication and Information

It is better to communicate more than less in this system as the more you can see my point of view the more you will understand me. I can be open because I have no secrets. However, that doesn't mean I disclose everything. There is a difference between disclosure and secrets. I know that I can't disclose everything in a negative system. Only when I am in a positive synergistic system is it safe to tell all. Only positive people will understand and not be threatened. Only positive people will look for the best in me. My intuition tells me when I am safe.

In the negative system there are all kinds of communication games people play. One of them is the silent treatment or I know more than you so I am better than you. I don't need to do that here because I am not in competition with you.

I think before I speak here because I have to objectively observe which model you are thinking from before I know if I can speak my mind. I like to communicate openly and honestly. If you are thinking from the positive model, I am safe to do that. You would not use information against me because you respect me. Here we live and let live.

Motivation

Motivation here is inspirational. I am motivated because I want to be here. I am motivated because I create my own reward. I don't need you to motivate me because I am always moving towards my passion, curiosity, or happiness. If I don't feel motivated, I am in the wrong place.

In this system, managers motivated by looking for the best in others, encouraging and inspiring others to do their best. They don't pressure because if they have to resort to pressure, it is the wrong person for that job. This would be a red flag that it is time to ask some questions or find out what is not working.

Reality

I don't like drama. That belongs in the movies. I want a real life. Drama is a sign that someone is trying to shift the power base. Some people get power through attention and other needs being met. Look back at a past memory that looks like a drama. If everyone there saw life as a learning journey, felt loving and wanted happiness for everyone, would there be a drama?

Don't try to make sense of insanity. Insanity only makes sense in the model it fits in.

Relationships

Relationships here are mutual, open, up front, and equal. We share the journey with many people - sometimes intimately. It is just like we share the road with some for a while and then they drive a different way. I cannot own you since you own your own life. I can just enjoy sharing my life with you for as long as it's good.

Feelings

All negative feelings come from living in a negative destructive system. All negative feelings can be changed with Emotionology techniques and many other ways. Your emotions are all valid and important. Wouldn't you prefer to feel the more positive ones?