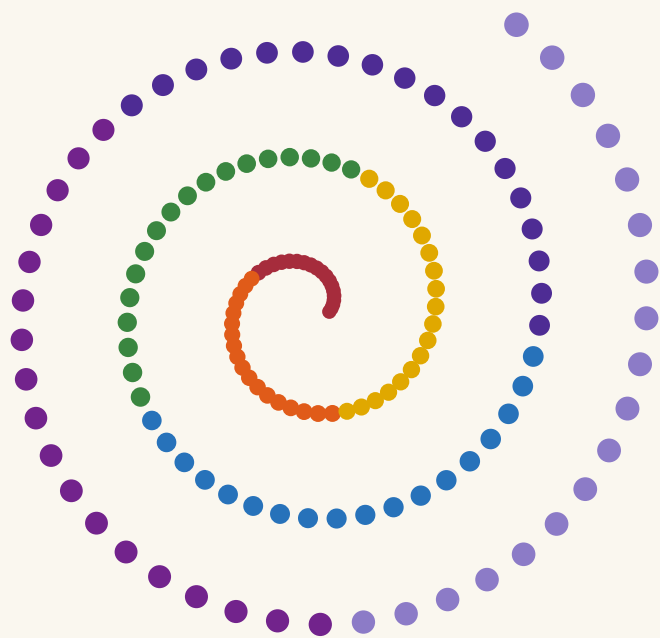


THE SPIRAL OF EMOTIONAL CONSCIOUSNESS



The Spiral of Emotional Consciousness

A Non-Dual Map of Contraction & Expansion

*What I feel does not determine where I am.
Awareness does.*

This Spiral came through my own lived experience. To be human is to feel all of it: fear, grief, anger, longing, love, peace, joy. None of it makes us wrong, and none of it makes us more or less worthy.

I see the Spiral in a non-dual way. There isn't a right place to be and there isn't a wrong place to be. We move between contraction and expansion, sometimes across years and sometimes several times in one day.

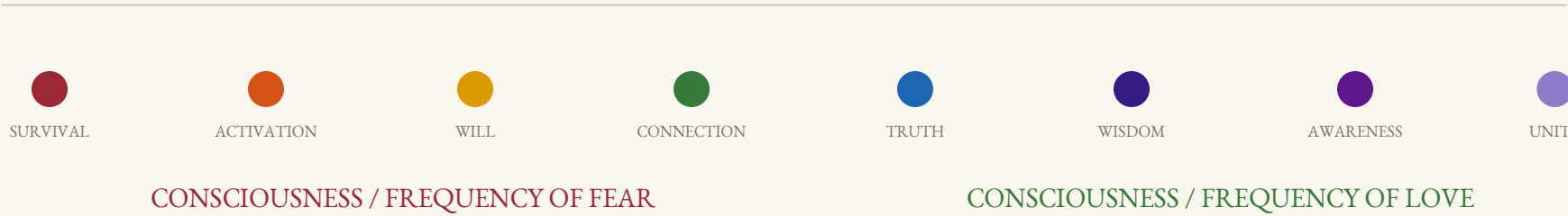
At the same time, I believe we each have a baseline state of consciousness. As that baseline expands, the lower states don't disappear. We still feel fear. We still contract. What changes is whether we can remain aware inside the experience.

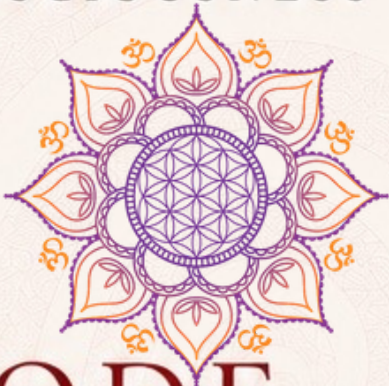
Awareness is the thread

If I am afraid and completely lost in the fear, then fear becomes my whole reality. But if I can also see, I am experiencing fear, something has already opened. Awareness is present, and that means I am meeting the fear from a higher baseline state.

The bottom three movements - Survival Mode, Activation and Will - sit within the consciousness, stream or frequency of fear. At Connection, the stream changes and we move into the consciousness of Love, then through Truth, Wisdom, Awareness and Unity.

Use each page as a mirror. Notice what feels familiar in your emotions, body, thoughts and behaviour. Notice the Bridge too. The Bridge isn't there to force you out of where you are. It's simply the next opening already available within the state.





SURVIVAL MODE

Contraction in the Experience of Separation

CORE
EXPERIENCE

Unsafe

EMOTIONAL
LANDSCAPE

Fear • Panic • Terror • Anger • Rage • Shame • Guilt •
Grief • Despair • Helplessness • Abandonment • Rejection •
Hatred • Numbness

HUMAN
SYSTEM STATE

Survival Physiology

Fight • Flight • Freeze • Collapse

INNER
NARRATIVE

Unsafe • Alone • Threatened • Powerless • Unworthy

BEHAVIOUR

Fight • Control • Avoid • Withdraw •
Attack • Please • Hide • Collapse

BODY

Tight • Heavy • Dense • Contracted •
Hypervigilant • Rigid • Frozen

CAPACITY

Many emotions.
Very little space.

BRIDGE

P R E S E N C E

A single breath creates space.



ACTIVATION

Activation from the Experience of Lack

CORE
EXPERIENCE

Desire

EMOTIONAL
LANDSCAPE

Desire • Longing • Craving • Frustration • Impatience
Restlessness • Wanting • Envy • Jealousy • Comparison
Insecurity • Neediness

HUMAN
SYSTEM STATE

Activation Physiology

Mobilisation • Pursuit • Seeking • Drive

INNER
NARRATIVE

I need. • More. • Not enough.
I must have. • I must become.

BEHAVIOUR

Seek • Pursue • Consume • Distract • Overwork
People-please • Compete • Escape

BODY

Tense • Restless • Wired • Driven • Hyperactive
Shallow breathing • Agitated • Inflamed

CAPACITY

Many desires.
Very little fulfilment.

BRIDGE

REGULATION

Feel. Breathe. Return to what is real.



WILL

Expansion through Personal Agency

CORE
EXPERIENCE

Choice

EMOTIONAL
LANDSCAPE

Courage • Determination • Confidence • Responsibility
Choice • Commitment • Capability • Self-belief • Motivation
Resilience

HUMAN
SYSTEM STATE

Directed Physiology

Focus • Intention • Direction • Organisation

INNER
NARRATIVE

I can. • I choose. • I will.
I am capable. • I can influence my life.

BEHAVIOUR

Plan • Set goals • Take action • Make decisions
Take responsibility • Persist • Learn • Create

BODY

Energised • Alert • Focused • Grounded
Activated • Engaged • Balanced

CAPACITY

Growing capacity.
Increasing choice.

BRIDGE

COMPASSION

Soften. Open. Allow love and connection.



CONNECTION

Expansion through Love & Connection

CORE
EXPERIENCE

Connection

EMOTIONAL
LANDSCAPE

Love • Warmth • Caring • Empathy • Acceptance • Belonging
Trust • Safety • Appreciation • Kindness • Gratitude • Forgiveness
Compassion • Joy • Tenderness

HUMAN
SYSTEM STATE

Coherent Physiology

Openness • Coherence • Connection • Safety • Flow

INNER
NARRATIVE

I am loved. • I belong. • I matter.
I am not alone. • I give and receive love.

BEHAVIOUR

Listen • Connect • Support • Communicate • Collaborate
Share • Include • Nurture • Offer • Be present

BODY

Heart open • Relaxed • Nourished • Grounded • Warm
Breathing deeply • Soft • Fluid • Energised

CAPACITY

Expanding capacity.
Growing connection.

BRIDGE

TRUTH

*Speak your truth.
Deepen connection.*



TRUTH

Expansion through Authentic Expression

CORE
EXPERIENCE

EMOTIONAL
LANDSCAPE

HUMAN
SYSTEM STATE

INNER
NARRATIVE

BEHAVIOUR

BODY

CAPACITY

Authenticity

Authenticity • Truth • Integrity • Honesty • Vulnerability • Alignment
Clarity • Congruence • Openness • Freedom • Presence
Self-expression • Trust • Courage

Alignment

Alignment • Coherence • Integrity • Clarity • Expression • Flow

I am enough. • I can be seen. • I can speak honestly.
I can be myself. • I live authentically.

Express • Speak • Listen • Create • Share • Set healthy boundaries
Live authentically • Inspire

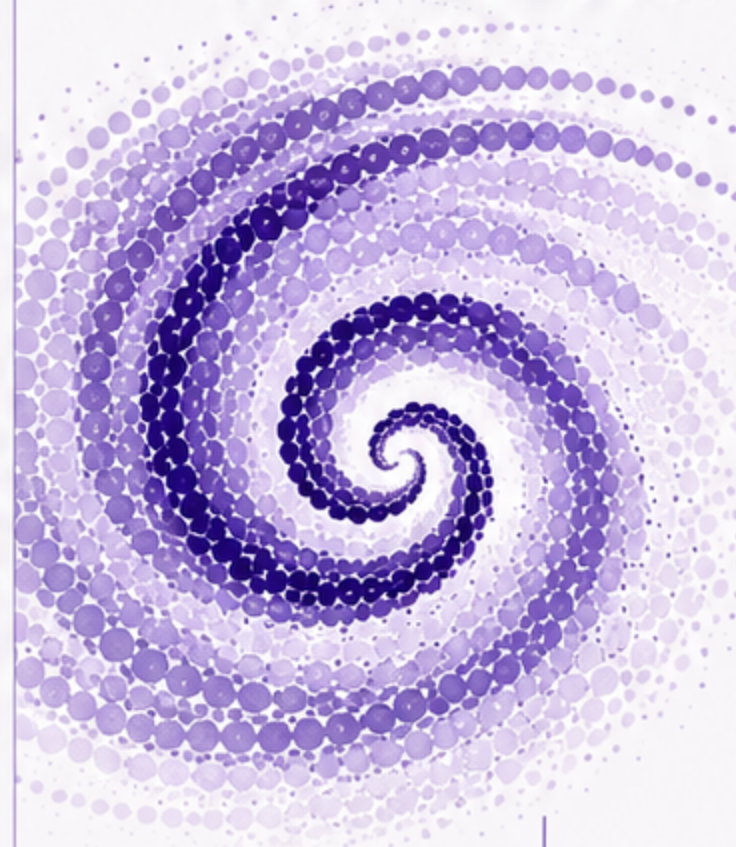
Relaxed • Open • Grounded • Steady • Clear • Balanced
Spacious • Fluid

Expanding authenticity.
Growing alignment.

BRIDGE

PERSPECTIVE

*Step back. See more.
Expand understanding.*



WISDOM

Expansion through Integration

CORE
EXPERIENCE

EMOTIONAL
LANDSCAPE

HUMAN
SYSTEM STATE

INNER
NARRATIVE

BEHAVIOUR

BODY

CAPACITY

BRIDGE

Wisdom

Wisdom • Understanding • Serenity • Peace • Trust • Presence
Grace • Equanimity • Acceptance • Humility • Clarity • Harmony

Embodied Wisdom

Presence • Clarity • Balance • Peace • Wholeness

I trust. • I accept. • I understand.
I live what I know. • I simply am.

Embody • Guide • Serve • Inspire
Hold space • Live intentionally

Peaceful • Spacious • Relaxed • Present
Light • Balanced • Grounded • Effortless

Living wisdom.
Deepening peace.

WHOLENESS

simply being



AWARENESS

Expansion through Perspective

CORE
EXPERIENCE

Awareness

Awareness • Presence • Perspective • Clarity • Understanding
Discernment • Curiosity • Intuition • Wisdom • Acceptance
Compassion • Non-judgement • Patience • Objectivity

EMOTIONAL
LANDSCAPE

Expanded Awareness

Perspective • Insight • Discernment • Compassion • Acceptance

HUMAN
SYSTEM STATE

I can see the bigger picture. • I observe without attachment.
I trust life's unfolding. • I remain open. • I am aware.

INNER
NARRATIVE

Observe • Reflect • Listen deeply • Remain curious
Consider all perspectives • Respond thoughtfully
Share wisdom • Guide gently

BEHAVIOUR

Spacious • Calm • Light • Still • Receptive
Relaxed • Open • Effortless

BODY

CAPACITY

Expanding awareness.
Seeing beyond the self.

BRIDGE

SURRENDER TO UNITY

*Let go.
Trust completely.*

THE SPIRAL OF EMOTIONAL CONSCIOUSNESS



UNITY

Expansion through Integration

CORE EXPERIENCE

Unity

•

HUMAN SYSTEM STATE

Unified Consciousness

•

INNER NARRATIVE

I Am

•

ONENESS

•

Seeing it all.

Loving it all.

YOU ARE HOME.

You are not here to perfect the human experience. You are here to live it. To contract and expand. To feel what comes. To become aware within it, and to keep meeting more of yourself with truth, compassion and love.

There is no wrong way through the Spiral. There is only the continual movement of being human: forgetting and remembering, closing and opening, beginning again.

This is the human experience.
