

VALUE CREATION WHEEL & THREE PILLARS MODEL ENQUIRY

CHART 1. THE NINE ASPECTS OF BEING—FROM ORIGINAL STUDY

	First Pillar	Second Pillar	Third Pillar
Process	Realization	Regeneration	Development
<i>Personal</i>	Mind	Emotions	Physical body
<i>Subtle</i>	The 'I' or soul	Vital body	Evolutionary body
<i>Spirit</i>	Universal Spirit	Personal Spirit	Spirit Force

[Chart 1 of the Three Pillars Model taken from: Portilla, Isaac. *The Possibilities of Spiritual Experience: An Autobiographical and Philosophical Exploration*. Editorial Mirlo. Madrid, 2017.]

CHART 2. THE NINE ASPECTS OF BEING—APPLICATION EXAMPLE

Theme: Problem [✓] | Aspiration [] | Need [] // Definition: *Addiction to tobacco* / “*I want to quit smoking.*”
[Important: smoking is a problem when the person that is doing the enquiry identifies it as such. Here, we are not judging if smoking is good or bad.]

	First Pillar	Second Pillar	Third Pillar
Process	Realization	Regeneration	Development
<i>Personal</i>	Mind // Perspective: “ <i>My addiction is caused by stress, smoking relaxes me; I find smoking cool and sexy; I feel identified with smoking (it is part of my 'persona'); etc.</i> ” // Solutions: <i>enquiry into the meaning of smoking; identity investigation; alternatives for stress-reduction; alternatives for social recognition; etc.</i>	Emotions // Perspective: “ <i>My addiction is due to a trauma; I started smoking as an act of rebellion against oppression.</i> ” // Solutions: <i>emotional therapy; enquiry into personal history; forgiveness enquiry and practices; etc.</i>	Physical body // Perspective: “ <i>My addiction to tobacco is based on biophysical and chemical dependency; smoking helps my digestion; I lose weight, which is good; etc.</i> ” // Solutions: <i>clinical and medical treatments; nicotine patches; forceful restriction; alternatives for smoking with physical benefits (walks in nature, physical exercise, etc.); etc.</i>
<i>Subtle</i>	The 'I' or soul // Perspective: “ <i>I cannot quit smoking because I am weak; smoking is a problem of lack of character and faith; etc.</i> ” // Solutions: <i>prayer (e.g., asking God to overcome weakness); divine arts (alignment with life's rhythm and feeling); finding inspiration and purpose; etc.</i>	Vital body // Perspective: “ <i>Smoking affects my vitality; I would like to find harmony in my life and with existence.</i> ” // Solutions: <i>acupuncture; meditations (and treatments) to release vital toxicity from internal organs; internal meditation practices; breath exercises; etc.</i>	Evolutionary body // Perspective: “ <i>I am not evolved enough to quit smoking; it is a matter of consciousness (i.e., all human beings have addictions in one way or another); etc.</i> ” // Solutions: <i>energy-development meditation; evolutionary spiritual training; etc.</i>
<i>Spirit</i>	Universal Spirit // Perspective: “ <i>Smoking is part of my existential problem.</i> ” // Solution: <i>enquiry into the nature of existence; spiritual knowledge; spiritual enquiry aiming for Self Realization (i.e., a type of spiritual Enlightenment); etc.</i>	Personal Spirit // Perspective: “ <i>Smoking is a way of denying my divine essence; only through the discovery of the Light that I am quitting smoking would have any purpose.</i> ” // Solution: <i>meditations for spiritual embodiment; meditation on the Light-essence of personal existence; etc.</i>	Spirit Force // Perspective: “ <i>I smoke because I feel unloved and unable to love; experiencing Divine Love would be the cure and support of any change in my habits.</i> ” // Solutions: <i>spiritual Power transmission; spiritual practices focused on surrender to Grace; etc.</i>

CHART 3. THE NINE ASPECTS OF BEING—PERSONAL EXERCISE

Theme: Problem [] | Aspiration [] | Need [] // Definition: _____

/ Choose only those aspects you feel resonance in relation to your problem/aspiration/need:

	First Pillar	Second Pillar	Third Pillar
Process	Realization	Regeneration	Development
<i>Personal</i>	<p>Mind</p> <p>// Perspective:</p> <p>// Solutions:</p>	<p>Emotions</p> <p>// Perspective:</p> <p>// Solutions:</p>	<p>Physical body</p> <p>// Perspective:</p> <p>// Solutions:</p>
<i>Subtle</i>	<p>The 'I' or soul</p> <p>// Perspective:</p> <p>// Solutions:</p>	<p>Vital body</p> <p>// Perspective:</p> <p>// Solutions:</p>	<p>Evolutionary body</p> <p>// Perspective:</p> <p>// Solutions:</p>
<i>Spirit</i>	<p>Universal Spirit</p> <p>// Perspective:</p> <p>// Solutions:</p>	<p>Personal Spirit</p> <p>// Perspective:</p> <p>// Solutions:</p>	<p>Spirit Force</p> <p>// Perspective:</p> <p>// Solutions:</p>