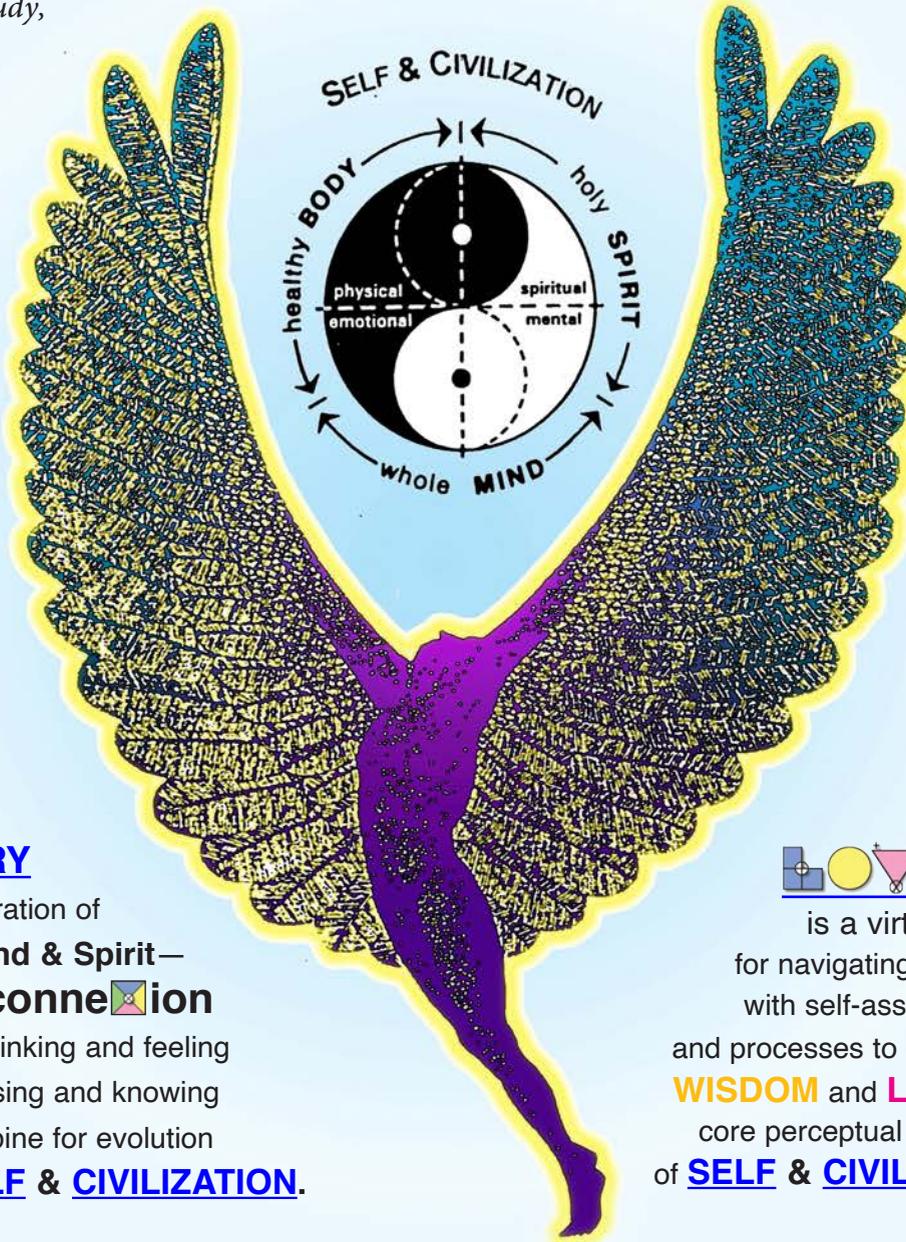


Get Some “PEP” in Your Life!

The Perception Empowerment Process (PEP)— Conceive ‘IT’ and Believe ‘IT’ to Achieve ‘IT’

(InnerTech)

Christopher Rudy,
Heartcom.org



SELF- MASTERY

is the integration of
Body, Mind & Spirit—
how the **conne****ion**
of your thinking and feeling
and sensing and knowing
all combine for evolution
of **SELF & CIVILIZATION**.

CODES

is a virtual ‘roadmap’
for navigating ‘inner space’
with self-assessment tools
and processes to em**POWER**
WISDOM and **LOVE** in five
core perceptual dimensions
of **SELF & CIVILIZATION**.

Your Portal to Personal Empowerment Is a Process.
Decode Your ‘Inner Director’ (ID) Coordinates,
and then STEP THROUGH YOUR PORTAL!

SCALE	Never	10% of the time	Always	
	1	2	3	4
1*				
4*				
7*				
10*				
13*				
16*				
19*				
22*				
25*				
28*				
31*				
34*				

LOVE

Page 3 of 6

SCALE	Never	10% of the time	Always	
	1	2	3	4
2*				
5*				
8*				
11*				
14*				
17*				
20*				
23*				
26*				
29*				
32*				
35*				

WISDOM

Page 4 of 6

SCALE	Never	10% of the time	Always	
	1	2	3	4
3*				
6*				
9*				
12*				
15*				
18*				
21*				
24*				
27*				
30*				
33*				
36*				

POWER

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Click on the 3 questionnaires above to print out full-page versions for scoring.

As early as 400 B.C., Hippocrates, the Father of Western Medicine, identified what he termed the “four temperaments” or what we now know as the four styles.

Hippocrates observed that each of the four styles had unique characteristics, and that the different styles could be identified using a variety of indicators... in answer to simple questions.

In the 20th Century, Carl Jung, the Father of Modern Psychology, re-identified these styles as the four archetypes of fire-spiritual, air-mental, water-emotional and earth-physical.

The psychology of styles has thus emerged as a powerful tool for self-assessment and personal empowerment, including:

- 1) **Understanding your personal communication style;**
- 2) **Awareness of developed and undeveloped communication abilities;**
- 3) **Providing communication strategies to become more effective in your home or work environment.**

SCORING DIRECTIONS

Use the link above to open and print out the 6-page PDF for this program. This is not a “test,” just an objective self-assessment, without thinking about it too much. Your first impression—on a 1-to-10 scale—is your personal self-evident truth.

1st) Total the three circled numbers in each cell, and place that number in the semi-circle to the right at the end of each cell.

2nd) Add down the Love, Wisdom and Power rows of cells (on pgs. 3, 4 & 5) and place these totals in the triangles at the bottom right. Add these three totals to the top half of the Scoring Grid on the next page.

3rd) Add across the Love, Wisdom and Power rows of cells and place the total in the appropriate semi-circle along the right-hand edges of the 3 pages.

Then use the bottom half of the Scoring Grid to add up the Physical totals from the top rows of the three Love, Wisdom & Power pages (3, 4 & 5). That becomes your Physical subtotal.

Now do the same for the

second rows on the three pages to get your Emotional subtotal, then again for the third (Mental) and fourth (Spiritual) to get their subtotals. Add up all four quadrants to get your Total Score.

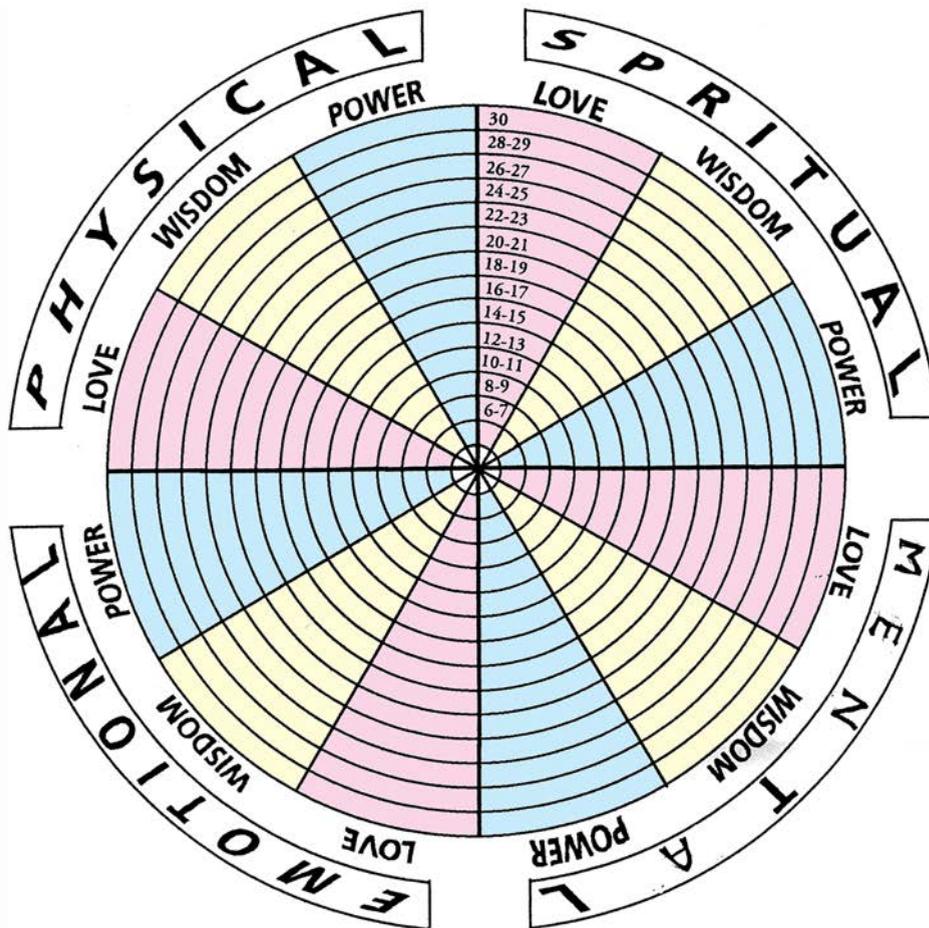
4th) Check your math. If it is correct, the Total Scores for the three triangles and for the four rows of semi-circles should be the same.

5th) Now, transpose your totals onto the **Circle of Attainment** as follows: Use the twelve scores found in the semi-circles on pages 3, 4 & 5. Your Love scores will go into the pink “pie slices” under their four respective quadrants. Your Wisdom scores will go into the yellow “pie slices” in their four respective quadrants; your Power scores will go into the blue “pie slices” in their four respective quadrants.

Use the scoring codes shown (from 6 to 30) and place a large dot in the correct concentric, circular row, either closer to the center of the circle (for lower scores), or closer to the outer rim (for higher scores).

Circle of Attainment

Love, Wisdom & Power in the Four Quadrants of Being



Click on image to print the PDF copy for scoring and graphing your strengths and challenges in the Four Quadrants of Being.

The Perception Empowerment Process (PEP)

is simply recognizing that there is an endless variety of lenses through which we can view the world.

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*The ancient adage of Know Thy Self is the initiation of Self-Mastery with Effective Sensory Perception.*

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By witnessing your thoughts to become conscious of HOW you are conscious, you can discern your developed talent as well as where you might be stuck.

This will give you a visual representation of your strengths and challenges within **Love, Wisdom and Power** in the **Four Quadrants of Being**.

LOVE is the nurturing quality of gentleness, vision and acceptance. **WISDOM** is an awareness and understanding of how life works when you thrust with Power or cohere with Love. **POWER** is the action-oriented ability to carry through—the Power to co-Create with Wisdom and Love.

So, the three-fold Love, Wisdom and Power factors are distinct, yet integrated. They are the building blocks of personal growth and development... like the three basic colors that combine to produce an almost infinite variety of shades and hues. It is from a mixing and blending of Love, Wisdom and Power that all accomplishment springs. ■

Love Subtotal	(p.3)		_____		
Wisdom Subtotal	(p.4)		_____		
Power Subtotal	(p.5)		_____		
Total Score:			_____		
Physical Subtotals	(p.3		+4	+5) = _____
Emotional Subtotals	(p.3		+4	+5) = _____
Mental Subtotals	(p.3		+4	+5) = _____
Spiritual Subtotals	(p.3		+4	+5) = _____
Total Score:			_____		

Use this Scoring Grid on the linked PDF to tabulate your questionnaire scores.