

THE WAY OF TRANSITION – WILLIAM BRIDGES

THIS SWPS™ 7 SERIES TOPIC – AGING IN AMERICA – TRANSITION'S WISDOM OF ELDERS IGNORED
SHARED WISDOM PATTERNS SNAPSHOTS (SWPS™) HOTSPOTS OF 2D <=> 3D INSIGHT



EXPERIENTIAL INTELLIGENCE (EI) & VALUES BELIEFS CONVICTIONS® (VBC'S)

EI includes everything experienced from "womb to tomb" that impacts & shapes human self identity Choose/Rank Judgment Patterns. VBC's® define your personal legacy of "senses driven" ability to perceive and interpret everything you experience 24/7 as either a Positive/Uncertain/Negative encounter in life. A SWPS™ 7 Portrait Series Choose & Rank Thinking Tool provides a comprehensional leap forward in better understanding the influences on one's life with your EI/VBC's Judgement Patterns decisions.

- (1) The constant autonomic (unnoticed) perspective shifting with 2D<=>3D perception greatly influences interpreted meaning of any digital or printed image.
(2) The merging of Human General Intelligence Q&A thought and reasoning (HGI) with AI generated Artificial General Intelligence (AGI) programmed Q&A "thought" that creates our thinking identity.

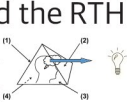
THE WAY OF TRANSITION – AGING IN AMERICA – TRANSITION'S WISDOM OF ELDERS IGNORED

A concluding chapter in Bill Bridges "THE WAY of TRANSITION" points out our American society does not seek out the wisdom and insight of our Elderly/Senior Citizens like other world cultures do. Very few of today's younger – on screen, easy access AI placated generations are even aware of the value the stories of learned advice of an elderly's life can provide them. Many of the Elderly had a family childhood/teenager upbringing that was rural with daily interface with farm animals, crops and nature's cycles. Can the Elderly extrapolate lessons of real value to "on-line" high-technology engaged generations? Providing valuable lessons about embracing the struggle of endings, transitions into the neutral zone and beginnings and how they need to be tolerated, explored and used as an insightful guide for more satisfying life fulfillment.

HOW TO COMPLETE A SWPS SERIES™ FOR AWARENESS ENHANCEMENT

CHOOSE 4 SWPS PORTRAITS

Skim/read the statements positioned around the RTH thinking head clockwise, 1,2,3,4 (or 1-8). Then scan the content in the Summation Boxes (SB) and Conclusion Boxes (CB) on each SWPS Portrait. Review all 7 SWPS Portraits in this series. Choose your 4 favorite SWPS Portraits and note this in the upper right hand corner of your chosen SWPS Portraits. 1st "✓" here to CHOOSE this SWPS



REASONS NOTES

What new interpretive EI/VBC's insights have appeared? Write what you deem important on the feedback lines at the bottom of each chosen SWPS portrait.

EI/VBC's Judgement Insights:

RANK YOUR 4 SWPS PORTRAITS 1-4

Was it more EI self-awareness satisfying NOW to use your evolved complete brain focus as you rank your 4 chosen SWPS Portraits, 1-4, of this series?

Rank given to this SWPS:
1__ 2__ 3__ 4__

Now RANK the 4 Summation Boxes (SB) on the 4 SWPS Portraits you chose.

Rank this Summation Box: 1__ 2__ 3__ 4__

Now RANK the 4 Conclusion Boxes (CB) on the 4 SWPS Portraits you chose.

Rank this Conclusion Box: 1__ 2__ 3__ 4__

RECORD/RETAIN

Now RECORD the choosing/ranking numbers (#'s) from completing this SWPS Series on the Response Report (page 10). RETAIN your 4 chosen SWPS Portraits and Response Report for future reviews to enhance your life success and satisfaction.



SHARE your recorded EI/VBC's Judgement pattern report with others. Email your 4 SWPS and Response Report with your comments to INFO@EIB4AI.COM

TAKE A MINUTE TO REFLECT

Were you aware of any 2D<=>3D mental intentional shifting as you read the RTH Thinking Head statements? Can you recognize if you engaged your whole brain to choose your 4 SWPS Portraits? Were you aware of your EI/VBC's Judgements forming in your thoughts? Did your reasoning go from left brain to right brain and back and forth as you ranked the SB's 1-4, CB's 1-4, on your 4 chosen SWPS?

Go to www.EIB4AI.com/NOWWHAT for further uses and suggestions.



THE WAY OF TRANSITION – WILLIAM BRIDGES

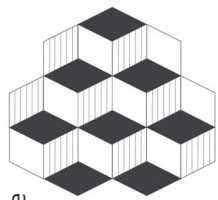
THIS SWPS™ 7 SERIES TOPIC – AGING IN AMERICA – TRANSITION'S WISDOM OF ELDERS IGNORED

2D <=> 3D PERSPECTIVE SHIFTING OVERVIEW

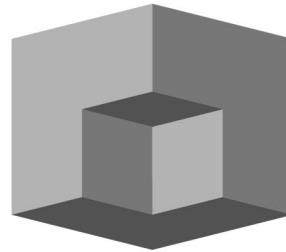
Ready to evolve your reasoning habits in a way that enhances the benefits of using your Experiential Intelligence?

Connect with your self awareness to gain perspectives of your comprehension skills from whole brain, left brain, right brain that evolves complete brain thinking.

**Automatic Shifting
Autonomous Reasoning**

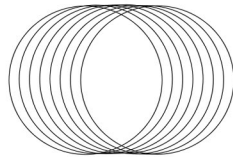


Black and White Cubes:
The figure reverses so that either 6 or 7 cubes are perceived.
(Sensation + Perception Page 321 Figure 17.15b Schiffman)



With continued inspection, the 2D drawing shifts from a cube with a corner missing to a cube in the corner. (Source unknown)

Friendly tip: Turn this page 90° to the right to enable quicker shifting.



Series of Rings: Either end of the series of rings may be seen at the near or far end of a tube.
(Sensation + Perception Pg 321, Fig 17.15d Schiffman)

**Intentional Shifting
Rational/Intuitive Reasoning**

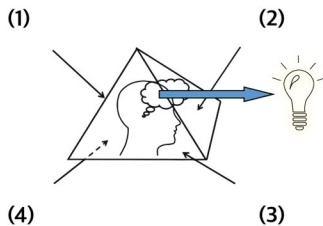
SUMMATION BOX (SB):

An introduction to the book's hotspot of the author's shared knowledge.

Reference
Book's
Pages

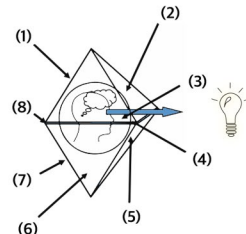
Read statements related to the hotspot topic clockwise, as they go around the 2D<=>3D RTH encapsulated thinking head.

4-sided RTH
Thinking Head Commentary Collective



The RTH Thinking Head Commentary Collective (4 or 8 sided) transcends 2D<=>3D "this or that" perception habits and escalates a complete brain understanding for viewing. The SB and CB components of the SPWS Portrait allowing a Left to Right Brain - back and forth shifting.

8-sided RTH
Thinking Head Commentary Collective



CONCLUSION BOX (CB):

Insights that add guidance to take action or a decision making process.

Reference
Book's
Pages

Retain these "Complete Brain" insights of awareness-shifting as you choose/rank your 4 chosen SWPS™.

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

SUMMATION BOX (SB):

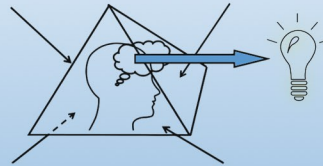
People have frequently noted that our society is a thankless one in which to grow old. Our elderly are not respected, as they are in most traditional cultures, because we have had a youth-oriented culture for a couple of centuries.

Book
Pages
180, 181

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. That fact actually makes a kind of social sense, although it is usually treated as though it were part of a misguided and inexplicable conspiracy against old people.

2. The huge and rapid scientific and technological developments (which, ironically, have extended the average lifetime 15 years since I was nine) meant that it is the younger more recently educated people who understand what's happening today.



4. The Elderly's priceless storehouses of knowledge – when the most important knowledge is the unchanging Lore of special geographic locations, typical patterns of animal behavior, the ripening times of food – plants and botanical remedies, and the signs of changes in the weather. That kind of knowledge isn't something that you pick up quickly. It is only in seeing those things happen again and again through the years that you can sift out all the irrelevancies and identify the core of critical knowledge.

3. In that practical sense, they are more valuable to society than the older people are, and societies have a way of favoring their valuable assets.

Rank this Conclusion Box: 1 ____ 2 ____ 3 ____ 4 ____

CONCLUSION BOX (CB):

Living for a long time gives you another kind of knowledge that was also very important in traditional societies. Because they had grown up and grown old in a society that recognized and celebrated the phases of the year and the stages of a lifetime, the elder members in such societies had gone through rituals that reenacted the three-phase pattern of ending, neutral zone and beginning over again many times. At the ceremonies held at the seasonal turning points in the year, or the death of one ruler and the ascension of another, their attention had been repeatedly drawn to those three transitional stages.

Book
Pages
180, 181

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

SUMMATION BOX (SB):

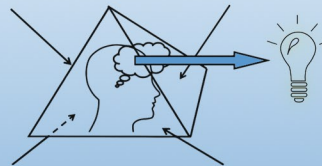
Many Elderly people today not only lack the practical, socially useful knowledge that yesterday's elders have. They also lack the familiarity with an understanding of transition that those elders had because they have grown old without consciously going through meaningful transitions. But our society has not prepared them to let go of an old life and to grow a new one. The focus on change has given us the power to remake the world, but has also meant that our society has not developed comparably effective ways of dealing with the human dimensions of change. Our society has thereby shortchanged both the elderly and itself, since every society needs to recognize ways (with living exemplars) of how to renew itself at the individual level.

Book
Pages
181, 182

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. We need models of how to replenish our lives periodically, so they do not just run down and peter out, as lives of so many of our old people do.

2. Having overlooked transition as our society has, it isn't surprising that we lack elders to serve as guides and advisors at life's turning points.



4. To establish the value to the society of its elders, they must be shown to possess something that the society needs. Here is where transition represents something that has both personal and societal values, for it is the dynamic by which people develop and gain access to the world of the sacred.

3. Most of today's efforts to reaffirm the societal and personal value of age and aging are simply spitting into the wind, for these efforts do not build on any ground where the old have a real advantage over the young.

Rank this Conclusion Box: 1 ____ 2 ____ 3 ____ 4 ____

CONCLUSION BOX (CB):

If people can recognize that as they age, they will not only find their own lives more meaningful, but will also become the resource to younger people that they are not now. "To understand things we must have been once in them and then have come out of them; so that first there must be captivity and then deliverance, illusion followed by disillusion, enthusiasm by disappointment. He (she) who is still under the spell and he (she) who has never felt the spell are equally incompetent-Amiel"

Book
Pages
181, 182

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

SUMMATION BOX (SB):

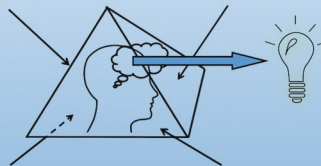
Taking our cue from the machinery and the data that dominate our world, we usually view knowledge as something that accumulates piecemeal over time. But passive accumulation isn't the way that you learn the most important things that you know about the world.

Book
Pages
182, 183

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. The way you do that is – first you are immersed in the knowledge, then you get distance from it (and even deny it), and then you return to a new relation with it that is the kind of knowledge that the experience of transition leads to.

2. First you know, then you let go of what you knew – or thought that you knew, because the disenchantment process makes the old "reality" seem very unreal.



4. But that state also passes, and you return to your life again. Yet it isn't the same life – its a new, transformed life. It's you-but-not-the-old-you.

3. Then, during the neutral zone phase transition, you no longer experience the old reality and may feel that you lack a reality now or that your reality is confused or crazy.

Rank this Conclusion Box: 1 ____ 2 ____ 3 ____ 4 ____

CONCLUSION BOX (CB):

The only way you acquire this kind of knowledge – which is called "wisdom" to distinguish it from that which is acquired in the ordinary way – is to have gone through a profound life – transition, or rather to go through a number of them in the process of aging. Only after you have done that do you see the old world with new eyes and understand it in depth.

Book
Pages
182, 183

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

SUMMATION BOX (SB):

Americans in general have always admired growth. We admire the fastest growing companies and the cities that grew the most in the past decade. News releases list the national economies that are growing the fastest, ranking them in descending order of growth speed. Bigger is better and bigger–faster is better still. Even the doubters become believers when the growth in question involves their own assets.

Book
Pages
187, 188,
189

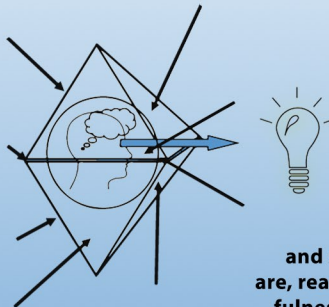
Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. There is another kind of growth, which is much harder to measure. Fewer people admire it or seek it out today. It doesn't involve expansion, simply the mysterious process of maturing.

8. Such an action simply increases its power and interrupts the natural flow of thoughts and feelings, in which they follow one another in fluid succession without any of them becoming overwhelming.

7. You encounter the phenomena whenever you try to banish from your mind a bad (frightening, immoral or embarrassing) thought.

6. What the story is saying at its deeper levels is that attempting to exclude the bad and increasing the good simply increases the destructive power of whatever is excluded.



2. Its goal is not an increase in size (or intelligence or sophistication or experience or skill), but simply ripening. This is not growth by acquisition, but growth by development or evolution.

3. We cross the barriers to this kind of growth not by breaching or surmounting them, the way we do when we are bent on growth as increase. overcome the barriers to growth as development when we are able to view our problems as signals that it is time to let go of the way in which we have been seeing and doing things and initiate a developmental transition.

4. The barriers to this kind of growth are overcome whenever we stop viewing our flaws and problems as things to be solved or removed, and start viewing them as signals. What the problems are, really, are old solutions that have outlived their usefulness. From that point of view, whenever we do away with the problem instead of listening to its message, we trigger a string of events that lands us in trouble.

5. Remember the story of Sleeping Beauty? The curse that put that young woman to sleep was invoked by a "wicked" spirit that wanted to hurt her because the spirit had been left off the invitation list to her parents wedding. On the literal level the exclusion is understandable ("who needs troublemakers at a wedding?")

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB):

In the metaphorical language of SLEEPING BEAUTY, once people lose their healthy connection with that flow and the access it gives them to the wellsprings of their lives, they "go to sleep." That is, they enter a suspended state in which they stop developing. Perhaps everything that frightens us is, in its deepest essence, something helpless that wants our love." The problem, the flaw, the inferior element is not only not bad, but is the very thing that has the power to rescue the person who, without it, is not whole and cannot develop and mature.

Book
Pages
187, 188,
189

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

SUMMATION BOX (SB):

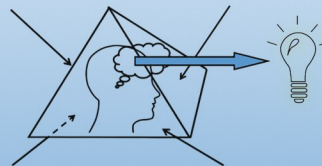
Every culture has its own favored image of movement through space. Ours is a straight line, the shortest distance from A to B. Getting closer to B- "getting there," wherever there is, is what we like to call "making progress." Further is better – further ahead, further up, further down, further in, further out. Far out we say. Far out! The typical journey of American history has been a one-way trip: from the Old World to the New World, from the seaboard colonies to the Western frontier, or (with many of our most elderly) from the farm to the city. Americans have always been looking for something that is out or over "there" – or else fleeing from something that is "here."

Book
Pages
189, 190

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. Either way it's been a one-way trip to some destination where things will be better, where you can escape from your past and start over again. American lives often have a two-dimensional quality, like the maps on which their travels can be traced.

2. But other cultures, including most of those that have produced spiritual treasures of humankind, have seen movement differently. Not from here to there, but here to there and back again. The natural figure is circular.



4. No matter how enormous the discoveries are, they are meant to be brought home into everyday life. As the Zen saying puts it, "after enlightenment, the laundry." Although of course, it's not the same laundry anymore.

3. The Tao Te Ching says, "going on means going far, going far means returning." Great journeys are pilgrimages to a sacred place, and then after the journey has done its transformative work, pilgrimages returned back home again.

Rank this Conclusion Box: 1 ____ 2 ____ 3 ____ 4 ____

CONCLUSION BOX (CB):

When we look back at our lives, we can see either the linear or the circular journey, depending on which we are looking for. Americans usually opt for the linear. When they do, they find a stretch of time that can be segmented into periods or stages. Keeping things in chronological order that way shows you a lot, especially about cause and effect, and I think that it was a useful way to view my career and my marriage. But the linearity of A to B is all entropy, time ticking away, oneself getting older.

Book
Pages
189, 190

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

SUMMATION BOX (SB):

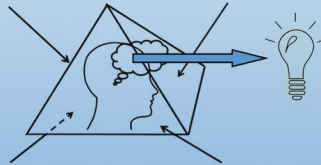
This is where older people can become Elders. If they can perceive, understand and appreciate the meaning of the meandering path they have followed, they can play such a significant social role by helping younger people to understand the significance of the transitions in their own lives. They can help others to discover the deeper meaning (or the developmental significance) of otherwise negative life events. Senior/Old/Elderly people have encountered the problems that signal a time of transition often enough to recognize them and take them seriously.

Book
Pages
197, 198

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. They can appreciate, in this context, the importance of failure, for they can see that it is through our failures (where we lose the life that we hoped to gain) that we enter into the developmental transitions that help us to grow beyond the superficial, glib, brittle self-confidence of youth.

2. The Elderly can appreciate the tremendous value of living through times when letting go is the only appropriate response to life. Important though perseverance is, they know how easily it can turn into a refusal to get the message that life is trying to deliver. For in many cases, being unwilling to accept defeat – though celebrated in the world of sports and warfare – is a guarantee that one will never learn the lessons that must be learned if one is to mature.



4. Such Elders can show us, because they have done it many times, how to let go of who we have been to clear the ground for the growth of who we are becoming. They can help us to understand the transitions – related emotions of grief (sadness for what we have let go of), disorientation (when we are lost in the neutral zone), and fear (when the challenges of the unknown new beginnings are overwhelming).

3. That is why the Elders that we need so badly in our success-obsessed society are not the natural-born leaders who rose to the top without a setback. Such people are easy to idolize, but they have little to teach us. What Elders need to help younger people learn is that without releasing the fruits of one season, they cannot blossom into the next.

Rank this Conclusion Box: 1 ____ 2 ____ 3 ____ 4 ____

CONCLUSION BOX (CB):

Old People (Senior Citizens), if they have learned from the transitions they have been through, grow more tolerant. They say that wholeness is the goal, and that to exclude anything is a brief and shallow victory that leads to ultimate defeat. They can help us to counterbalance our societies overemphasis on worldly success, not by scorning success but by just identifying from the outcomes of the efforts that they, like anyone else, make. To do one's best and then to let outcomes be what they will – is both to acknowledge realistically how often outcomes are beyond our control and to guard against the neurotic attempts at controlling how things turn out – efforts that lead to everything from defensiveness to dishonesty.

Book
Pages
197, 198

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

SUMMATION BOX (SB):

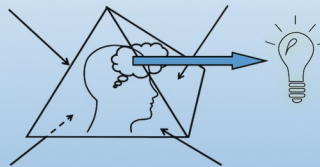
It is salutary to note that the word "success" originally had nothing to do with "good" results, much less with the accumulation of wealth or honors. It meant simply "whatever follows after something". Success was a neutral word, like outcome, so the term "ill success", that one encounters in Shakespeare and other pre-18th century writers, is not an oxymoron. The gift of the Elderly is a respect for this kind of success (which represents reality, after all) and the mistrust of any focus on the efforts at self-aggrandizement (WM-smiles at this verb that Bill Bridges uses) that pass today for living "successfully".

Book
Pages
198, 199

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. Elders can do these things not because they are nobler or more virtuous than younger people, but because they have the good fortune to live in life's richest phase.

2. That is not to say that there may not have pain and grief, but simply that they can at least see beyond life's window dressing.



4. The journey metaphor tells us about many important things. It reminds us that "every time in life has its baggage" and that our attempts to become something often require us to pay a fare. Journeys, like portions of our lifetimes, have their announced destinations, but it is also common to discover that whatever the purported destination, the journey was its own justification.

3. Their only inevitable sadness is that the living they can at last savor is also running out. But they can see and appreciate the lives they have lived as journeys that they have been on.

Rank this Conclusion Box: 1 ____ 2 ____ 3 ____ 4 ____

CONCLUSION BOX (CB):

That journeys carry us along to their destination, not ours, helps to make sense out of the experience that we have already noted of finding out if you are (or are not) "still on the balance beam" as you journey along. This experience is so much more important than having a purpose, in the sense of something that can be paraphrased. It is the experience of "homing in" on something, or being tuned into something, some inner thing. But the moving on, even though it is only from illusion to illusion, is important to, for only by that movement is one prepared for and brought to their final transition through which one dies to a new life.

Book
Pages
198, 199

Gained EI/VBC's insights: _____



AWAKEN YOUR EXPERIENTIAL INTELLIGENCE (EI) THINKING
THE WAY OF TRANSITION – WILLIAM BRIDGES
 THIS SWPS™ 7 SERIES TOPIC – AGING IN AMERICA – TRANSITION'S WISDOM OF ELDER'S IGNORED
 YOUR EI/VBC'S® JUDGEMENT PATTERNS RESPONSE REPORT

ENTER YOUR CHOOSING/RANKING NUMBERS BELOW THAT YOU RECORDED ON
 YOUR 4 COMPLETED SWPS™ PORTRAITS LEFT TO RIGHT ORDER 1, 2, 3, 4 BELOW

4 OUT OF 7 SWPS™ SERIES CHOICES:
 SWPS#__ SWPS#__ SWPS#__ SWPS#__

4 CHOSEN	_____	SUMMATION	1	_____
SWPS	_____	BOX (SB's)	2	_____
PORTRAIT	_____	#'s RANKING	3	_____
#'s	_____		4	_____

4 CHOSEN	_____	CONCLUSION	1	_____
SWPS	_____	BOX (CB's)	2	_____
PORTRAIT	_____	#'s RANKING	3	_____
#'s	_____		4	_____

RANK YOUR 4 SWPS CHOICES				
4 CHOSEN	_____	SWPS	1	_____
SWPS	_____	PORTRAIT	2	_____
PORTRAIT	_____	#'s RANKING	3	_____
#'s	_____		4	_____

EI/VBC'S® TRANSFORMS REASONING HABITS

This new method of thinking, "2D <=> 3D perception & perspective shifting," reveals insights as you record both obvious and hidden judgments while you recognize your choice-making patterns. Ultimately, you're using your personal legacy of VALUES BELIEFS CONVICTIONS® (VBS's) that influence and define all aspects of your daily identity.

Use your EI/VBC's Choose-Rank-Reasons-Record-Retain (CR4™) pattern-revealing report to communicate multiple dimensions of meaningful feedback. Articulate new or evolved questions and possible unforeseen answers/solutions, as this SWPS™ series prompts you.

NAME (optional): _____

AFFILIATION (optional): _____

**OUR VISION:
 AN ONLINE SWPS™ PATTERN
 MATCHUP CENTER**

Let's use AI to discover ways to meet humanity's needs and provide fulfillment. Together we can compel Change Agents and Influencers to build an online space where SWPS™ are correlated and matched-up by a beneficially focused algorithm. The possibilities for improving mental health at all ages of life are endless and may build an exciting new frontier of hope, positivity, and unity.

Yes! This SWPS™ Series motivated me to impact social media/digital tech's future development. I am sending my CR4™ response report & my selected 4 SWPS™ with my feedback/suggestions to the email below.

INFO@EIB4AI.COM