# Written by Alex Wednesday, 22 September 2021 09:20 - Last Updated Thursday, 28 July 2022 07:16 contents development, systems & programs 001 biological systems primary process - imagination mind and brain **PROGRAMS** Foundation programs & system requirements: emergence, matrices as contexts

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## Written by Alex Wednesday, 22 September 2021 09:20 - Last Updated Thursday, 28 July 2022 07:16 Master programs: plasticity, epigenetics, hormesis **TECHNIQUES** Assessment Common problems: snapback operational modes and main applications 002 system modality primary modes: growth & repair, protection secondary modes: stretch, relax and salience **PROGRAMS** the processing cycle of emergence

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# Wednesday, 22 September 2021 09:20 - Last Updated Thursday, 28 July 2022 07:16 learning, memory & creativity programs **TECHNIQUES** Switching operational modes Common problems: Getting stuck in protection mode Attention control reprogramming developmental pathways 003 signals: biological imperatives domestication **PROGRAMS**

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### I've Made My Mind Up Now: Contents Written by Alex Wednesday, 22 September 2021 09:20 - Last Updated Thursday, 28 July 2022 07:16 drives & instincts intent situational assessment programs housekeeping programs **TECHNIQUES** Input control – becoming epigenetically proactive Common problems: symptom postponement Upstream diagnostics system volitional control 004 the developmental dilemma

system congruity

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005 the relativity of understanding

## Written by Alex Wednesday, 22 September 2021 09:20 - Last Updated Thursday, 28 July 2022 07:16 emotional stability operational moods - the elements of emotion **PROGRAMS** Theory of Mind, empathy, bonding **TECHNIQUES Emotion control** Common problems: lack of emotional control interaction and relationships 006 interaction, action and reaction types of archetypal relationships

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### I've Made My Mind Up Now: Contents Written by Alex Wednesday, 22 September 2021 09:20 - Last Updated Thursday, 28 July 2022 07:16 cognitive development □ 008 what is cognitive development? self-actualization the quality of life **PROGRAMS** Eidetic variable assembly, story code & archetypes aesthetic assessment programs aesthetics and biomorality

**TECHNIQUES** 

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self suggestion and hypnosis