The Escalator Framework



Develop a Higher Self.



Use my Higher Self to re-make myself.



Equip my Higher Self with metasystemic cognition.

My Higher Self is a new level of psychological management that stands outside my habitual thinking, emotional responses and feelings. It experiences them as objects. When I operate from my higher self, I am therefore free from the dictates of my conditioned responses and emotional impulses. I can move at right angles to them and develop new capacities.

I can significantly enhance my ability to act wisely and effectively by using my higher self to:

- Free myself from the dictates of my habitual thought patterns and emotional responses;
- Access all the psychological resources that are relevant to developing wise responses, rather than just respond habitually;
- Align my thinking and emotions with my higher goals; and
- Act with greater awareness in all circumstances.

I can use meta-systemic cognition to develop effective strategies when facing complex challenges. It enables me to develop mental models of the complex environments that I have to deal with, and to use these models to identify actions that will enable me to achieve my goals in complex circumstances.

I begin to develop my Higher Self by dis-embedding from my thinking and emotions and by expanding my awareness using the approach summarized in Appendix A. I experience my Higher Self as spacious awareness within which I experience as objects my thoughts, feelings, bodily sensations and external environment.

I work on myself to progressively extend my capacity to access dis-embedded awareness in all the circumstances I encounter in life. I use my growing ability to stand outside my thinking and emotions to free myself from maladaptive actions and behaviours and to develop wiser responses. I use the approach summarized in Appendix A to develop these abilities.

I dis-embed from my analytical/rational thinking, see what it tends to leave out of its models of reality, and then use the four quadrants of meta-systemic thinking to identify how I can remediate these absences and to build models that represent complex reality more effectively (see Appendix B for more detail).



Freedom Wisdom I am no longer at the I can access all my dictates of my habitual psychological resources thought patterns and and act wisely. emotional responses. **Higher Self** Alignment Awareness My thinking and I act with greater emotions are aligned awareness in all circumstances. with my higher goals.

Process I see that everything is in the process of undergoing unceasing change. Context I see that everything that exists is part of

of a situation share a common ground or are part of a wider system. Mastering Complexity Transformational Systems I see phenomena as comprising systems in organised, multitransformation layered wholes. combining Context, Process and Relationship

Relationship

I see where elements