

THE WAY OF TRANSITION – WILLIAM BRIDGES

THIS SWPS™ 7 SERIES TOPIC – LETTING GO OF MY LIFE WITH MONDI

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.

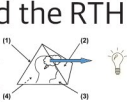
THE WAY OF TRANSITION – LETTING GO OF MY LIFE WITH MONDI

What an honest, inner feelings and spirit sharing SWPS Series of chapter hotspots WM has selected from Bill Bridges' book "THE WAY OF TRANSITION" that relay the life transition and neutral zone episodes he engaged as he said "goodbye" to his 37 years of living his life with Mondri. There are so many valuable daily life experiences of comprehending how to express feelings of tragic loss that this author so explicitly languages for the reader. Savor the benefits of Bill Bridges' relayed wisdom as you embrace the meaning of what he says and feel the comfort provided for your soul if you have suffered the loss of a loved one and will now be immersed in the "neutral zone".

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?

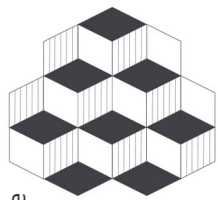
Go to www.EIB4AI.com/NOWWHAT for further uses and suggestions.



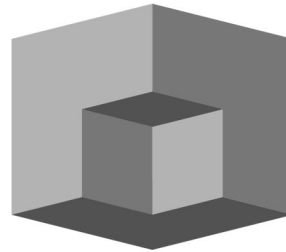
Ready to evolve your reasoning habits in a way that enhances the benefits of using your Experiential Intelligence?

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**

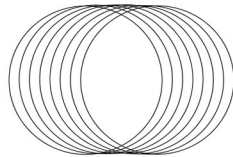


Black and White Cubes:
The figure reverses so that either 6 or 7 cubes are perceived.
(Sensation + Perception Page 321 Figure 17.15b Schiffman)



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**

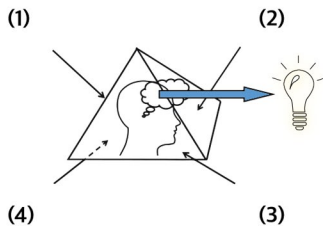
SUMMATION BOX (SB):

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

Reference
Book's
Pages

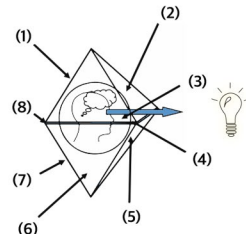
Read statements related to the hotspot topic clockwise, as they go around the 2D<=>3D RTH encapsulated thinking head.

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):

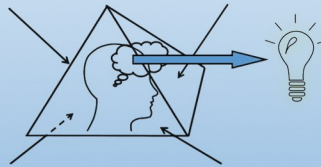
There is hardly anything that one can say about losing a loved one that isn't so commonplace that it hardly feels worth saying. The days after Mondri's death were both completely empty and utterly full – empty of life and full of activity. Much of the time I sleep-walked through the things I had to do, so numb that I was often completely unaware of what was going on around me.

Book
Pages
53, 54, 55

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

1. A little event or a few spoken words would bring me out of my darkness, and I would find myself standing alone and confused on some strange shore, full of feelings and memories.

2. Many nights I went to bed exhausted, then lay awake for hours. When I closed my eyes, I would see a blur made up of indistinct images, and it was only when I finally fell asleep and began to dream that anything coherent emerged.



4. I often thought about the way outer life mirrors inner life. In life as in housing, I was stripped down to the studs. Some outer semi balance of order would ultimately be restored – I knew enough about transition to understand that – but for now my house and my life were utterly dismantled.

3. How does the universe run its appointment calendar? Why in the world were we in the midst of remodelling the living room and kitchen when Mondri died? It was a project that we had started several months earlier, when it looked as though she was solidly in remission. Now, that whole area of the house was an empty shell, and I was living where she had died – in the study under the garage.

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

CONCLUSION BOX (CB):

I spent hours standing around, doing nothing, in the unlit, dead living room which had once been filled with furniture and voices. The wiring ran here and there along the walls, like some weird nervous system. The house, like my life, was definitely not up to code.

Book
Pages
53, 54, 55

Gained EI/VBC's insights: _____

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

SUMMATION BOX (SB):

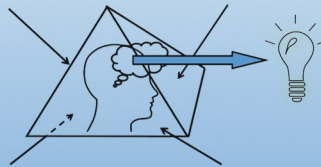
I thought a lot about Mondri in the days after she died, of course, but it wasn't quite the kind of thinking that I had expected to be doing. I wasn't flooded by warm memories, and I didn't miss her in the way I had missed her in the past when she had been away for a few days. Now her absence was palpable. It was a tangible fact that she wasn't there, and that made her emotional presence very powerful. It was as though there was always nearby, a shape cut out of space, an empty silhouette of nothingness shaped exactly like her.

Book
Pages
56

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

1. Whenever I thought about her I found myself wondering where she was now. We had read The Tibetan Book of Living and Dying together, and tried to recall what is said about "the bardos," those strange states of existence that the Tibetan Buddhists believe a soul goes through after death. What was it like in the bardos?

2. I kept worrying about her – the way I might have worried if she had been going on some ordinary, but difficult and risky journey. I couldn't get it out of my mind that she might be in trouble.



4. I was worried that she was lost and alone and frightened somewhere in this world after death, and didn't know where to turn for help.

3. My worry had nothing to do with a conventional afterlife in which she could be judged or punished. Rather, I imagined her in some new and unfamiliar world in which things make no sense to her.

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

CONCLUSION BOX (CB):

Those thoughts filled me with a deep sadness, and I wept more when I worried about where and how she was now than I wept over her death. When I imagined talking to her, it wasn't to reminisce about our past life together, but to offer her support and encouragement for whatever she was facing now.

Book
Pages
56

Gained EI/VBC's insights: _____

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

SUMMATION BOX (SB):

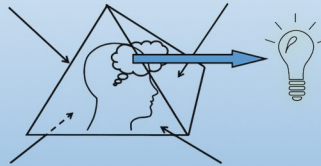
My mind was trying again and again to reestablish a critical connection that had been broken. At a level far below consciousness, I was trying to become whole again. Letting go, I saw, is not a simple act of release. It is a drawn out process of exploring whether or not a broken connection can be reestablished. I had tapped into my psyche's own autodial system that kept trying to get through when the original call couldn't be completed. We don't let go of anything important until we have exhausted all the possible ways that we might keep holding on to it.

Book
Pages
58, 59

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

1. As the weeks went by, it became clear that what had been cut off was not just our relationship, but also all the hopes, fears, dreams and beliefs that had been connected with our relationship.

2. There were positive ones, like the dream of watching our grandchildren grow up, and negative ones, like the nagging feeling that I had always had that (no matter what I did) I could never really prove that I cared deeply about her.



4. I had always told my clients that if you let go of only the external (the persona and the relationship itself), but didn't let go of the internal associations that had come to cluster around it, you would just find another person or relationship and attach the same hopes, fears, dreams and beliefs to that one. That way, you would go through a change but not a transition – and you can count on ending up right back where you started.

3. Then there was the belief that we both shared that she was a person of feeling, and that I was essentially a cool-hearted person.

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

CONCLUSION BOX (CB):

Over the next few weeks, I kept finding new dimensions to my loss – or "losses," for there turned out to be so many ways that her needs and feelings and habits and worries and hopes for the future had been woven into my life. As the numbness of the initial shock wore off, I kept finding new (and yet further new) ways in which I felt stripped and dismantled by her death.

Book
Pages
58, 59

Gained EI/VBC's insights: _____

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

SUMMATION BOX (SB):

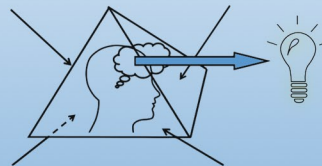
One of my experiences in those first few weeks – and I kept experiencing it to a diminishing degree through the ensuing months – was a feeling of being a smaller, lesser, more inconsequential person than I had been when she was alive. Her loss made me feel less substantial, or more naked.

Book
Pages
59, 60

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

1. I had never recognised until then how she had amplified me, reflected me back and made me more believable to myself. That had developed so gradually through our years together that I had never noticed it, but when she was no longer there I suddenly felt-it's hard to put into words-flimsy.

2. The second thing that her death took away from me came from the fact that it was through our marriage that I had grown beyond the lonely and isolated young man I had been when we first met.



4. Being my emotional lifeline to the world was a strain on her, she said. The strain was worse because I did not share much of myself with her emotionally.

3. With her death, I lost a way to find – and for a long time, the only way I knew how to find – intimacy. My reliance on her to supply my needs of intimacy had sometimes been a painful issue between us, for she often complained that I was – in her psychological jargon – by nature "unrelated."

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

CONCLUSION BOX (CB):

We were, at the time of her illness, just coming out of the time in which she had talked darkly about having to get her need for intimacy met "in other ways." I had felt threatened by such talk. Imagining the other men she might turn to in order to make up for my inadequacy. I felt misunderstood by her, but the very fact of her talking about the great difficulty I had with intimacy made me feel her death as a terrible moment of truth. It was the loss of what I myself had believed was the only experience I could ever have of loving someone. So her dying seemed to take away not only our relationship but my very ability to relate deeply with another person. It seemed to take away not only her love, but also my lovability.

Book
Pages
59, 60

Gained EI/VBC's insights: _____

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

SUMMATION BOX (SB):

It was more than a year after she died before I was able to sort out what were my issues and what were hers in the matter of my being able to (or worthy of) love. Nor was I until then able to distinguish between the loneliness that I felt because the only person who (I had almost come to believe) could ever love me had died. Since she defined herself as my connection to humankind and to my own heart, losing her felt first like the fulfilment of all my childhood fantasies about being abandoned and left to fend for myself in a world that was big and frightening.

Book
Pages
60, 61

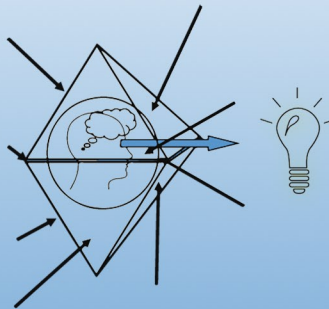
Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. To the extent that a relationship is characterized by similar assumptions, values, dreams and views, it serves to affirm each of its parties the way a traditional village or tribe does. In spite of our disagreements and our very considerable differences, Mondri and I got that affirmation from each other.

8. Each of these unexplored possibilities can be dismissed because your partner would not like them, or simply because your life together cannot accommodate them.

7. In any relationship, the other person is the reason (or at least the excuse) for not doing some things that you think you might otherwise like to do. The other relationships you do not pursue, the adventuresome-sounding activities or trips you pass up, the professional ventures you do not engage in, the wonderful things you could buy yourself but don't.

6. Because she was so good at things I wasn't good at, she enhanced my life and made me feel more whole.



2. Even in these areas where we were very different, the differences itself served to bind us by giving us a kind of effective "division of labor": she took care of emotional issues, while I handled practical ones.

3. She was enthusiastic and excitable, while I was calm and sensible; she remembered the details that made life run smoothly, while I dreamed the dreams that shaped the directions we moved in. So when she died, I felt as though I had lost my connection to feeling, excitement and a solid grounding in every day reality.

4. There were still further losses, although some of them may seem trivial. For example: Mondri was not only my wife. She was also the way in which I could tell if my socks matched, my fly was zipped, my hair was combed, and my tie was straight.

5. At a deeper level, she was how I knew if I was talking too much, how I could be sure the conversation would begin when we had company, and how I remembered to send presents to our grandchildren.

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

CONCLUSION BOX (CB):

And then the person is gone. Suddenly – although the shock of the loss may hide the fact for a while – your excuse is gone. You could go to Nepal next spring; you could take that person out to dinner; you could drop everything and go to the movies; you could... Do almost anything. And when you realize that, you find that the freedom you longed for is also more frightening than you realized. What you have lost is "the reason I have to be the person that I currently am." And that is no small loss, if you have any doubts about yourself.

Book
Pages
60, 61

Gained EI/VBC's insights: _____

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

SUMMATION BOX (SB):

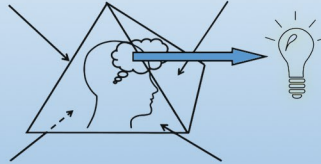
Loss was such a complex experience! Layer after layer of meaning. No wonder that, in dream and memory, mourning sent you back over the ground again and again. No wonder mourning took so long to complete and move beyond. No wonder that people who make a change without mourning the loss of the past usually find it confronting them later on, down the road. No wonder that it takes more than a ceremony to lay someone to rest.

Book
Pages
64, 65

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

1. Mondri had not wanted to be buried, so that meant there would not automatically be a place for survivors to go when they wanted to remember her. I could store her ashes somewhere, of course, but you don't visit a shelf or a drawer as you do a grave site. Until I picked up her ashes from the mortuary where she had been cremated, I had not really thought about the problem.

2. But when I did, I realized that having a place was more important to me. The place had to be outdoors and had to be beautiful. Mondri was always drawn to Mt. Tamalpais, the mountain that rises up steeply behind the town where we live.



4. I instinctively chose the lower path and started walking. With my chosen path a little ribbon of dirt that curved in and out. I followed it for 15 minutes, gradually descending until I reached an outcropping of rock that granted a wide view of that part of the mountain. I could see below and ahead of me several clusters of live oak trees and a dry stream-bed full of bay trees.

3. The weekend after I picked up her ashes, I drove up the mountain. Almost immediately, I felt foolish. I had no idea where I was going. What I was seeking wasn't a site that you could locate on a map, so I kept driving, believing that somehow I would find the right place and that I'd know when I found it. I had driven almost to the top of the mountain before I had come to a large gravel turnout. Across from it was a lovely slope that faced west. I pulled the car in and crossed the road to a spot where two paths led out through the dry golden grass and across the slope, one curving upward and the other going down.

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

CONCLUSION BOX (CB):

As I studied the vista, I found my eye returning again and again to one of the cluster of oaks. I walked down the last several hundred yards of the path that led, steeply down now to the knoll and sat down on one of the rock outcroppings. This is it, I thought to myself. This is her spot. She had loved live oak trees. There were five such trees in the spot – one for each of us in her family, I thought. So I spoke to her and told her that we had found her a new home.

Book
Pages
64, 65

Gained EI/VBC's insights: _____

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

SUMMATION BOX (SB):

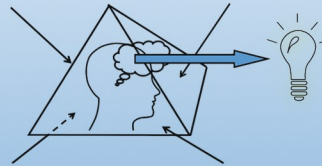
Several weeks later I returned with my three daughters and three of my grandchildren to scatter her ashes in the little grove of oaks. It was a sunny day. Far below us, the sea flashed silver, while overhead big birds climbed up the stairs of wind coming in from the water. In the distance the tiny figure of hikers crept along the hillside. It was just the kind of day – and sort of group – that Mondri would have enjoyed.

Book
Pages
66, 67

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

1. Each of these adults scattered some ashes – and numbers of bones too, for the "ashes" contained those too, which made the remains seem much more real.

2. Tristan and Dylan, aged five and six, chased lizards through the sunny rocks and tried to pretend they didn't know what was going on.



4. I went over and sat beside her. "What are you doing?" I asked. She was silent and seemed embarrassed. Finally she gave a shrug as though the whole thing was just too hard to explain. Finally she said softly, "Waving to Nana. She is up there, over the trees, you know."

3. Tyler, our five-year-old granddaughter, sat by herself under an oak and watched us do what we were doing. A little later, when we had finished, I noticed her reaching upward and wriggling her fingers. And she smiled and lowered her arm.

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

CONCLUSION BOX (CB):

"He that lacks time to mourn, lacks time to mend" – Shakespeare. In those weeks after she died, I had a whole string of dreams in which she departed from the house or left on a trip. It was as though I was replaying her death again and again in different symbolic forms. The dreams always finished by imposing very elementary questions. Had I said goodbye? Was she coming back? Where was she now? Was she alright?

Book
Pages
66, 67

Gained EI/VBC's insights: _____



AWAKEN YOUR EXPERIENTIAL INTELLIGENCE (EI) THINKING
THE WAY OF TRANSITION – WILLIAM BRIDGES
THIS SWPS™ 7 SERIES TOPIC – LETTING GO OF MY LIFE WITH MONDI
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