

CONSCIOUS TEMPLATE

Self-Evaluation Quiz
for
Conscious Parenting



By

... glen 

Conscious Template

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**The
Definitive Parenting Model**

By

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Overview

Introduction

The last twelve years of my career as a licensed therapist to independently diagnose and treat psychological and emotional disorders I specialized in the treatment of children. A wholistic approach that included EEG biofeedback, nutritional education, testing, supplements, counseling, and parenting classes was used to treat children who were ADD, ADHD and/or bipolar. There were also some children who were brought in for other psychological and emotional disorders and a few for peak performance training. I was the first EEG biofeedback therapist that I am aware of who treated a child for autism and who specialized in treating children with bipolar. Now there are thousands of EEG biofeedback therapists treating clients for peak performance and a host of disorders. The children who had been diagnosed bipolar were all on multiply psychiatric drugs that included stimulants, antidepressants, mood stabilizers and occasionally antipsychotics. All of them had originally been diagnosed ADD or ADHD before stimulants

and antidepressants precipitated an underlying latent bipolar disorder.

To legally taper children off of their meds I hired a physician as a medical director. Initially I tried working with the children's physicians and that proved to be a disaster. As it has been said Big Pharma and many physicians are looking for customers not cures. Many of my clients were told their by children's physicians that their children would be dismissed as patients if they pursued EEG biofeedback. I remember one mother in particular who was told that she would have to find another family doctor if she took her son to me. I ran into her a year later and asked her how her son was doing. On the edge of tears she told me that he was on multiply meds and was doing horribly.

Big Pharma even organized parenting support groups to market stimulant medications and discourage parents from having their children do EEG biofeedback. That said, over 99% of the children that I saw were successfully tapered off all of their meds. Understand that the children were tapered off of their meds only if they were more functional off of their meds. Less than two three children were left on a greatly reduced amount of meds for maximum functioning. Objective testing, improved functioning at school and subjective evaluation from the parents all confirmed that these children were functioning better off their meds than on their meds. The vast majority of these children had ended up on various medications due to inappropriate parenting.

For the first five years of college I was a biology major and the last five years a psychology major. After graduating I became interested in psychophysiology and the use of peripheral and EEG biofeedback. I was fortunate during my career to find wholistic oriented physicians that were willing to taper patients off of their various meds. One physician in particular hired me to help him take his patients off of various minor tranquilizers. He had prescribed minor tranqs for virtually all of his patients and was worried that he was going to be investigated. After a year his practice had been cut in

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half. He told me he could not afford to get his patients well, that I was too good at what I did and he needed to get his patients back on the minor tranqs. So he laid me off and I decided to stay home as a full time house husband for three years and take care of my new born daughter and my three year old son. This was before the movies Mrs Doubtfire or Mr Mom helped make fathers staying home commonplace and acceptable. What I learned staying home with the children was priceless. After returning to work I eventually opened my own private practice and hired a physician. It was apparent to me that a collective shift in parenting was spoiling children instead of traumatizing them. I quickly learned that spoiling children can be just as damaging and even more difficult to rectify then traumatizing them.

I grew up and went to school in the Fifties and Sixties when it was normal to use corporal punishment. Paddles were hung on the wall that were often made in the shop classes. My biology teacher hung up three different paddles and had the students choose which paddle he was going to use. Although I grew up in inner city schools students did not disrespect the teachers and did what they were told to do. By the time my children were in school, teachers had been assaulted in the local junior high that my son attended. Children that were cooperative who had more of a flight response (i.e. yin) might have been traumatized by the conservative parenting of my childhood but the the uncooperative children with more of a fight response (i.e yang) were at least civilized and even socialized. Although one can be traumatized and still be civilized and socialized children who are spoiled are very unlikely to be civilized or socialized. Some of the nicest people I know were traumatized as children.

I myself, who was extremely yin, was having panic attacks and had developed ulcers by the time I was nine years old. Ironically, to undue our trauma many of us more cooperative yin children grew up to become therapists who helped ushered in green liberal parenting and a different set of childhood disorders. During the twelve years that I saw children in my private practice virtually none of them had been traumatized. Almost all of them had been spoiled. Without

sufficient discipline between the age of two and seven the use of psychiatric meds with children exploded. The Conscious Template parenting model neither spoils nor traumatizes children eliminating the need for psychiatric medications for the vast majority of children.

Jean Piaget had the brilliant insight that intelligence in children was qualitatively not qualitatively different. With an interest in developmental psychology it was apparent to me that children went through developmental stages that were not simply qualitatively different but qualitatively different in more ways than simply intelligence. Although Piaget only came up with four childhood developmental stages my background in biology convinced me that there were five childhood developmental stages and two stages in adults. It was also apparent that each childhood developmental stage necessitated an entirely different parenting model. Seeing an exponential increase in children being put on psychiatric meds and children being diagnosed with bipolar I decided that I could help more children if I wrote a parenting book. Before I went to India with the help of Maggie DeMellier I self-published *Parenting By Law or Grace*. Although I would dare say that the book was far better than most of the available parenting books I didn't want to simply write a better parenting book I wanted to write the definitive parenting book. So I closed down my practice got rid of virtually everything that wouldn't fit into a back pack and bought a one way ticket to India where the cost of living would be significantly less.

Figuring it would take me two or three years to write the definitive parenting book I started looking at parenting from various domains after arriving in India. I figured to the definitive parenting model I would have to take a meta-theory approach. A meta-theory is defined as a higher order theory that allowed one to analyze, compare and evaluate competing theories. It is also called a theory of everything (acronym TOE) or what Conscious Template call a paradigm of paradigms (acronym POP). I decided to leave no stone unturned and began looking at parenting developmentally, reli-

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giously, culturally, historically, biologically and psychologically. I also turned to specific theoretical models like the Enneagram, Spiral Dynamics, the eastern yin yang model and other various theoretical models. In all I triangulated over twelve domains and theoretical models. I would triangulate each additional domain or theoretical model into Conscious Template using critical reasoning. This required countless rewrites. When I left for India I naively thought that it would take me only a few years to write the definitive parenting book. I spent around ten years in India, about a year in England and a year in Crete. It took me almost another four years after returning to the States.

It became increasingly obvious that each developmental stage needed an entirely different parenting model and this definitive parenting book was going to take me a lot longer than I had anticipated. And it certainly did. To complete the parenting model and Conscious Template meta-theory it took me almost sixteen years to figure out the specific parenting model for each developmental stage of consciousness. Depending on the temperament of the parents and the child virtually all parents will parent certain developmental stages appropriately and other stages inappropriately. Some stages need a very liberal permissive approach, some a very conservative approach and still others a combination of the two. The liberal parents will do the stages requiring a liberal approach correctly and the conservative stages incorrectly. The conservative parents in turn will do the conservative stages correctly and the liberal stages incorrectly. And most parents will screw up the stages that required both approaches. Below are the various stages, the associated part of the brain, type of intelligence, the appropriate parental role, what the child need, lesson to be learned and the ideal parenting model for each stage. Evolutionarily the earlier parts of the brain comes on line first and are initially more dominant from the bottom up and from the back to the front. Below is simply an outline of what and in and of itself does not explain how to implement proper parenting, as one would say in England.

While triangulating the various domains and theoretical models to understand parenting from multiply domains and theoretical models to write the definitive parenting model a theory of everything took shape and emerged. In other words an all encompassing meta-theory that explained how various domains and theoretical models were interconnected. This emerging meta-theory was eventually named Conscious Template and was instrumental in the writing of the emerging parenting model. I would shift back and forth between writing the Conscious Template meta-theory and the parenting model requiring countless revisions and rewrites for both. Insights in the parenting model prompted insights in the meta-theory which in turn prompted insights into the parenting model necessitating countless additional revisions and rewrites of the manuals and books. Triangulating each new domain and theoretical model became exponentially more complicated and difficult.

All domains/theoretical models are dependent on the unfolding biological changes of the brain in the development stages. As Piaget so brilliantly pointed out intelligence is qualitatively not qualitatively different in the different developmental stages. Not only is intelligence qualitatively different one's values, perspective, motivating drives, emotional/psychological disorders and so on and so forth are also often qualitatively different. The yin yang model, various psychological models, the seven chakras, the nine personality types of the Enneagram, the eight levels of the Spiral Dynamics, Piagets's four cognitive development stages, MacLean's Triune Brain model and a number of other theoretical models and domains were all triangulated to create the meta-theory called Conscious Template which was overlaid over the Conscious Template conscious parenting model. All theoretical models and domains attempt to understand and explain existence. How existence is perceived, understood and explained depends on the stage or stages of consciousness one is coming from. The qualitatively different intelligences perceives and understands parenting quite differently. Virtues in one stage of consciousness often becomes vices in the next

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and vice versa. The seven stages of consciousness are responsible for all of the countless points of view and theoretical models religiously, psychologically, historically, politically, culturally, and so on. The different stages of consciousness are reflected in the different parenting styles historically and culturally.

The *Conscious Template Manual for Conscious Parenting* focuses on the what to do when and how. The *Conscious Template Book for Conscious Parenting* focuses not only on what needs to do when and how but also why. The seven stages of consciousness that are associated with the childhood developmental stages are Survival Consciousness, Pleasure Consciousness, Power Consciousness, Social Consciousness, and Actualization Consciousness. Realization Consciousness and Integration Consciousness are adult stages. Yang children are generally difficult to traumatize, civilize and socialize and without sufficient and appropriate discipline often get stuck in yang Power Consciousness later in life as adults with addictions or personality disorders. Yin children are generally easy to traumatize, civilize and socialize and often get stuck as adults in Social Consciousness with neurotic disorders and codependency. There is also a genetic component to all psychological disorders. Yang children have more of a fight response and therefore need more discipline and structure (i.e. law) than yin children. And yin children with more of a flight response need to be supported more (i.e. grace). Yang child also need to be challenged more. The yang stages and yin stages are connected like the seven candles on a Jewish menorah. The first yang stage is connected to the seventh yang stage, the second yin stage to the sixth yin stage, the third yang stage to the fifth yang stage and the fourth yin stage is in the middle and holds everything together. Go to conscioustemplate.com for more information.

Stages

First Stage

Pre-egoic/pre-mind yang Survival Consciousness
Primary Motivating Drive: Survival.
Age: Birth to six months.
Associated Brain Structure: Sensate Reptilian Brain.
Type of Intelligence: Sensate intelligence; body intelligence.
Parental Role: Caretaker.
Child Need: Unconditional love.
Lesson Learned: That the world is a safe place and he or she belongs in the world.
Ideal Parenting Model: Unconditional love and nurturing.
Trauma/Inappropriate Parenting: Without unconditional love and nurturing susceptible to PTSD later in life.

Second Stage

Pre-egoic/pre-mind yin Pleasure Consciousness
Primary Motivating Drive: Pleasure.
Age: Six months to two years.
Associated Brain Structure: Emotional Mammalian Brain
(a.k.a.
limbic system).
Type of Intelligence: Emotional intelligence.
Parental Role: Guide.
Child Need: To learn boundaries.
Lesson Learned: What no means; That no means no.
Ideal Parenting Model: Very gentle distraction and redirection;
no commands; boundaries; copying parent's behavior
(i.e. mirror-motor neurons).

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Trauma/Inappropriate Parenting: With harsh traumatic parenting susceptible to psychosis later in life; all disorders also have a genetic basis.

Third Stage

Egoic Mind-One yang Power Consciousness

Primary Motivating Drive: Power.

Age: Two years to seven years.

Associated Brain Structure: Right neocortex.

Type of intelligence: Prelogical pre-reasoning representational

and conceptual thinking; rote memory; languages; math; spatial; musical; computers.

Parental Role: Coach.

Child Need: Discipline; to take care of oneself.

Lesson Learned: That one is obligated to do what one is told to

do immediately without hesitation or questioning; manners and etiquette; obligation.

Ideal Parenting Model: Benevolent authoritarian using a modified time out.

Trauma/Inappropriate Parenting: With insufficient discipline the child is under civilized creating personality disorders.

Fourth Stage

Egoic Mind-Two yin Social Consciousness

Primary Motivating Drive: Social interest.

Age: Potentially at seven years to puberty (i.e. only if the child was civilized in the previous stage of consciousness); individuals and entire cultures often get stuck in the previous stage of consciousness (i.e. patriarchal Power Consciousness).

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Associated Brain Structure: Left neocortex.

Type of Intelligence: Inductive reasoning (i.e. connect the dots);

from the specific to the general (i.e. bottom up); concrete logic (i.e. learn from concrete experiences); social intelligence.

Parental Role: Instructor.

Child Need: Consideration and kindness; to take care of others.

Lesson Learned: That it is one's duty to be helpful and considerate; duty; empathy.

Ideal Parenting Model: A much more gentle benevolent approach if the child was civilized in the previous stage; if the child wasn't civilized in the third stage continue the parenting style of the third stage until the child is sufficiently civilized to be socialized in this stage.

Trauma/Inappropriate Parenting: Neuroses from being over socialized by being over disciplined or treated harshly after being sufficiently disciplined and civilized in Power Consciousness.

Fifth Stage

Egoic Mind-Three Yang Actualization Consciousness

Primary Motivating Drive: Individualization and self actualization (i.e. personal growth).

Age: Potentially from puberty to the age of nineteen (i.e. only if the child was civilized in Power Consciousness and socialized in Social Consciousness).

Associated Brain Structure: Frontal neocortex.

Type of Intelligence: Deductive reasoning from the general to the specific (i.e. top down); abstract logic (i.e. learning from the hypothetical); scientifically inclined.

Parental Role: Teacher.

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Child Need: To rebel and question; rebellion is not possible unless one was civilized in Power Consciousness and socialized in Social Consciousness; if the child wasn't civilized

in the third stage continue the parenting style of Power Consciousness; if the child was civilized but not socialized continue the parenting model of Social Consciousness.

Lesson Learned: To balance out the taking of Power Consciousness with the giving of Social Consciousness; assume responsibility.

Ideal Parenting Model: If the child was civilized in Power Consciousness and socialized in Social Consciousness the supportive interactive parenting model that is idealized by green permissive parenting where one negotiates privileges and responsibilities is needed.

Trauma/Inappropriate Parenting: This stage of consciousness is dependent on the child reaching Social Consciousness and rebelling; reaching Social Consciousness is dependent on society and one's parents but getting into the egoic Mind-Three

Actualization Consciousness and the later post-egoic adult stages of Realization and Integration Consciousness depends on the individual's efforts.

Sixth Stage

Post-egoic Yin Realization Consciousness

Primary Motivating Drive: Realization of Self (i.e. infinite Self not the finite egoic self).

Age: Adulthood potentially from age nineteen to twenty-nine (i.e. only if the child was civilized in Power Consciousness, socialized in Social Consciousness and actualized in Actualization Consciousness).

Seventh Stage

Post-egoic Yang Integration Consciousness

Primary Motivating Drive: Integration and actualization of Self (i.e. infinite Self).

Age: Adulthood potentially from age twenty-nine onwards (i.e.

only if the person was civilized in Power Consciousness, socialized in Social Consciousness, actualized in Actualization Consciousness and realized in Realization Consciousness.

Once again, go to conscioustemplate.com for more information. In the next chapter is a very short quiz. There is nothing scientific about this quiz. The questions are simply pertaining to particular characteristics that correlate with specific stages of consciousness. Correlating this with that using inductive reasoning to connect the dots cannot indicate causality. Only scientific studies based on the scientific method, using deductive reasoning and abstract logic, can indicate causality.

1. Primary Characteristics

Each stage of consciousness has a different defining primary motivating drive.

First, check the boxes for the types of drive that are true (or mostly true) or false (or mostly false) for you.

Secondly, go back and rank the order of the drives (i.e. 1 through 7) that motivate you. The earlier stages and their motivating drives are inclusive and embedded in the later stages of consciousness, and are active to some degree other. The primary motivating drives cannot be downloaded or uploaded into another stage of consciousness.

Stages of Consciousness According to the Primary Motivating Drive

- 1) True [] False [] Rank [] Yang Survival Consciousness: I am conscious of being motivated and driven by survival. I am preoccupied by thoughts of preventing death, injury, and/or disease. I am aware of my senses. I enjoy extreme sports that bring me into my senses. I consider myself a survivalist.

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2) True [] False [] Rank [] Yin Pleasure Consciousness: I am conscious of being motivated and driven by pleasure. I am aware of my emotions. Food and/or sex are very important parts of my life. I am non-competitively playful, creative, and imaginative.

3) True [] False [] Rank [] Yang Power Consciousness: I am conscious of being motivated and driven by power. I am competitive. I keep score when I play, and I play to win. I feel shame when I lose or fail. When I do something for someone, I expect the other to reciprocate in return. I like to be acknowledged.

4) True [] False [] Rank [] Yin Social Consciousness: I am conscious of being motivated and driven to help others. I will help others, even at my own expense. I am altruistic and I don't expect others to reciprocate. I am willing to suffer and sacrifice for others. I feel guilt when I let others down.

5) True [] False [] Rank [] Yang Actualization Consciousness: I am conscious of being motivated to actualize my ego (i.e. actualization of self). I am interested in personal growth, changing my beliefs, changing my personality, self-determinism, and individualization. I am conscious of being motivated and driven to understand, even if it invalidates my conditioned beliefs. Science interests and fascinates me. I want to know how things work. Doubt is a virtue. I value being reasonable and rational. I have my doubts regarding spirituality.

6) True [] False [] Rank [] Yin Realization Consciousness: I am conscious of being motivated and driven to transcend my ego (i.e.

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realization of Self). Not existing appeals to me. I am no longer interested in merely consoling my ego. The internal world is of primary and the external world of secondary importance. I am no longer interested in using the now as a means to an end. The only salvation there is resides in the here and now. I realize that I am finite consciousness that is part of infinite consciousness, and not the egoic activities of thinking, feeling, emoting, and sensing. Ego is like a change of clothes, useful but not who I really am.

7) True [] False [] Rank [] Yang Integration Consciousness – associated with integration of brain structures: I am nonjudgemental and I am able to recognize and honor the truths of the different drives without emotional judgement or reaction. It isn't better to be in one stage of consciousness than another. I identify with all of Existence..

True [] False [] I have a strong center of gravity in one drive. If this is checked true, my center of gravity would be in () _____ Consciousness for drives.

The rank order for drives is

[] [] [] [] [] []

2. Stages of Consciousness According to Parenting

Each stage of consciousness parents differently.

First, check the boxes for the types of parenting that are true (or mostly true) or false (or mostly false) for you.

Secondly, rank the order of the types of parenting in your life. The embedded stages of parenting tend to be somewhat exclusive. Once again, there is nothing scientific in regards to this quiz. They are simply questions pertaining to particular characteristics that correlate with specific stages of consciousness. Correlating this with that using inductive reasoning to connect the dots cannot indicate causality. Only scientific studies, based on the scientific method using deductive reasoning and abstract logic, can indicate causality.

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1) True [] False [] Rank [] Survival Consciousness: Parenting is instinctual. I don't think about it.

2) True [] False [] Rank [] Pleasure Consciousness: Parenting is instinctual. I identify with liberal parenting. Generally, children need to be nurtured, taken care of, pampered, and spoiled. Until a child is a teenager there should be very few boundaries. Until children are seven or eight years old, they should not have to do things for themselves. The family bed is appropriate for children, regardless of their age. Breast feeding is appropriate after the age of two. Note that patriarchal cultures in Power Consciousness don't parent children from Power Consciousness but Pleasure Consciousness. The reason for this is that, although the men in a patriarchal culture are generally in Power Consciousness, the women are more in Pleasure Consciousness.

3) True [] False [] Rank [] Power Consciousness: Children need to see their parents as the boss and in charge. I believe in conservative traditional parenting. Children need love, but they also need discipline. Both positive and negative consequences are needed, and occasionally corporal punishment may be necessary. Children need to be taught to follow simple positive commands without hesitation. Children lose respect for parents who repeat themselves. Reasoning with a child undermines the parent's authority. Children need to be taught manners, learn delayed gratification, respect for their elders. Children also need to be taught how to take care of themselves. Children need to learn that they are obligated to do what they are told to do immediately, with hesitation or questions. Children need to be taught that they are children and do not have the same rights, privileges, and responsibilities as adults. The family bed is appropriate for only young children, before the age of two.

4) True [] False [] Rank [] Social Consciousness: I generally agree with the parenting associated with Power Consciousness. Overall, however, parenting should be gentler, less harsh, and involve minimal corporal punishment and negative consequences. Time-out should be used instead. The family bed interferes with the husband-wife relationship and teaches the child poor boundaries. The family bed is only appropriate for infants. Infants should be kept in a cradle or bassinet next to the parent's bed. After six months, children should be moved to a crib. After the age of two, children should be moved to their own room.

5) True [] False [] Rank [] Actualization Consciousness: I generally agree with the conservative parenting model, but children should also be reasoned with. Corporal punishment needs to be eliminated and negative consequences should be minimized. Time-out and reasoning with children afterwards should be used instead. The family bed is inappropriate. Infants should be kept in a cradle or bassinet next to the parents' bed. Between six months and two years, the child should be moved to a crib in the corner of the room. After the age of two, children should be moved to their own room. Breast feeding beyond the age of two is inappropriate.

6) True [] False [] Rank [] Realization Consciousness: I am a liberal parent. I am in agreement with most of Pleasure Consciousness parenting. Children should not be told no unless absolutely necessary, because it stifles their creativity. Breast feeding until children want to quit is preferable to forced weaning. The family bed is healthy for children, even when they are older. Children should not be made to do something they don't want to do. If you treat children with respect, they will respect you in return. Only positive reinforcement should ever be used. Negative consequences and corporal punishment should never be used. Instead of time-out, *time-in*

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should be used where you hold the child and explain to them what they did was inappropriate and why. Children are innocent and want to please you.

7) True [] False [] Rank [] Integration Consciousness: I realize that each stage of childhood needs a different parenting model. Liberal and conservative parenting models are both needed at different stages.

True [] False [] I have a strong center of gravity in one stage of parenting. If this is checked true, my center of gravity would be in ()
_____ Consciousness for parenting.

The rank order for parenting (if applicable) is [] [] [] [] [] []

3. Overview of the Stages of Consciousness

Stages of Consciousness

- 1) Yang Survival Consciousness,
- 2) Yin Pleasure Consciousness,
- 3) Yang Power Consciousness
- 4) Yin Social Consciousness,
- 5) Yang Actualization Consciousness,
- 6) Yin Realization Consciousness and
- 7) Yang Integration Consciousness

Primary Motivating Drive/Secondary Characteristics

If you have a center of gravity for your primary motivating drives and secondary characteristics 1) curiosity, 2) dependency, 3) sexuality, 4) friendship, 5) who one identifies with, 6) what one identifies with 7) parenting, 8) perception of self, 9) religion and/or spirituality, and 10) thinking - include it below:

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My stage of consciousness for primary motivating drive is ()_____

Not applicable []

My stage of consciousness for parenting is.....()_____

Not applicable []

By Rank Order

My rank order for parenting (if applicable) is

[] [] [] [] [] []

About the Author

Among other things, I have been a psychotherapist, lecturer, teacher, and author. I majored in biology and geology, before completing another five years in psychology. This diverse interest in the hard sciences of biology and geology, and the soft sciences of psychology, led to a lifelong interest and pursuit of knowledge in the fields of psychophysiology, biofeedback, and meditation.

I became certified in both peripheral and EEG biofeedback, and licensed as a Clinical Counsellor to independently diagnose and treat emotional and mental disorders. I first visited India in 1979, after completing my undergraduate and graduate degrees. My areas of expertise include—but are not limited to—EEG biofeedback, stress management, crisis intervention, relationships, parenting, cross-cultural differences, hospice, religion, spirituality, teaching, meditation, chronic pain, headaches, bipolar disorders, anxiety disorders, Asperger's, insomnia, ADHD, and depression.

I taught classes at the University of Akron in such diverse fields as biofeedback, stress management, meditation, relationships, human sexuality, emotional disorders, dream analysis, psychophysiological disorders, insomnia, and psychological disorders. I've also served as the clinical director of the Counseling Education and Meditation Center, and later at the Neurotherapy Counseling Center, before returning to India in 2006 to research and write.

First and foremost, I see myself as a teacher and a lecturer. Not a writer. I started off, back in college, planning to be a teacher. After becoming a psychotherapist I started writing as a means to an end,

so I could teach. I figured that if I wrote a few books, not only could I help a lot more people but it would also provide me with a larger audience.

I have done my best to present my teachings in written form as best as I could. You may find my writing to be a little redundant at times, but keep reading, the information I am attempting to give you is priceless and the repetition will be helpful for many. I have recently (2018) returned to the States to finish and release the following books, and to follow my bliss of teaching.

Other Books Available and a Partial Listing of Future Books:

- Free: *Conscious Template Self-Evaluation Quiz for Becoming Conscious* (2022)
- Free: “Applying Conscious Template to Various Domains and Paradigms” (2022)
- *Conscious Template Manual for Conscious Parenting* (2022)
- *Conscious Template Manual for Becoming Conscious* (2022)
- *Conscious Template Autobiography of a Yankee* (2022)
- Conscious Template Book for Conscious Relationships
- *Conscious Template for Conscious Education*
- *Conscious Template Book for Conscious Psychology and Psychotherapy*
- *Conscious Template for Conscious Religion and Spirituality*
- *Conscious Template for Conscious History and Anthropology*
- *Conscious Template for Conscious Enneagram*
- *Conscious Template for Conscious Business*
- *Conscious Template for Conscious Culture*



