

5 - ASPECTS

CORE CONSTRUCTION

What is underneath everything? The Core is about discovering what you actually believe, what matters to you, and what you have constructed your life around. We are not looking to change, we are just looking – perhaps for the first time.

FRAMING

How do you see what you see? Framing is the way beliefs, assumptions, experiences and expectations shape how we interpret ourselves and the world around us. Your persona has been created by you – here is where we look at what you made and how it serves.

Your core is a picture of you – the frame surrounds that picture - Are you more picture or more frame.

HEALTH

The condition of the whole person. The mind/body complex. An awareness of how the physical, mental, emotional and relational parts of life affect one another.

Health is something you have.

HEALING

Not fixing something that is broken. Healing is about allowing what has been obscured, suppressed or carried unnecessarily to be seen—and allowing change to happen. It is more often letting go of than adding on to.

Healing is something you do.

HAPPINESS

Not something you have to find or manufacture. fivebyfive begins with the possibility that happiness is already there, underneath the stuff and things that get in the way.

by ANuVoyce

The books, questions and ideas that led to fivebyfive

Book one – I DON'T KNOW... BUT HERE IS WHAT I HAVE SO FAR *Non-Answers to Life's Biggest Questions* — questions, observations and explorations about what we think we know.

'I don't know' gives permission to curiosity to proceed.

Book two – THE NEW GOLDEN RULE

The one rule that changes everything.

Do unto self, and others, as you would have them do unto you. How you treat yourself and others matters, what you give, you will receive. Nobody owes you anything. Be honest with yourself.

Book three - BATTLES OF BELIEF

When Atheists Meet Their Match in Christian Apologists — Classic Debates Revisited. Belief, judgment, identity and reality. What 'beliefs' are you fighting for, and does it really matter vs what you are doing right now that does make a difference.

Book four – *not yet available* I DON'T CARE... AND NEITHER SHOULD YOU.

Finding Calm in Chaos. What "I don't care" can mean when it isn't apathy or indifference, but freedom from unnecessary attachment. Every experience has value if you are paying attention. I Don't Care says 'I am ready for anything.'

Together 'I Don't Know' and 'I Don't Care' create a powerful learning environment.

fivebyfive Lesson Book One

A Course in Living – A 51 week/lesson book developed for the course. Learn to apply The Five Practices to everyday experiences.

- 5 PRACTICES

What do I want to come of this? What is this for?

1 — STOP THE SIGNAL

Stop long enough to notice what is happening. Before changing anything, interrupt the noise.

2 — SET THE TONE

Decide how you want to approach what comes next. Your tone affects what you hear, what you notice and what you do.

3 — PICK THE STATION

Choose where you put your attention. There are many signals competing for your attention. You don't have to listen to all of them. Choosing is not judgement.

4 — LISTEN

Actually listen—to yourself, to others, and to what is happening around you. Listening isn't the same thing as agreeing. Pay attention - *Now* is when it matters.

5 — LOVE WINS

Not another task to perform. Something that can become possible when the signal is clear, the tone is set, the station is chosen and you actually listen.

When a direction has been chosen, an intention set, a goal made clear, any action is now knowingly heading towards this end. You no longer need to look back on actions and results and wonder what it was for. You may not yet fully understand their role, but you will know that they were part of the process. To get you to where or to what you wanted.

What is this for? To discover something true, healing, and joyful about myself.

5-by-5 can make it - loud and clear. :)

FIVEBYFIVE

A COURSE IN LIVING

What do you want to come of this?

This space is intentionally open. Use it for your own words, notes, questions or ideas from the lecture.

TAKE THIS WITH YOU

The lecture doesn't end when you leave the room.

Write down something you noticed. A question. A belief. Something you want to look at differently. Something you want to remember.

KEEP LOOKING

fivebyfive is a practice, a course, a direction, it is not a promise of all the answers.

Explore the books on Amazon – links on the website.

Explore the course.

Explore your own thinking.

Join the meeting notification list, additional free materials and now a free home study web based app with new content and lessons for practice all free at...

5-by-5.com

fivebyfive — A Course in Living

Private and Group Coaching Sessions are available - see website for pricing and details.

672 227 1915 – call or text

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AFTER THE LECTURE

What do I want to come of this?



Forever Forward. Nothing Lost.