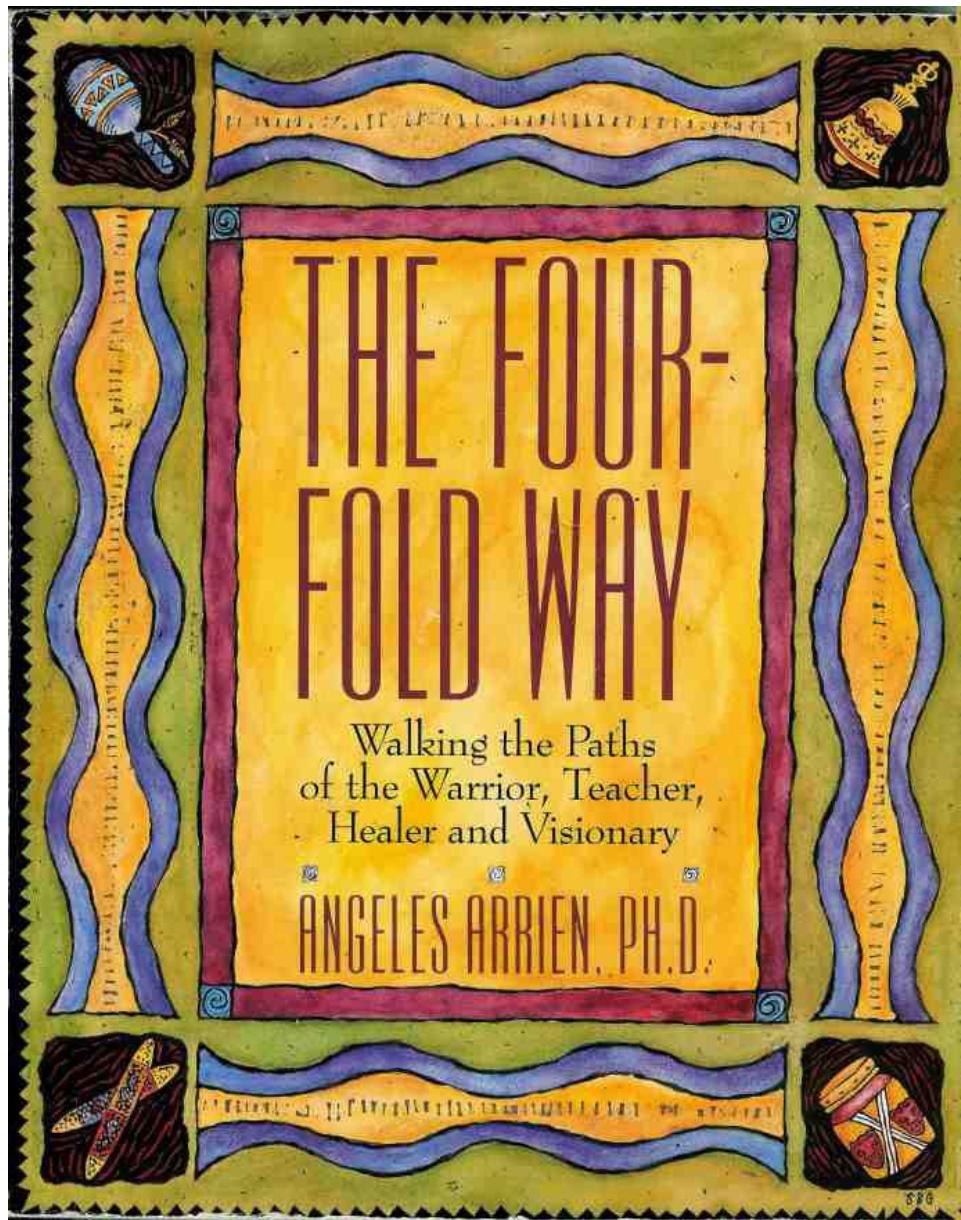


THE FOUR FOLD WAY



Angeles Arrien

Author of The Four Fold Way

My first encounter with The Four Fold Way (a book written by Angeles Arrien, Ph.D. ISBN 0-06-250059-7) was while I completed my studies for a Master's Degree in Behavioral Science in 1999. The information in her book impressed me profoundly and it has helped me a great deal in my own life.

Angeles has a website www.angelesarrien.com which will tell you that she is a cultural anthropologist, award-winning author, educator, and consultant to many organizations and businesses. She lectures and conducts workshops worldwide, bridging cultural anthropology, psychology, and comparative religions. Her work is currently used in medical, academic, and corporate environments.

This document will serve as an outline for some of the things we will talk about today. The following table represents only some of the material from Angeles book in a summary form. Another document that carries summary information is an essay that Angeles Arrien wrote and is found at <http://www.spiritsound.com/arrien.html>.

Four ways 	Warrior	Healer	Visionary	Teacher
Human Resource	Power	Love	Vision	Wisdom
4 fold way	Show Up	Pay Attention	Tell the Truth Make Truth Visible	Open to Outcome
Way of living	Right Action	Right Speech	Right Placement	Right Timing
Principle	Showing up and choosing to be present.	Paying attention to what has heart and meaning	Telling the truth without blame or judgment.	To be open to outcome, not attached to outcome.
Aspects	Ability to extend honor and respect Appreciate diversity within self and others Responsible, dependable Right use of power - Power of presence - Power of position - Power of communication Courage to embrace strengths and weaknesses.	Extend the arms of love: acknowledgment, acceptance, recognition, validation and gratitude: Four universal categories for human acknowledgement: <ul style="list-style-type: none">- Skills- Character- Appearance- Impact made on others Full hearted, open-hearted, clear-hearted, & strong-hearted	Tells the truth and gives voice to what is seen internally and externally. Honors in self and others: <ul style="list-style-type: none">- Perception (external seeing)- Insight (internal seeing)- Vision (holistic seeing)	Has wisdom Teaches trust Understands the need for detachment (objectivity).

Four ways	→ Warrior	Healer	Visionary	Teacher
Skills	<p>Communication – saying what we mean and doing what we say</p> <p>To be full of power is to be natural, tolerant, respectful and impartial.</p> <p>Power of Presence: Bring all four intelligences forward: Mental, emotional, spiritual and physical</p> <p>Power of Communication: Align the content, timing, and context with congruity between our words and our behavior.</p> <p>Power of Position: Knows how to extend honor and respect, set limits and boundaries, align words with actions, extend responsibility into structure and function in an empowering way</p>	<p>Attend to our own health and well-being</p> <p>Eight Universal Healing Principles:</p> <ol style="list-style-type: none"> 1. Balanced diet 2. Daily/weekly exercise 3. Time for fun, play, laughter 4. Music, sonics and singing 5. Love, touch and support systems. 6. Engaged in interests, hobbies, creative purpose 7. Nature, beauty and healing environments 8. The presence of faith and belief in the supernatural 	<p>Spend quiet time each day listening to our intuition.</p> <p>To have the most satisfying human relations, we must be both aware and honest.</p> <p>Communication that carries integrity: e.g. “I am feeling insecure right now and need your reassurance.” “I feel so critical right now that I don’t trust what will come out of my mouth.”</p> <p>The Visionary impels us to bring our voice and creativity into the world.</p> <p>Notice and acknowledge the sources of inspiration in our life.</p>	<p>Uses trust as an instrument. The opposite of control is trust.</p> <p>Use patience in situations of ‘not knowing.’</p> <p>Are able to remain objective, unattached yet caring, able to let go. When we are attached, we often become controlling, rigid and nonobjective and thus lose our ability to do right by it.</p> <p>Attachments are specific immoveable expectations, desire that are projected onto people, places & situations.</p> <p>Have a good sense of humor. What causes us to lose our sense of humor is our point of attachment.</p> <p>Equally value our self-worth as much as the self-critic to tap into wisdom.</p> <p>Has discernment to respect appropriate context, timing and content.</p>
Addictions	<p>Addiction to perfection: Little tolerance for mistakes. Vulnerable to exposure. Deny our humanness and maintain a cultivated image of how we want to be seen.</p>	<p>Addiction to intensity: Low tolerance for boredom Those who dramatize, sensationalize and exaggerate their life’s experiences. The use of drugs, alcohol, sex and other things to intensify their experience.</p>	<p>Addiction of being fixated on what is not working: Magnify negative experiences. Blow things out of proportion. Fixed perspectives. Unable to trust intuitive information. Unable to see blessings, gifts, talents and resources available.</p>	<p>Addiction to the need to know: Compulsive in needing to know or understand. Do not like surprises or unexpected events. Become masters of control and have strong trust issues. Become dogmatic, righteous, critical and arrogant.</p>

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Shadow Aspects	<p>Rebellion – fear of being limited or restricted</p> <p>Authority issues – behaving like a victim (behind every person who has an authority issue is the unwillingness to claim personal responsibility).</p> <p>Patterns of Invisibility – hiding, holding back, claim power vicariously from others – fear of exposure</p>	<p>Patterns of neediness and withdrawal.</p> <p>Being the martyr</p> <p>Life negating patterns – addictions, unwilling to claim health and well-being.</p>	<p>Inability to see self (false self esteem) and others in reality.</p> <p>Over-identification with our own ways of looking at things.</p> <p>Self abandonment and denial.</p> <p>Five universal reasons for self-abandonment:</p> <ul style="list-style-type: none"> - Need for love - Need for approval and acceptance - Need for keeping the peace - Need for maintaining balance - Need for harmony at all cost 	<p>Distrustful</p> <p>Over-controlling</p> <p>Worry about loss:</p> <ul style="list-style-type: none"> - Loss of attachments - Loss of turf - Loss of structure - Loss of a future - Loss of meaning - Loss of control <p>Two universal sources of harm: fear & ignorance. Fear constricts energy. We do harm when we consciously ignore people or situations.</p>
Questions	<p>In what ways do I extend honor and respect to myself and others?</p> <p>Is my self worth as strong as my self critic?</p> <p>Who are the people that carry the Warrior spirit who have inspired me?</p> <p>Where do I stand up for myself? What situations or people ignite my lack of courage?</p> <p>What are my greatest challenges? – do I face them with full power or avoidance.</p>	<p>Who are the healing catalysts in my life?</p> <p>Of the eight universals that sustain health and well-being, which ones are currently over-expressed and which are underdeveloped within my nature?</p> <p>What blocks me from giving love? What blocks me from receiving love?</p> <p>Of the four universal acknowledgements, which have I consistently received?</p> <p>What stories have I passed on to others?</p>	<p>What is my current capacity for truth-telling without blame or judgment?</p> <p>In what situations do I find myself feeling false or abandon myself?</p> <p>Where in my life have I brought forward the creative aspects of who I am?</p> <p>Where do I look for guidance?</p> <p>What is fun for me? What are the forms of play in my life?</p> <p>What songs do I teach others?</p>	<p>What are the qualities I admire most from significant teachers in my life?</p> <p>Where in my life do I have fear of loss and exert strong control?</p> <p>What is my capacity for waiting in times of confusion?</p> <p>How have I handled loss in my life? Of the six categories of loss, which ones am I currently facing?</p> <p>What is my tolerance level for silence and being alone?</p> <p>What current fears am I addressing ... what am I consciously ignoring?</p>
Restore	<p>Connect to nature and animals</p> <p>Dance</p>	<p>Life affirming patterns</p> <p>Story telling</p>	<p>Truth telling, review our goals and how they support our life's vision</p> <p>Singing.</p>	<p>Contemplate and ask for guidance or ways to handle internal and external situations with wisdom.</p> <p>Silence</p>

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Other info	When there is too much to do, don't be afraid, when there is nothing to do, don't be hasty and don't talk about opinions of right and wrong. A leader who succeeds in these won't be confused or deluded by external objects.	When we are not full-hearted we approach people and situations half-heartedly. The word courage is derived from the French word for heart, <i>coeur</i> , and etymologically it means "the ability to stand by one's heart or to stand by one's core."	We are mirrors for each other. Clear mirrors – individuals we idealize or think we cannot be like yet manifest the best of what we can be. Smoking mirrors – people with whom we have difficulty and hope we are not like them in any way. Split mirrors – people who we like and admire yet we experience fear or constriction in their presence.	When we maintain our sense of humor, we demonstrate our own capacity to care deeply from an objective place. During times of not knowing, it is considered foolish to take action and an act of wisdom to wait and trust. Mark Twain "A better idea than my own is to listen."