

Fostering Spiritual & Moral Development

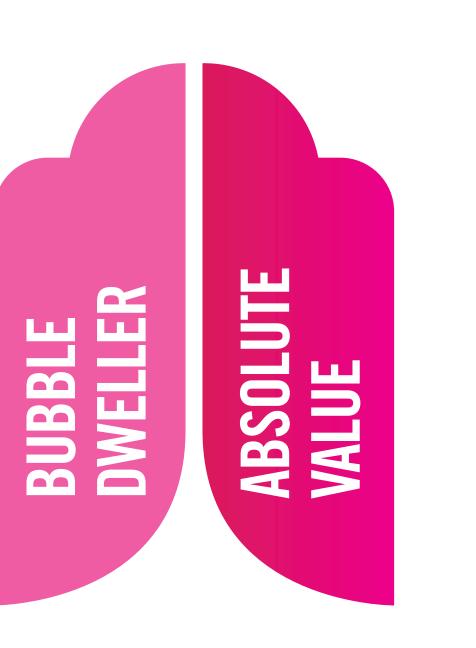
THE PROGRESSIVE MINDFULNESS PROTOCOL

PMP[™] is one answer to how we can transform a stick used for violence, to a walking stick of compassion. The PMP[™] provides a neuropsychological systematic model on how we grow spiritually.

Gratia L. Meyer, Ph.D. & Janis A. Di Ciacco, Ph.D.

THREE DOMAINS: PERCEPTION, ATTUNEMENT AND MINDFULNESS

THERE ARE SIX
MINDFULNESS
GATES:









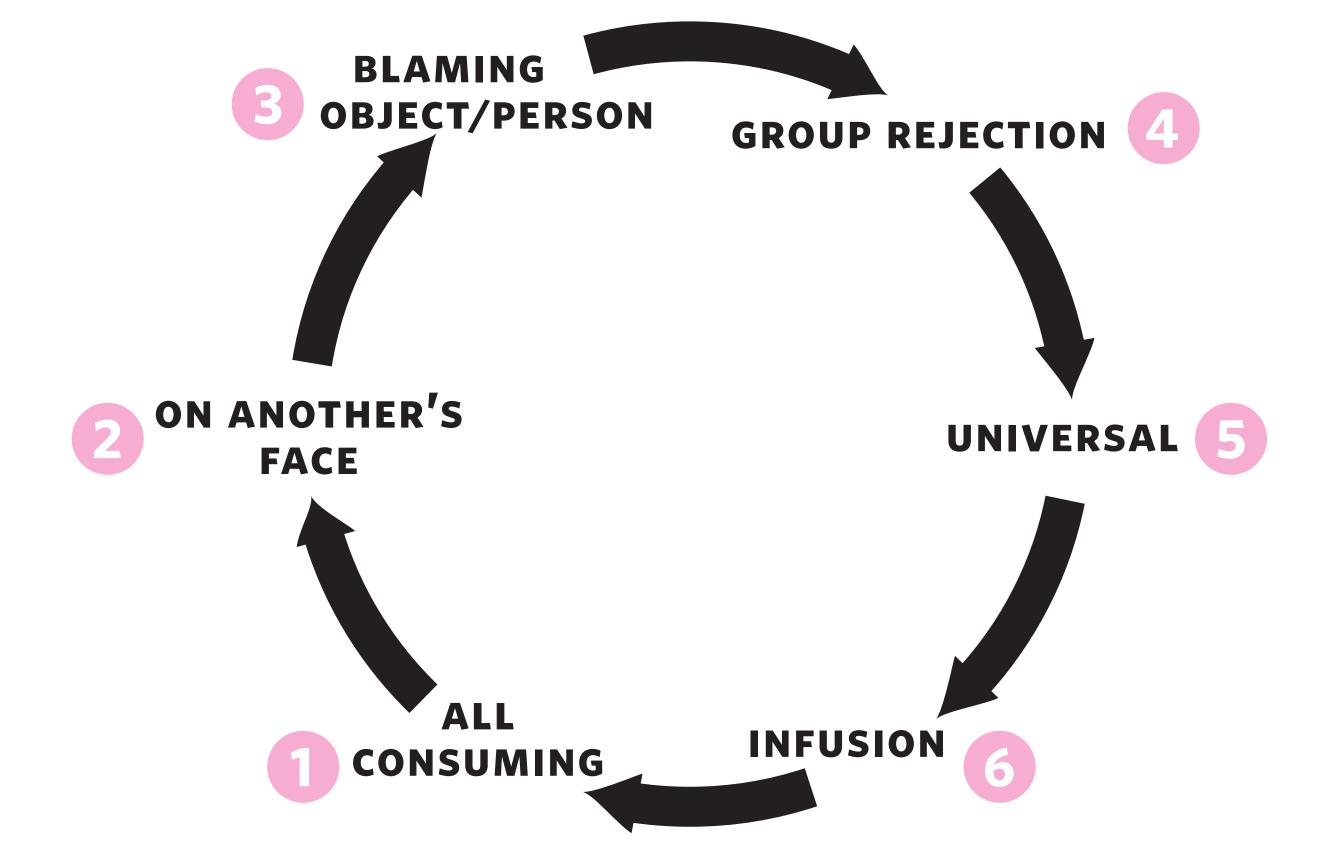




WITHIN EACH MINDFULNESS GATE, THERE ARE TWELVE MORAL VALUES:

Rules // Judgment // Happiness // Suffering // Love // Salvation // Compassion // Generosity
Forgiveness // Truth // Practice // Remembrance

SUFFERING



Suffering is physiologically-based experience (Gate 1).

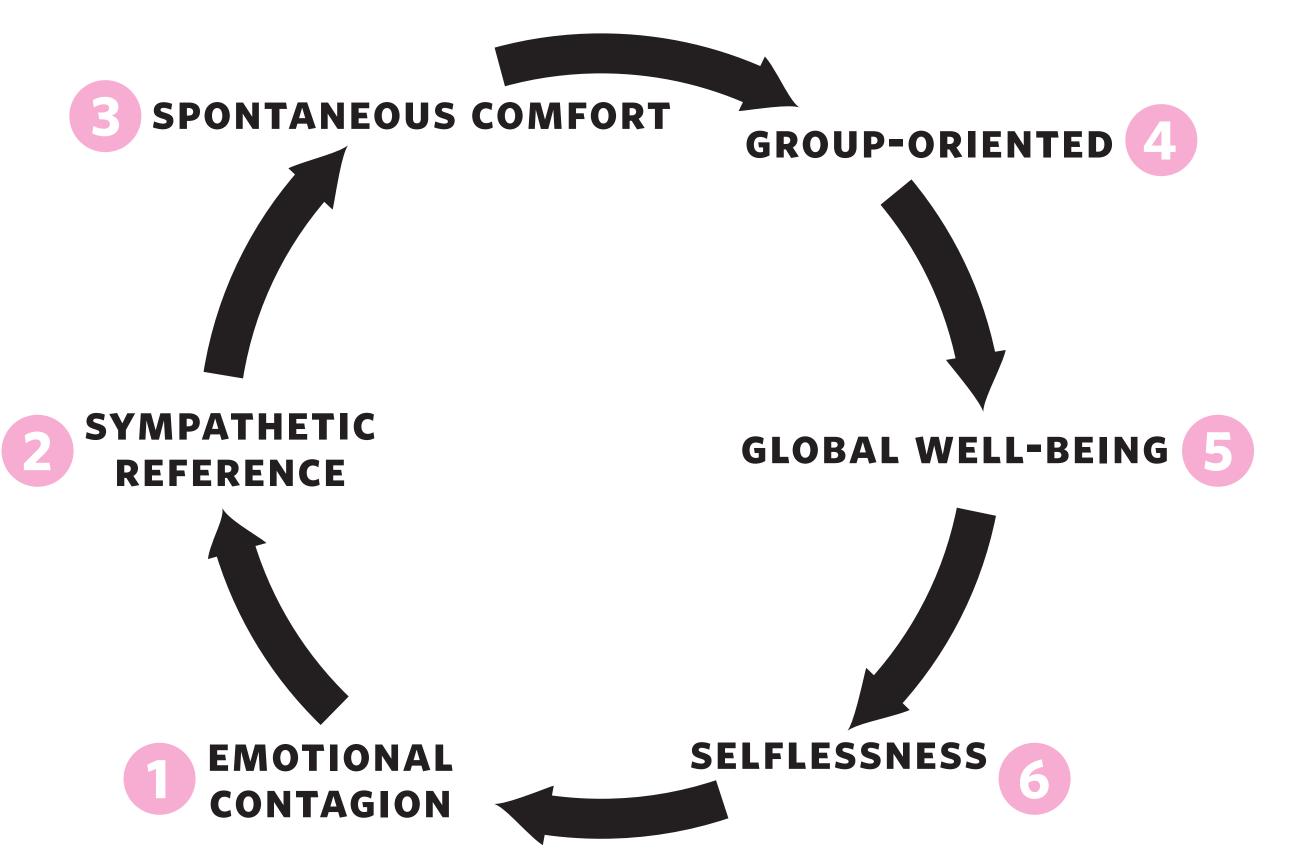
Through the nonverbal expressions of our caregivers, we get in touch with our sensations (Gate 2). With the emergence of language, we blame others and/or objects for our pain (Gate 3). We suffer when our peers reject us (Gate 4). As we expand our awareness, we acknowledge that suffering is universal (Gate 5). With that acceptance, we know suffering and happiness is intertwined in every moment (Gate 6).

FORGIVELESSNESS



At the moment our body is calm, we immediately forgive the cause of our distress (Gate 1). We forgive as soon as our caregivers help calm our bodies and fears (Gate 2). Then we must hear, "I am sorry", and receive a "pay back" for being hurt before we forgive (Gate 3). We forgive our peers in order to stay connected (Gate 4). We forgive those who hurt us or our neighbors & look for commonalities (Gate 5). We consciously recognize the interdependence of all things. (Gate 6).

COMPASSION



We unconsciously feel what other's feel (Gate I). As we grow, we imitate sympathy (Gate 2). With this imitation, we now comfort others within our reach (Gate 3). We are empathic towards those in our peer group (Gate 4). We are compassionate towards the collective preservation and enhancement (Gate 5). We are consciously selfless (Gate 6).

CONCLUSION:

The PMP™ is a systematic, predictable, sequential moral model.

It calibrates and provides a measurable model for three domains. These domains have interdependent connecting sparks with varied layers of perception, connection and understanding.

These domains are interdependent, pushing and pulling us along our spiritual path.

PMP[™] emphasizes that in order to broaden our compassion, we first need to expand our perceptions and attachments.