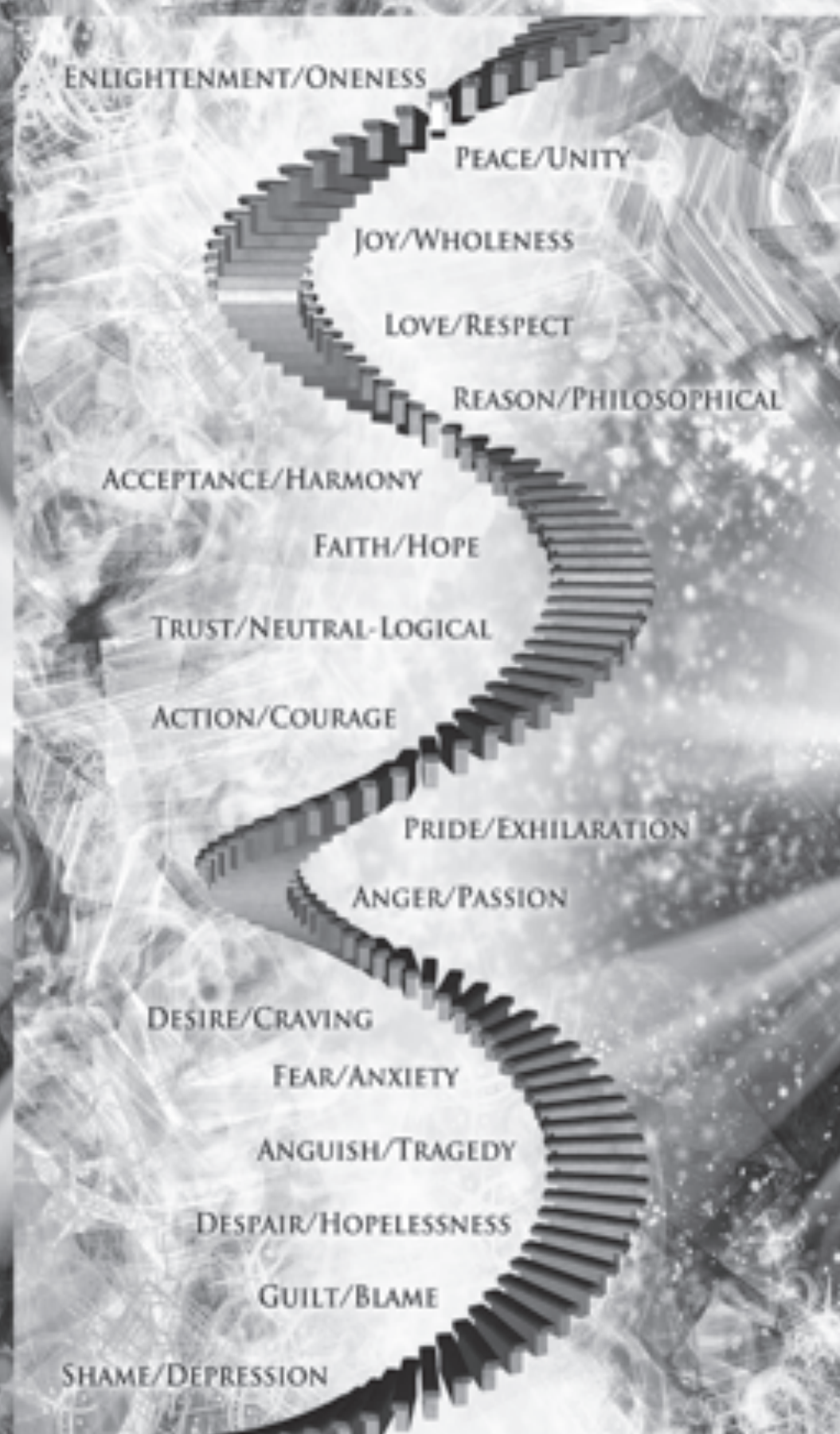




THE SPIRAL STAIRCASE

The Spiral Staircase consists of seventeen steps, each representing an emotion (the name of the step) and the experience one may consciously recognise from that emotion.

- Shame/Depression
- Guilt/Blame
- Despair/Hopelessness
- Anguish/Tragedy
- Fear/Anxiety
- Desire/Craving
- Anger/Passion
- Pride/Exhilaration
- Courage/Action
- Trust/Neutral-Logical
- Faith/Hope
- Acceptance/Harmony
- Reason/Philosophical
- Love/Respect
- Joy/Wholeness
- Peace/Unity
- Enlightenment/Oneness

THE STEPS OF... SHAME/DEPRESSION

Signs of descent

Suicidal and wanting an end of life, maybe even attempting suicide. The utter depths of depression and completely ashamed of themselves and their life. The emotional experience of descent from this Step leaves a person completely unable to function and may have tragic consequences.

Means of ascent

Focusing on blaming others, attempting to illicit guilt or feeling guilty themselves are a means of ascending up the Spiral Staircase from this Step. Of course, all these emotions and actions are a last resort, because to blame other people or feel guilty from any other Step will create a descent!

THE STEPS OF... GUILT/BLAME

Signs of descent

The blaming of others or feeling of guilt that are so self-destructive, the person descends into a depression. If a person is blaming others from any Step except that of Shame, they are in descent and need to ascend as quickly as possible. Blaming oneself is also a sign of descent from this Step.

Means of ascent

The vital action to ascend from this Step is to shift the focus from blame or guilt to how hopeless it all is. This removes the emphasis on blame and makes the cause more 'universal' or bigger than oneself or another person. Again the person is surrendering personal responsibility, though at this level of the Spiral Staircase, this is probably more conducive than blame.

THE STEPS OF... DESPAIR/HOPELESSNESS

Signs of descent

A belief in the futility of action, or the hopelessness of achieving a goal is at the heart of a descent passed this Step. The person will often dismiss any offer of a solution or plan of action, expecting it not to have a favourable outcome before they even make an attempt. This will often lead to despairing or blame, which is a definite sign of descent down the Spiral Staircase.

Means of ascent

When a person transcends the hopelessness and begins to focus on the horror or pain of the situation, they are actually in ascent. The important factor is that they shift from viewing the situation as hopeless, to the perspective of it being 'not nice'. This is certainly a marked improvement and can be used as momentum for greater ascent.

THE STEPS OF... ANGUISH/TRAGEDY

Signs of descent

Descent via these Steps of the Spiral Staircase will often present behaviour that is very dramatic, especially when a person refers to challenges that are not their own. Indeed, they will often project those same challenges onto their own life. As they move downwards, they perceive a life full of pain and hardship, with little or no relief from how bad things are, even if there is an improvement in the actual situation.

Means of ascent

The way to move upwards from these Steps is to focus on the anxieties surrounding the person's view of the situation. Having them confront what they are fearful of, rather than how horrible it all is will enable them to climb upwards. Anxiety is a powerful motivator, so will support a climb, whereas the inaction of pondering the challenge itself will cause a downward motion.

THE STEPS OF... FEAR/ANXIETY

Signs of descent

Fear is responsible for more people choosing not to be successful than any other feeling. It represents the emotional experiences that affect us the most. Yet, the grip of fear does not provoke the outpouring of emotion, as does despair; fear can be paralysing and pervasive. When fear turns a person towards anguish, they are in descent and need to turn their attention toward desire, as soon as they recognise their downward spiral.

Means of ascent

The best way to move beyond fear is to interrupt anxious thought patterns with those of an exciting dream or desire. If there is something a person wants so much that it excites them at a mere thought, this is the best device to use, because to focus upon some desire or goal that possesses a greater magnetism than the fear, will create ascension.

THE STEPS OF... DESIRE/CRAVING

Signs of descent

A descent is in progress on these Steps if a person desperately wants a thing, but they fear they will not be able to achieve it. This fear will pull them down the Spiral Staircase very quickly, because the magnetic pull of a desire, when mixed with fear can be very potent. Past experiences may add to a sense of 'failure', however Understanding your ability to succeed in achieving your goals is vital when on these steps.

Means of ascent

If you believe that no matter what has happened in the past, you will get what you desire eventually, you will ascend. Add to this a sense of deep passion for what it is you want to achieve and this will catapult you into an upward spiral. Remembering that we only have 24 hours in a day may help encourage action, rather than fear.

THE STEPS OF... ANGER/PASSION

Signs of descent

When anger is used in a hateful way, it is one of the most powerful forces known to humankind. It is this hateful behaviour that we associate with anger and are thus, encouraged to hide our angry emotions. Those who do not find an outlet for hidden anger may become terribly depressed and descend the staircase as a result. Frustration is another way of anger sending us into a downward spiral, especially if it connected to something we are very passionate about.

Means of ascent

The best way to ascend over these Steps is to channel one's anger into passion and compassion. The use of the motivational energy of anger to propel one towards goals, desires, dreams, is very different to anger in descent. As you clamber over the Steps of Anger you are filled with passion; motivated ever onwards.

THE STEPS OF... PRIDE/EXHILARATION

Signs of descent

If the experience of pride is faced outwards, towards other people, we can become scornful of the inability to achieve the same results. Pride that is also used as a means of being better than others can also send us into an angry downward dynamic. When achieving your goals, avoid scorn or egocentric pride and the results it can have.

Means of ascent

When pride is focused inwards, at the self and felt with gratitude, we will experience an overpowering, marvellous sense of exhilaration - this is the joy of success. The 'thank you' that is attached is all important! This mark of gratitude flows from you, as the all-encompassing flow of exhilaration spurs you onwards.

THE STEPS OF... COURAGE/ACTION

Signs of descent

At this level of achievement, it is easy to become full of pride. A person who becomes proud of their achievements in a way that is scornful of others, may be the one who begins a descent of the staircase. Watch out for boasting, the negation of other people, or self-centredness at this level of the Spiral Staircase.

Means of ascent

The strength of courage here can be so immense that we often want to take on the world and succeed to do so. Focus your ability to trust at a deeper-level of knowing; a core-self level. Take every action with that wisdom ringing in your ears and pounding in your heart and you keep will climbing in a determined and proactive way.

THE STEPS OF... TRUST/NEUTRAL-LOGICAL

Signs of descent

The temptation on these Steps is to keep 'doing', taking action and proceeding with determination; the issue is that long periods of action, without time to reflect and regenerate, can create 'burn-out'; a prime reason for descent at this level. The choice to strive onwards, ignoring the signs that all is not as it should be, can result in movement between these steps and those below, then back again.

Means of ascent

Finding trust through hope creates a rising upwards from these steps. Yet, this is not the hope of blind faith; it is faith that is derived from the core-self. The major difference being that blind-faith relies on external 'signs' or the words of others. Core-faith is a strong conviction that inspires success.

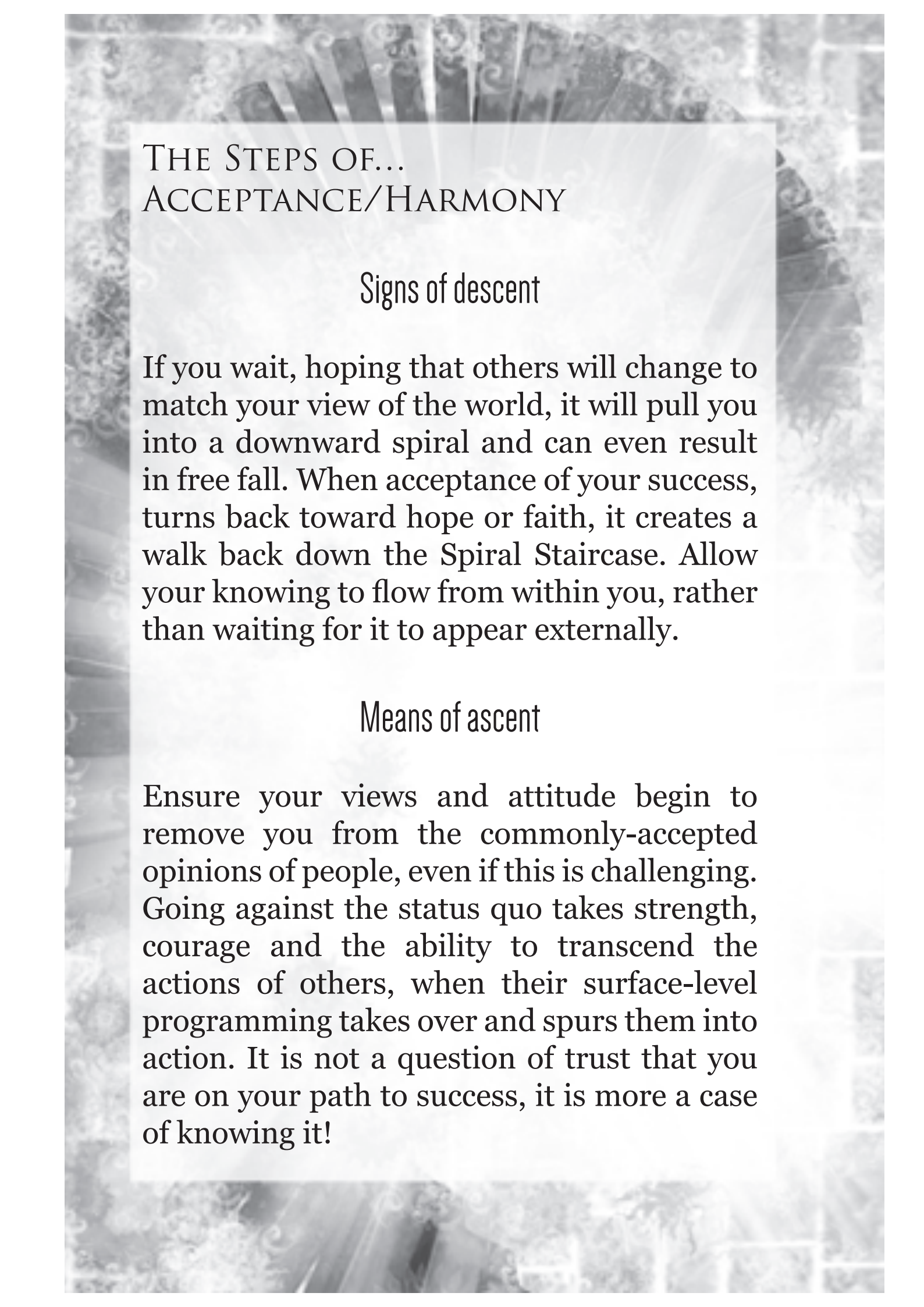
THE STEPS OF... FAITH/HOPE

Signs of descent

When hope is used as some vague notion of 'fingering-crossed' and wanting the best, it is usually a sign of descent into trusting that all will be well. There is a fine line between hope that moves us towards trust, and hope as an ethereal principle, without real foundations. Many people hope for the best, yet few actually trust that it will be, which is the key to ascension.

Means of ascent

Use hope to inspire you at a Core-self level. If you work with hope from the perspective of it being a powerful, assertive force that comes with faith attached, you will ascend. Faith is knowing; an internal, calm state that imbues us with the knowledge that you will achieve the success you desire.



THE STEPS OF... ACCEPTANCE/HARMONY

Signs of descent

If you wait, hoping that others will change to match your view of the world, it will pull you into a downward spiral and can even result in free fall. When acceptance of your success, turns back toward hope or faith, it creates a walk back down the Spiral Staircase. Allow your knowing to flow from within you, rather than waiting for it to appear externally.

Means of ascent

Ensure your views and attitude begin to remove you from the commonly-accepted opinions of people, even if this is challenging. Going against the status quo takes strength, courage and the ability to transcend the actions of others, when their surface-level programming takes over and spurs them into action. It is not a question of trust that you are on your path to success, it is more a case of knowing it!

THE STEPS OF... REASON/PHILOSOPHICAL

Signs of descent

As you pass from the previous set of Steps, it is no longer a time for acceptance, but proactive strategies. If you are finding that your reasoning is still reliant on acceptance and knowing, you will soon be in descent. Now, is a time for thought, planning and a firm idea of where you are heading, anything less than this is a downward motion.

Means of ascent

A wonderful way of ensuring your continuing ascent here is to find an inspirational mentor, or somebody who can help you expand through enthusiasm, passion, but most of all sound action. Spend time with people you respect and admire, as this will spur you to emulate them and action is the vital aspect of this emulation.

THE STEPS OF... LOVE/RESPECT

Signs of descent

Upon these Steps, the act of rationalising one's actions, of thinking through ad infinitum, will often create a descent. If you find that you have decided to take a certain path and rather than sticking to the strategy you are second guessing, you may be looking at a downward spiral.

Means of ascent

Take every action with a deep sense of respect for those around you, compassion for all, and love. The ability to experience love in as many aspects of life as one can is the experience of deep respect for all things and all forms of life. From the fragile and complex ecosystems of the Earth, to the fragile and complex cultural societies of humankind; all deserves our gratitude and care.

THE STEPS OF... JOY/WHOLENESS

Signs of descent

Descent here can be challenging to recognise, because respect is so integral to compassion; a very necessary element of this region. Yet, when that respect distances us from other people, or differentiates between us, it can be a hint of descent. The essential aspect of this region of the Spiral Staircase is to create unity, not difference.

Means of ascent

Your understanding that wholeness and oneness are very different will help support your further ascension and aspiration towards the next region of Steps. For all climbing the Spiral Staircase, the growth towards unity, as creating oneness beyond the individual is paramount here. An illustration of this, is how businesses are being invited to care for the planet, as well as make money - profit is no longer only financial!

THE STEPS OF... PEACE/UNITY

Signs of descent

These steps are of integration, connection, and complexity, which is often resisted by our need to keep things simple. Trying to simplify a task or situation, or resisting complexity at this level will create descent, usually because as we simplify, we create future challenges for ourselves. Some circumstances need complexity, so that every perspective is taken into consideration. Furthermore, many feel less motivated to climb this region, because they fear losing their individuality.

Means of ascent

Concentrate on the flow into oneness, which is a strengthening of the Core-self. As we all flow from universal lores and an innate connection to this planet we know as our home, we share more than we know. The casting off of surface-layer crud, opens our eyes to how much we are interdependent upon each other.

THE STEPS OF... ENLIGHTENMENT/ONENESS

Signs of descent

As we approach oneness, the act of being at one and slipping back into individuality can become like a state of limbo or create feelings of disappointment, because we do not always want to return from such bliss! Here, yearning to re-experience enlightenment as a permanent state can actually divorce us from it, sending us back down the Spiral Staircase.

Means of ascent

As you continue onwards into the unknown, you take each step as if it were your last; not in some scary or poignant way, but with indescribable joy, because it is not what comes next... it is where you are now that counts, so enjoy the journey for what it is...