Description of the Atlas of Feelings

The Atlas consists of 24 radial segments and 10 axial layers, giving 240 cells. Each cell contains a unique feeling or character quality.

All qualities change smoothly in all directions, so that each one should be an „average" of all neighboring cells. E.g., Evaluation (1-e) is an average of Distrust (1-f), Being lost (2-f), Cluelessness (2-e), Surprise (2-d), Doubt (1-d), Brooding (24-d), Sadness (24-e), Melancholy (24-f)

Moving from the edge to the center of the scheme makes a given quality or feeling more „subtle", so that in the center we have the most desired virtues, that collectively can be called the „**Eternal Love**".

Qualities of the opposite segments of the same axial layers balance each other. E.g., Doubt (1-d) balances Trust (13-d); Devotion (7-c) -Pliability (19-c); etc

White & yellow cells „heal" (make more „subtle") the cells from the lower levels of the opposite segment. E.g., Evaluation (1-e) heals Naivety (13-f), Anxiety (13-g), etc., transforming them into Overconfidence (13-e).

Grey and red cells are healed by the cells from the higher levels of the opposite segment. E.g., Disapproval (1-g) is transformed into Evaluation (1-e) by Overconfidence (13-e) and into Doubt (1-d) by Trust and Optimism (13-d)

A very important feature of this Atlas is that in the center (yellow region, layer a) it lists all virtues that guarantee „infinite happiness" with ever-increasing ability to become „more perfect".

In everyday life we rarely think about our „true goals of self-development". But here we have a unique possibility to understand these goals by **extrapolating** the meaning of various qualities from the lower levels to the higher ones.

Clockwise movement (on a given level or by a spiral line crossing many different levels) simulates the changes of our feelings in many real life situations

Ice-breaker and Self-portrait Activities

A) Choose a Character. This game can simultaneously be played by as many people as there are markers of different colors (pebbles, buttons, other small items). Each player takes all the items of the same color and each takes a card.

Each player than reads out loud all the characteristics on the card and chooses the one which is closest to our character or our wanted personality trait. The player must then explain why it is that specific trait he or she chose. According to the coordinates (identified by a card next to that property) one must find the corresponding box in the Atlas and mark it with one of the previously selected items. The player then reads the surrounding properties out loud in order to comprehend what else is close to the chosen characteristic. For example, sobriety (15-d) is surrounded by consciousness, interest, analysis, anticipation, everyday life, intrusiveness, curiosity, zealousness.

The next player then draws another card. The drawn cards are placed back into the stack in order for other players to be able to draw them. As the circle goes round, another card is drawn. This way each player places his or her item on different boxes on the Atlas that mark his individual traits. The placement of these markers on the Atlas determines a lot about the balance in character of each player. If all the given items are concentrated on one particular side of the Atlas – this character is unbalanced and, with time, all the player's "good" (white and yellow) traits may transform into "bad" (red and grey) ones. On the other hand, if the items are distributed evenly (radially) amongst all of the segments – such character is balanced, and all its "dark" qualities will laver towards the "bright" ones; towards the center. This is because the characteristics closer to the center of the Atlas are "pulling" upwards from the opposing segments. For example, Calmness and Insight (1-a,b) converts anxiety and naivety (13-g,f) into Confidence and Optimism (13-d,e), etc.

B) Get started – portray your mood. Each player draws a card and throws the dice. The player can choose which (single) trait they want to display, and the dice tells how to do it:
1   – silent, without words (mimicking and gestures)

2 – without use of communion words
3 – phrases, quotations, aphorisms, riddles
4 – telling a story
5 – naming the tales or movie heroes or living prototypes
6 – by drawing or singing (in a certain way, according to your chosen "role")

One who guesses the portrayed characteristic gains a point.

C) A combination of previous two games. In each card, a player must select the traits that are closest to his character, and throw the dice, which will determine how the player must portray these chosen traits. When the other players guess correctly, the corresponding Atlas window is marked with one of the items. The player then explains his choice and reads all the surrounding traits out loud. At the end of the game, not only the character's "stability" is evaluated (according to the symmetry of the distribution of the items on the Atlas), but also the character's brightness (according to the points collected for representation and / or characterization of features.

D) Stricter version of past games makes a player chose "worse" features, which we generally avoid. For the first card, a property that is closest to the player's zodiac sign must be chosen. For example, if one is a Cancer (13 and 14) and draws a card with the following features:

Pureness (3-a)

Generosity (23-c)

Resourcefulness (18-e)

Anxiety (13-g)

Complexity (18-i)

Because the closest feature to Cancer (13 and 14) is Anxiety (13-g), the player must choose this trait specifically. The player must explain, when the given feature can be useful and when it is bad, and how to transform it into other (wanted) features.

All traits are sometimes needed, but we often tend to perceive them in a very narrow manner, and thus get confused with their usefulness. Red and grey traits are needed when we are faced with analogous features from the opposite segment on the other side of the Atlas. However, one can

"cure" these unwanted traits with the opposite segments on the white and yellow windows (look at laimeskelias.lt under "Lessons" for specific details).

If you choose to play according to the "combined" rules, throw the dice firstly and express this feature by letting others guess it, and comment on in afterwards. For the second card, a feature that would best "balance" out the previous feature must be selected. For example, if it was anxiety (13-g), now one must find a feature that would be closest to the first segment (because 13-12=1). The third card must focus on a feature that is furthest away from the first two; and so on.

To make things more interesting, points can be added for the explanation of the importance of the selected features. The fact that we are thinking of these destructive features and analyzing their expression and ways in which we can control them (and reform into other features) – this alone marks the beginning of the path towards inner balance and peace.

At the end of the game, each person chooses his or her "worst" feature (one of which they want to get rid of) and reads all the "cure stages" out loud according to the logarithmic spiral's line.

Analysis of People and Situations

A) **Figure out the character**. Here the character of a person is figured out by critically evaluating his or her most common characteristics in each and every radial segment. Beginning from the first segment (Insight, Calmness, etc.). Markers are placed on the most relevant characteristic expressions. Each segment can contain a few items, since different expressions of a given energy appear in different situations.

We then enter the 13th segment because it directly "balances" the first one. For example, if in the first segment Doubt and Judgment was marked, then for the 13th segment attention must be drawn to symmetrically drifted Optimism and Naivety. And if the aim is for

the thirteenth segment to highlight Reliability and Certainty, then attention must be paid to Security and Peace in the first segment.

We then move on to the second segment, the fourteenth, the third, the fifteenth, and so on. In this way, a person's "character specter" is obtained, indicating the most relevant development direction. The game is appropriate for personal analysis and/or for the entire family, when members collectively analyze each other's characteristics. The result can be registered on paper by issuing the Feeling Atlas (from laimeskelias.lt on A4 format) and marked with a pencil or felt. The resulting "spectrum of character" can be put up on the wall, so one can constantly think of his or her individual development.

B) **Finish the Story**. A story of some sort is told (for example, a segment from Teachings on Morality) and id interrupted midway. One of the characters must finish the story. Other players must carefully listen to how he or her finishes up the story, decides what qualities the storyteller demonstrated and marks these qualities (one, two, or three) on the Atlas. Another story is then told and is continued by another player. It then possible to find out "more objective characters" when players do not know each other closely.

C) **Conflict Analysis**. Each conflicting side marks those windows of the Atlas, which best reflect his or her experienced feelings and the opposing side's demonstrated traits (in different colors or items). Each side then becomes familiar with the opposite side's linings and explanations. This allows to place oneself into "other's shoes" while avoiding unnecessary conflict and suspicion.

Questions and comments can be sent to: alanas196560@gmail.com

Expression of the chosen feeling or trait

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6   – by drawing or singing (in a certain way, according to your chosen "role")