

Blending Modalities and 6 Portal Landscape of You

Who are we, really?

In the age of reason and information, it's easy to think of us as walking brains, gathering facts and empirical data, looking at statistics, validating and testing our existence. For those of us with a different perspective, we may consider ourselves in terms of the holy trinity, Mind Body Spirit. How do we reconcile these perspectives? Is there more that we've not yet included that would give us a key to who we really "are"?

Who are we? While asking the question, how can we contemplate our navel *and* live in a practical, tangible, rubber-to-the road results-oriented world?

6 Portal Basics

In TIA™'s way of describing reality, the Landscape of You is not one aspect, not three aspects, but six:

mind body spirit heart gut actions

Here are these six aspects, in other words:

cognitive somatic causal subtle bridge behavioral

Six!!!! What are these six aspects, and how do they relate to each other? How can knowing these 6 aspects ensure we include all parts of Self, Other, and Nature?

Behavioral	Action	What we choose to do. Rubber to the road, the practical. Tasks. Interaction with the external environment.
Cognitive	Mind	Thoughts. Inner dialogue. Beliefs. Assessments. Evaluations. Concepts. Mental constructs. Reason.
Subtle	Heart	Emotions. Visualization and imagination. The intangible, inner experience.
Bridge	Gut	Underlying, universal – interests, needs, values, commitments. The benevolent root of motivation. Primary desire. Soul.
Somatic	Body	Physical sensations. The tangible body. The physical components, the biochemistry, the parts, the gross-physical level. The kinesthetic, visceral experience.
Causal	Spirit	Intuition. Divine inspiration. Expanded states of consciousness. Deep Knowing. The Witness. Godforce. Collective unconscious. Nondual. Interconnectedness.

Let's demystify this a bit, and look at it another way. Let's apply these 6 aspects to something specific, for example, weight loss and dieting.

Melissa and her Diet, Inner Dialogue

<ul style="list-style-type: none"> - What a year. I gained 30 pounds. It's time to lose some weight. - Maybe I'll cut back on what I eat. - Or start lifting weights. - Writing this, I notice my shoulders are slumped forward and I feel crappy. Depressed. - What I really really want, is to enjoy my body. To value myself physically. To appreciate me. - Part of me gets that I'm perfect just as I am, though. - I start my diet. 	<ul style="list-style-type: none"> thought behavior behavior somatic subtle, emotions bridge, values causal behavior
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Melissa and her Diet, one month later...

<ul style="list-style-type: none"> - I tried to cut back on my calorie intake and lift weights. - It didn't work. I hated it. - First off, I want to be able to eat what I want! - Secondly, I don't think I can ever lose weight. I've been trying for years. - And my mother's fat too, maybe it's genetic and I have no control over it. - Problem is, now I feel fat AND guilty. - Now what do I do?!! - I'm so confused. 	<ul style="list-style-type: none"> behavior behavior, subtle bridge value – autonomy, choice cognitive cognitive about the somatic subtle behavior subtle
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With a 6-portal perspective, Melissa realized she cannot keep doing behaviors that run against her underlying values. So instead, she put together a plan aligning her desired outcome, her behaviors, and her underlying values.

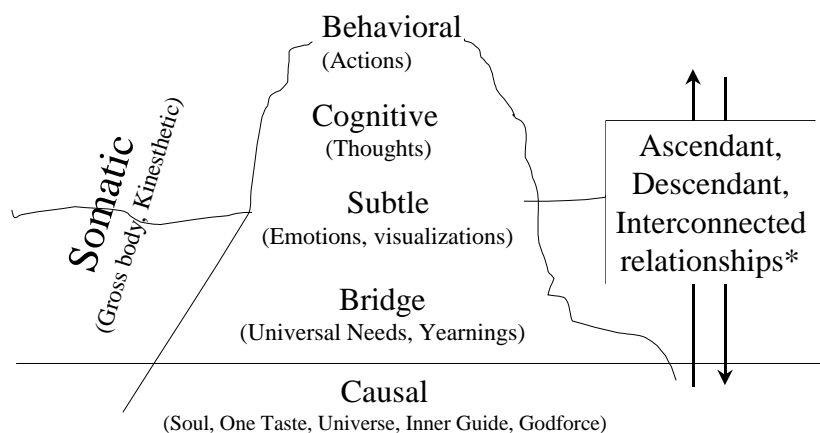
<ul style="list-style-type: none"> - What I really want is BOTH pride in my body AND full choice about how I live in it. - I was relieved to find a way to go that includes both. - I eat whatever I want, but I eat smaller meals now, more frequently. - Which raised my metabolism. I don't lift weights, but I do something I love 3 times a week. Sometimes it's walking, or tennis, or dancing. - But it has to be something I love. - Also, I don't measure myself daily anymore - - Not seeing daily results was too discouraging. - So I measure myself monthly instead. - I'm also doing a meditation to strengthen my Witness. Watching how I am with myself about my body, I am getting more choiceful about it. 	<ul style="list-style-type: none"> bridge subtle behavior somatic subtle, bridge behavior subtle behavior spirit
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DISCUSSION

1. How might Melissa's outcome have suffered if she focused only on the behavior and never paid attention to her underlying values?
2. In terms of our thoughts, our inner dialogue, and the choices we make (or don't make), what's the value of noticing and including the other portals in our personal problem solving?
3. What insights do you have about yourself, based on the 6 portals or about this example, so far?

6 Portals in Relation to Each Other

6 Portals – The Landscape of You (and of us and nature, too)



For Deeper Conversation:

- Everything above the Causal line is the Bodymind (personality, ego), our conventional experience of “reality”. Above the Causal line is a metaphoric “sea level”, a waterline that is the point between what we “see” and are consciously aware of, and that which is mostly unconscious and invisible to our awake mind. Depending on our practice and awareness, we are more, or less, conscious of the 5 bodymind portals. If we're able to witness and choose our behavior but less able to witness and choose our judgments or our emotions, the “tip of the mountain” that we see above the water, and have access to, is smaller. On the other hand, if we're conscious of our behavior, and how our thoughts, emotions, and underlying values impact each other and our physical (somatic) experience, the water line is lower on the “mountain”. The amount of us that we have access to, therefore

- possible power with, will be much more substantial. Bottom line: the more conscious, informed, and masterful I am in all six portals, and the more resources (tools) I have at my disposal in each, the more likely I am to meet the moment where it is, the more competent I am at navigating it, and the more likely I will succeed personally, interpersonally, and globally.
- Although this diagram looks 2-dimensional, in fact, each aspect of the system is interconnected with all the others. At the bodymind level (above the Causal line), each portal *impacts* the others, like a tapestry where if you pull on one corner, the whole fabric moves. For example, if I'm sitting slumped (somatic), this will contribute to biochemistry and blood flow in the body (somatic) that will perpetuate me feeling hopelessness (subtle), and I will begin thinking thoughts aligned with this hopelessness (cognitive) like, "I'll never be able to lose weight." I will then choose my behaviors accordingly. For example, I might give up on my diet. Likewise, if I choose in that moment to find a thought that feels better (cognitive, subtle), with skill I can feel a visceral (somatic) shift in as little as 90 seconds or 3 minutes. In that moment it's quite possible that my body position will also shift, the external reflecting what is true internally. In the nature of this interconnectedness between portals, the line of "origination" can be played with consciously – we can consciously alter our mental state by playing with the somatic level, we can consciously alter our emotions by playing with the focus of our thoughts, and so on.
 - What is the relationship between the Bodymind aspects and the Causal aspect (Spirit)? TIA™ perspective is that the bodymind (personality, ego) is both in service to Spirit (causal), and also, a vehicle for manifesting spirit. Who we Are, most deeply, is Spirit in a bodymind, living more or less skillful means, always in perfection. In Kashmir Shavism, the manifest realm (bodymind realm, duality, what we experience) is here as a means for Spirit to See Itself. In other traditions, it is thought that we (physical beings) are here so that God can experience what cannot be experienced in the non-physical state. In yet other traditions, we (physical beings) are here to expand consciousness beyond where it has been before, a kind of training ground or learning environment. In any case, deep yearning is Spirit made manifest; emotions, thoughts, and behaviors then follow. The body is the vehicle for manifestation to arise. When deep yearning is ignored, emotions of dissatisfaction occur and we reach outward for "more" or for "different" or for "better"; this is Spirit striving for Self-Actualization. When Spirit-based yearning is attended to through the 5 bodymind portals, we experience expanded states (Self realization) and emotions of peace, stillness, and opening.
 - This Landscape applies not only to us as individuals – but also applies to us in "we" space (interpersonally), as well as in community, globally, and transpersonally. Moreover, this Landscape has a past, present, and future (history, family lineage, cultural lineage).

For conversation:

1. Where do these bullet points make sense in terms of your experiences, practices, or beliefs?
2. What questions do you have about these bullet points?

So What?

So? What does knowing the 6 Portals do for me?

Highly Effective Problem Solving

What kinds of problems would you like movement in? Personal? Interpersonal? Professional? In your community or organization? Global? Something else? Too much navel contemplation and not enough tangible results?

Imagine that your problem is like an ice cube, and at the center of the ice cube is a diamond. Which approach will get you the diamond out of the ice faster: melting the ice cube from one side alone until you get to the center, or melting the ice cube from *all six* sides simultaneously? By using a problem-solving approach that includes all 6 Portals, we get to the core of issues faster.

A 6 Portal approach also gives more lasting results. For example, take our diet story. Changing calorie intake alone (behavior) is not likely to stick if you don't also attend to the deeply rooted underlying values (bridge layer) and lifelong habits (actions). If you want lasting results, working 6 angles simultaneously reinforces your movement. Without 6 Portal inclusion, the system as a whole may keep pulling your effort back to its previous center of gravity. Dealing with all 6 portals, all parts of the system are accounted for and brought into alignment.

Finally, in problem solving, you're more likely to hit the core if you problem-solve from 6 angles rather than from one alone. Imagine a headache, caused by an infection, because you have a thorn lodged in your foot. Trying to cure the headache pain with aspirin helps. However, when the aspirin is gone, the pain comes back. If you don't deal with all angles – including the infection, and the thorn – you will see the headache return over and over again. Or worse, gangrene may set in! One angle alone, the aspirin, is helpful - dealing with the pain is necessary. But it's also insufficient for total health.

(For deeper work, or to apply this to your own issues, ask about:

- 6 Portal Problem-Solving for Individuals
- 6 Portal Problem-Solving for Coaches, Facilitators, and Trainers
- 6 Portal Problem-Solving for Leadership)

The next page provides a chart applying the 6 Portal understanding to general problem solving. How would applying this chart complement you toward getting the results you want?

6 Portal Problem Solving

Issue Domain	
Problem	
Desired Outcome	
Measurable Finish line	
Time frame (by when)	

Portal	Intended Outcome (quantified)	Practice	Done? Did it work or not? What can you adjust to get your intended outcome?
Behavioral			
Cognitive			
Subtle			
Bridge			
Somatic			
Causal			

Balanced and Masterful Practice

Do you actively do ongoing personal or professional development? How? What practices, habits, or activities do you choose?

Do you tend to put your attention in one area more than others? Is your practice a lop-sided one? Are there portals you tend to shy away from? Could gaps in your activities benefit from a more balanced approach?

A 6 Portal approach to personal and professional development supports a balanced and masterful practice by helping you discern where you already put your attention, and where you may *benefit* from putting some attention.

(For deeper work, or to apply this to your own issues, ask about:

- 6 Portals to Personal Development
- 6 Portals to Professional Development
- 6 Portal Leadership and Teambuilding)

The next page includes a diagram you can use toward more balanced and masterful practice.

Make Sense of Multiple Interests / Traditions / Modalities

Are you a “renaissance” person, a blender, someone curious in diversity and wide sources of knowledge? Do you have a host of interests, yet have trouble describing to others how they all fit together? Have you taken on a variety of study, or taken on practices in a wide range of traditions, yet not been able to make sense of how they fit together? What’s it all about, Alpie?

The 6 Portals structure and make sense out of diverse interests, showing how they complement each other, where each fits within a larger whole. If applied personally, the structure shows us how selecting practices can attend to and include ALL of me. Professionally or interpersonally, the structure shows us how we are (or are not) attending to the whole of the relationship or organization.

As a human race, in relation to the 6 Portal body that is our global community, where do we human beings tend to put our attention? What’s missing?

Increased Patience, Understanding, and Compassion

Understanding the 6 Portals can also increase our patience and acceptance of ourselves, others, and our global situation. We are Spirit in a bodymind. And although Spirit in us knows unlimited forms and possibilities and capacities, the bodymind may

6 Portals for Balanced and Masterful Practice – Personal Development

Place your studies and practices in the third column where you imagine they fit. How do your chosen practices complement and balance each other? In the 6 Portals, where are your strengths? Where are your gaps? Where could your practice find more balance?

Portal	Examples	My Practices
Somatic Gross body, kinesthetic	Biochemistry, proper diet and rest, posture shift, physical congruence, movement. Examples: Alexander technique. Weight training. Strozie-Heckler. Massage. Physical therapy. Rolfing. Feldenkreis. Aryurvedic diet. Kinesiology. “Blink” facial muscle mapping.	
Behavioral Actions, practical, doing	Strategies, goal setting, task lists, planning, communication techniques, behavior modification. Examples: Habit replacement, strategic planning.	
Cognitive Thoughts, beliefs	Inner dialogue, paradigm shifts, rules, contracts, reason, intellectual understanding, story, assessment, analysis. Examples: Talk therapies. Deductive reasoning.	
Subtle Emotion, Energy	Visualization, intendo, rescripting, pre- and post- hearsal, energetic alignment with a commitment, limbic resonance, Examples: Chakra work. Reiki. Emotional intelligence. Family constellation work. Clearing karma.	
Bridge Life force, Values, Needs	Universal, benevolent underlying intentions, core motives, yearnings, underlying commitments, value discernment. Modality examples: Rosenberg’s “needs consciousness”, Kegan/Lahey change process	
Causal Inner guide, Spirit	Intuition, Divine inspiration, nondual, Witness, peak/peek experiences, inner knowing, flow, expanded consciousness, state shift work, experienced interconnectedness. Modality examples: Big Mind practices. Meditation.	

not have resources in every moment to fully realize those possibilities. We may have a temporary crisis of imagination around strategizing. On a day where I've not eaten or slept properly, in the moment I may lack resources to engage the way I'd want to.

When we embrace the nature of the limited bodymind, and recognize our divine capacity to envision, and reach for, possibilities, we find acceptance that some days we're on the fence, on track with our intentions, and some days we're off it.

6 Portals, Myriad Benefits

In three ways, understanding the 6 portals provides effective, lasting results in problem solving. For personal and professional development, application of 6 Portal awareness can increase balance and masterful practice. Finally, from an objective standpoint, 6 Portal awareness provides a structure for making sense of, and identifying complementary strengths, among a variety of traditions or interests.

TIA and the 6 Portals

Finally, in the holographic universe where all pieces reflect the whole, each cell a microcosm of the macrocosm, TIA also reflects the 6 portals. If TIA is about the what (structures), how (best practices), and why (benefits, outcomes, and values) of masterfully living as Spirit in a Bodymind (in self, we-space, and nature), each aspect of TIA contributes to this in parallel with the 6 Portals:

Portal	TIA Aspect	Description
Somatic	Community of Practice	- harvesting what is possible in the I – Thou relationship of shared practice (limbic resonance) - experiencing integration through communion with self, other, and nature
Behavioral	6 Portal Blending	- 6 parts of you, us, and nature - discerning how we act, decide, choose a balanced path
Cognitive	Integrally Informed	- AQAL - 5 structures to map out reality - where does my issue fit within a larger context
Subtle	Fully Expressed Energies	- what you resist, persists; integrating resisted energies - balancing disintegrated areas; loosening energy blocks
Bridge	Embodied Needs Consciousness	- deeply connecting with bodymind drives - more effective / less costly habits (mental and conversational habits) for living the results / outcomes we want
Causal	Practical Spirituality	- accessing expanded states of consciousness - living deep Source for tangible results - enhancing integration through cultivating the Witness capacity

Recap

- TIA™ describes the Landscape of Us in terms of 6 Portals – behavioral, cognitive, subtle, bridge, somatic, and causal. At the personal/transpersonal, interpersonal, cultural, global levels, we are Spirit in a Bodymind.
- The 6 Portals are not separate, but interconnected; they effect each other.
- In problem solving, change, or transformation, attending to all 6 Portals gets to the core issue more quickly, and brings more effective, longer lasting results.
- In personal and professional development, or masterful living, understanding the 6 Portals helps us discern where we tend to put our attention and energy, and where we may have gaps in our practices.
- The 6 Portal map gives a structure to describe how diverse traditions, practices, or modalities blend and complement each other.
- Living an understanding of the 6 Portals helps me attend to all of me (and us and nature), rather than attending to just one aspect. It can also help me increase my patience, understanding, and compassion of myself, others, and the world.
- The 6 Portals are reflected in TIA's 6 Aspects.

More Practical Applications

1. How can a 6 Portal understanding be applied to bring results:
 - a. for you personally and/or professionally
 - b. for you in relation to others
 - c. for you within your community, group, or organization
 - d. for us globally
 - e. for us as the interconnected agents for the evolution of consciousness
2. How can a 6 Portal approach be used by you as a Coach, Facilitator, Trainer, or person supporting someone else in conflict resolution or problem-solving?
3. How can a 6 Portal approach be used within an organization to improve your leadership and teambuilding?

Integration

1. What knowledge, data, and information did you learn from this document?
2. What insights did this information bring you?
3. What would be possible if this knowledge were applied by you/us: personally, professionally, interpersonally, as community, as a globe, in evolution
4. When and how do you intend to practice, apply, and operationalize this?
5. Having used it, what does using this information do for you?