

The Escalator Framework

What

- 1** Develop a Higher Self.
- 2** Use my Higher Self to re-make myself.
- 3** Equip my Higher Self with meta-systemic cognition.

Why

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.

How

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).

