

How to Use This Manual

The material in this self-study programme has been distilled from the teachings of Psychology of Vision, a powerful transformation model created by Chuck and Lency Spezzano. It is taught in every continent, and over the last 30 years it has helped tens of thousands of people to reach their personal potential and find new meaning in their lives.

This manual is designed to lead you on your personal journey of self-discovery, not only describing the landscape of life, relationships and growth, but also exploring the layers of the mind and posing life-changing questions. We recommend that you set some time aside each day, or at least every second day, to study a page or two and that this study is sequential. Each chapter is presented in sections showing both the links and natural breaks in the discovery and development process. We don't recommend that you read it as a thriller (i.e. not all in one sitting!), nor do we recommend that you take too long to cover the material.

Start at the beginning and finish at the end, rather than being tempted to dip into it in response to a particular issue which has come up in your life. Though its value as a life-long guide to address specific problems, it will be most helpful to be familiar with all of the material first. Then at various times when issues do arise in your life, look at it again and again, as your responses to the materials will change as you change. The chapter index will then help you to either intuitively, or through research, go deeper into the pertinent topics as you continue your life's journey.

Setting Your Personal Goals

We believe it is important that you set some personal goals before you start the programme. Over time you will naturally wish to review and reset these goals as part of the process of change.

What would you like to accomplish by taking this course?

Be brave and take a few moments and write down a list of what you want.

My goals for this study programme are
.....
.....

This is the first of many times we will ask you to write in this course. We suggest that you are as honest as you can be but keep your journal private, as some things can lose power and effectiveness if widely shared.

Resistance

It is important to recognise that, as with any powerful transformational process, you will hit resistance. Unless we recognise this resistance and it is addressed when it shows up, it can leave us with a feeling of anger or guilt, and as we all know angry and guilty people don't always act in the best way.

Resistance can show up in many different guises. Some of these are boredom, feeling ill, never having time, always having something else to do, and disliking the material. Recognising our resistance is 80% of the solution and making a new choice to face the underlying discomfort is the other 20%. We all encounter resistance every day in many areas, and the key is not to feel bad about hitting resistance, and not to let it rule your decision-making process.

Question Everything

Whatever you do, don't blindly believe the material in this manual. We hope that you will question it, as deeply as you are willing to question yourself, for the intention of this book is to help develop more positive strategies for dealing with life. We encourage you to do research, speak with your friends and family, and be aware of the feelings that arise in you.

Intuition

During the modules there are a number of exercises in which you will be asked to write answers. Don't think about the answers, but listen to your intuitive response. Often after reading the question the very first thing that comes into your mind is the right answer, but we so often censor that answer. The questions are asked in a way which is intended to engage with the deeper aspects of ourselves, those hidden parts of us that at times appear to be running our lives in an unhelpful way to our detriment.

Share with Friends and Family

Many of the concepts in this manual require us to view our lives from a different perspective, and therefore question some of our most cherished beliefs. We think it is helpful that during these times you discuss and share your thoughts and feelings with people around you. Remember not to use the ideas or concepts as new weapons of attack for the people close to you, as we are being asked to go deeper and take responsibility for our own lives and not to blame others.

You are Not on Your Own

There is an active support from people who are willing to be in service and answer any questions you may have. We strongly encourage you to reach out and contact us by telephone, letter or e-mail. Details are on the website www.pov-lifemanual.com

There is also a chat room facility, which is monitored by a trainer, where help is always available.

We wish you all success and happiness in your life's journey.

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