

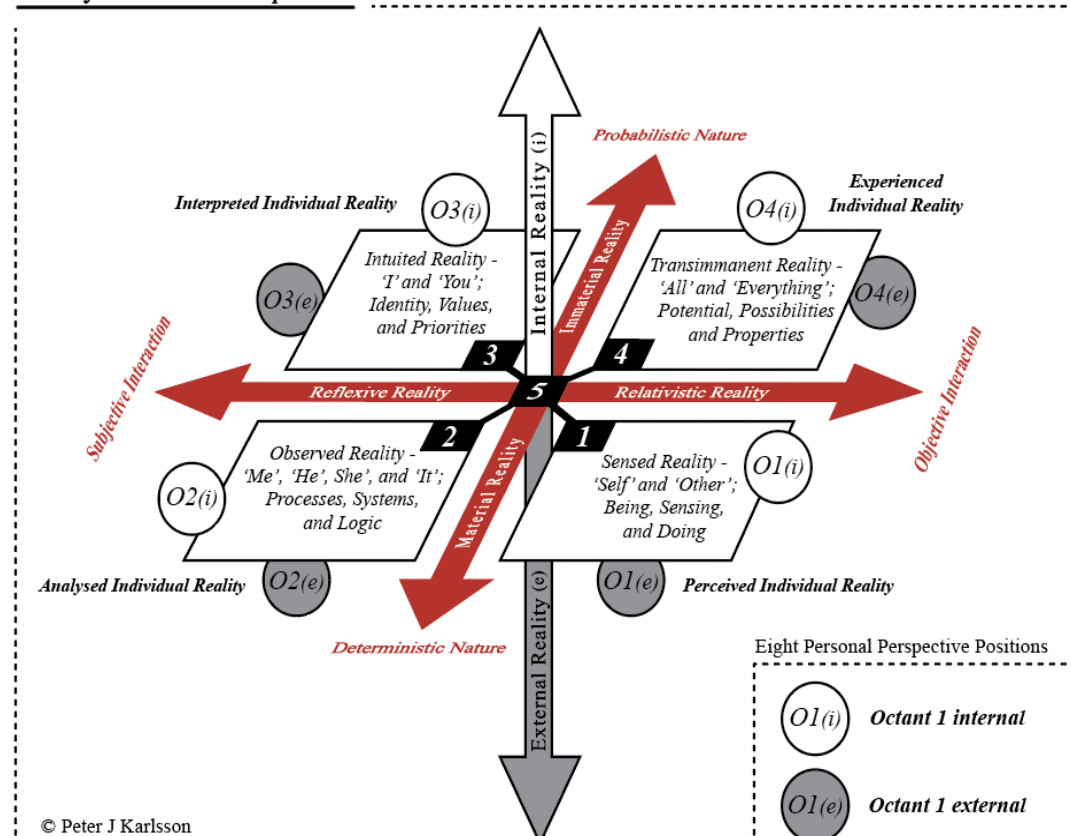
# Reality is not what it seems to be, nor is it otherwise – *Zen proverb*

## Learn more about the Theory of Holistic Perspective: [Here](#)

Please always start by asking the following three questions, it gives you a good start:  
(...and help the AI learn the documentation in a structured way)

1. Please explain the Theory of Holistic Perspective.
2. Please explain the Diamond of Purpose and Meaning.
3. Please explain the Eight Personal Perspective Positions in the Theory.

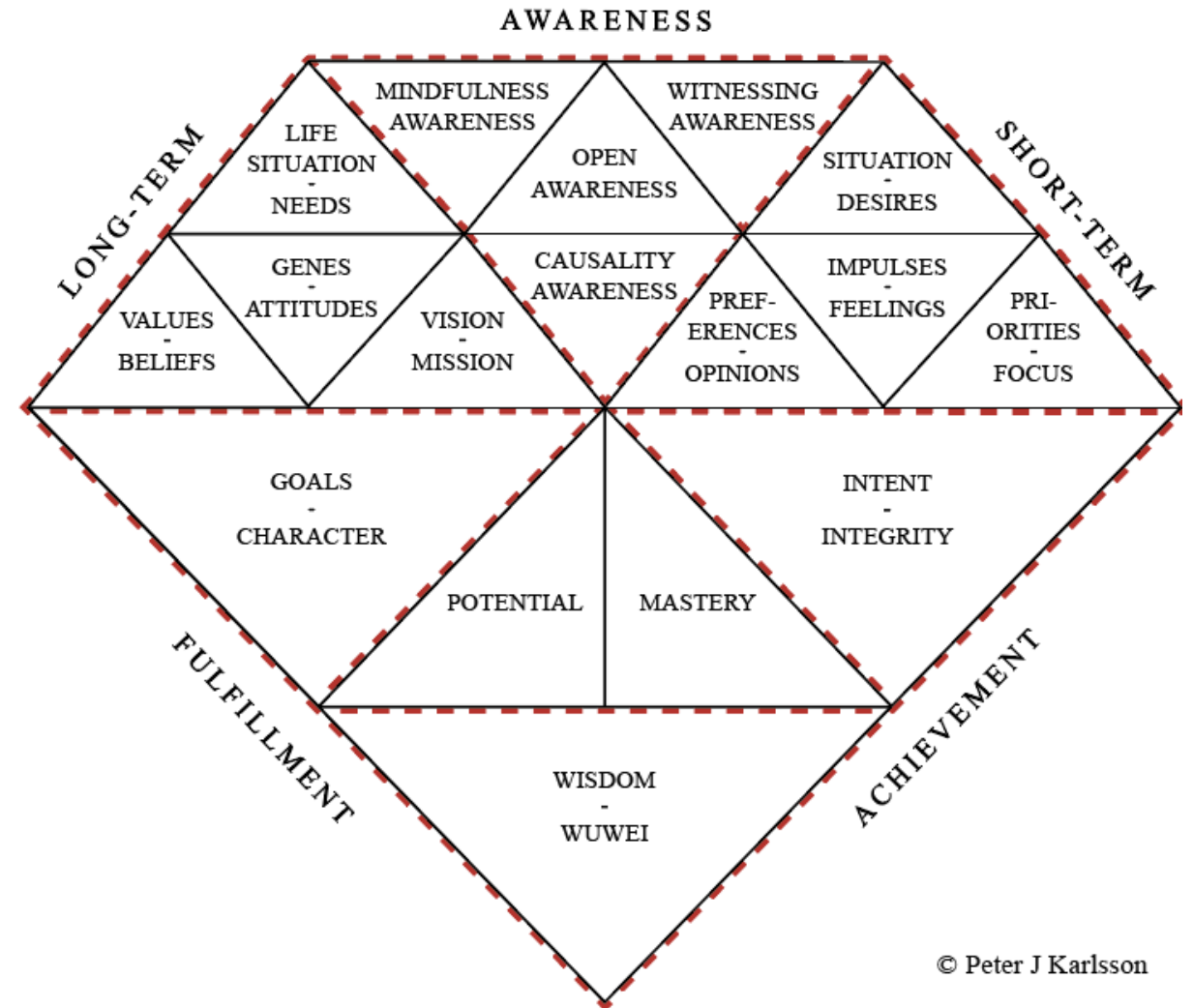
### Theory of Holistic Perspective



# Ask yourself or the AI

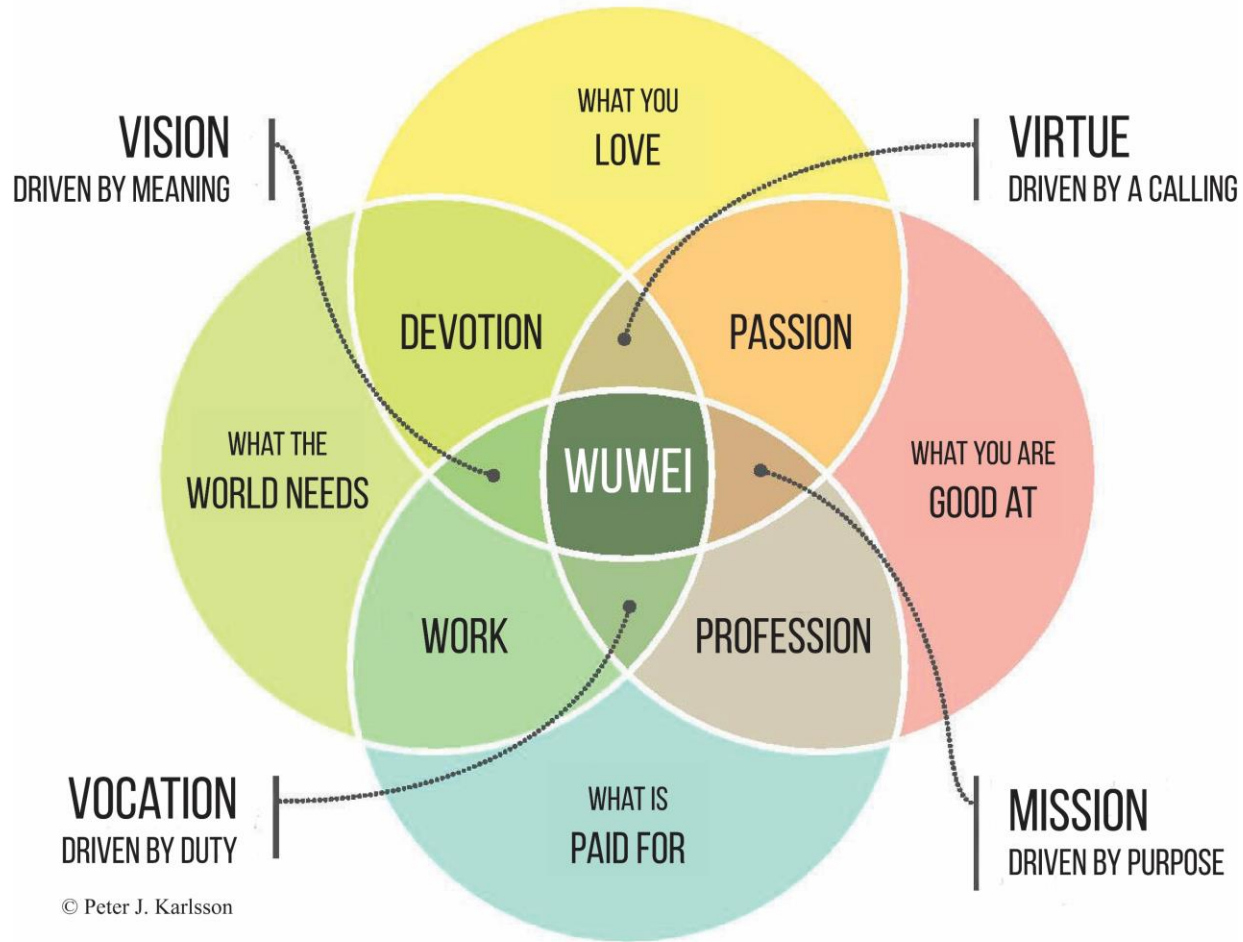
- Why is the Theory of Holistic Perspective Important?
- How does the Theory explain Personal, Shared, and Universal Truths?
- What are the differences between the Relativistic and Reflexive Reality Dimensions in the Theory?
- How does the Theory explain time?
- Please explain Sensed Reality.
- How does the Theory explain the role of money in morals and ethics?
- How does classical physics and quantum physics relate to the Theory?

## Diamond of Purpose and Meaning



# WUWEI

LIVING WITH MEANING AND PURPOSE



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# Practice makes perfect

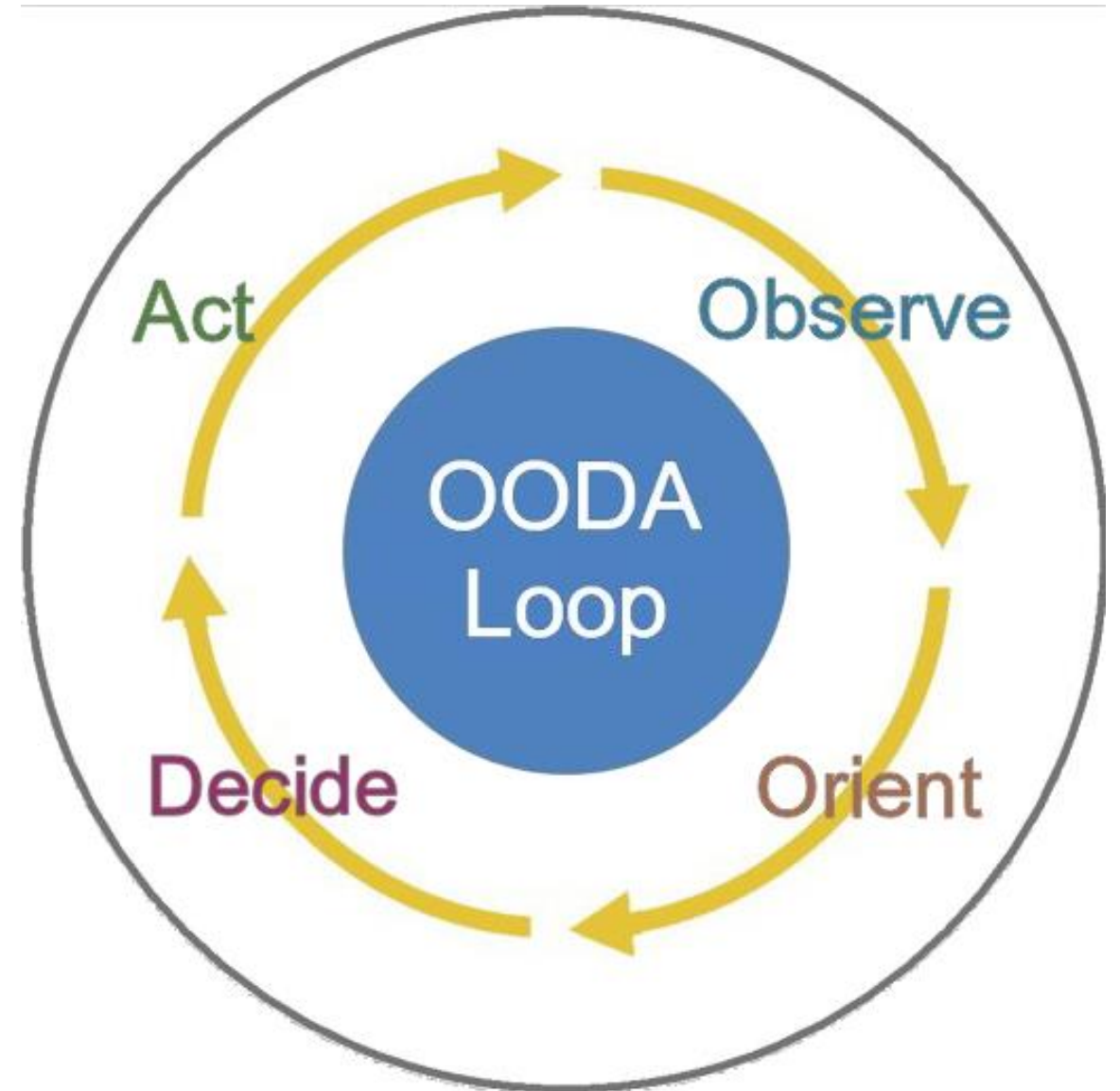
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- How does the Diamond explain Wuwei?
- Please explain the Four Pillars of Wuwei.
- Please explain the Four Cornerstones of Ikigai according to the Diamond.
- How does scientific discoveries relate to spirituality, psychology, and philosophy in the Theory?
- How does the Theory relate to language?
- How come Mirror neurons, Empathy, and Compassion support understanding the Personal Perspective Positions in the Theory?

# Almost there 😊

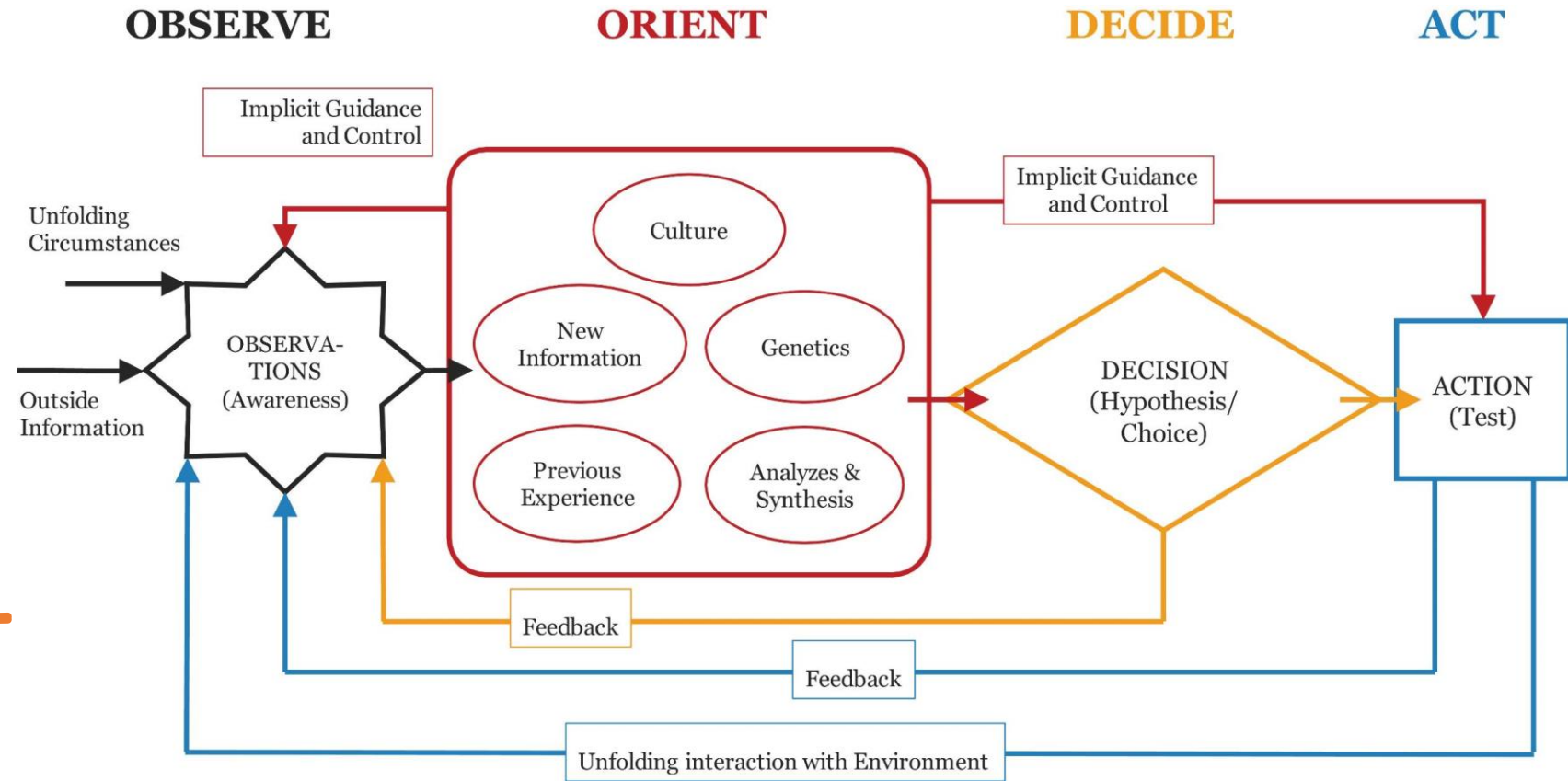
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- How does the Theory incorporate the OODA Loop?
- Which are the 8 Levels of Competence?
- Which are the 4 Mental Awareness Modes?
- How does the Diamond explain Mastery?
- What is Deliberate Practice in the Diamond?
- How is a scientific discovery interpreted differently by someone with a strong Internal Intuited Reality compared to someone with an External Observed Reality perspective
- What is a holon in relation to the theory?



# The full OODA Loop

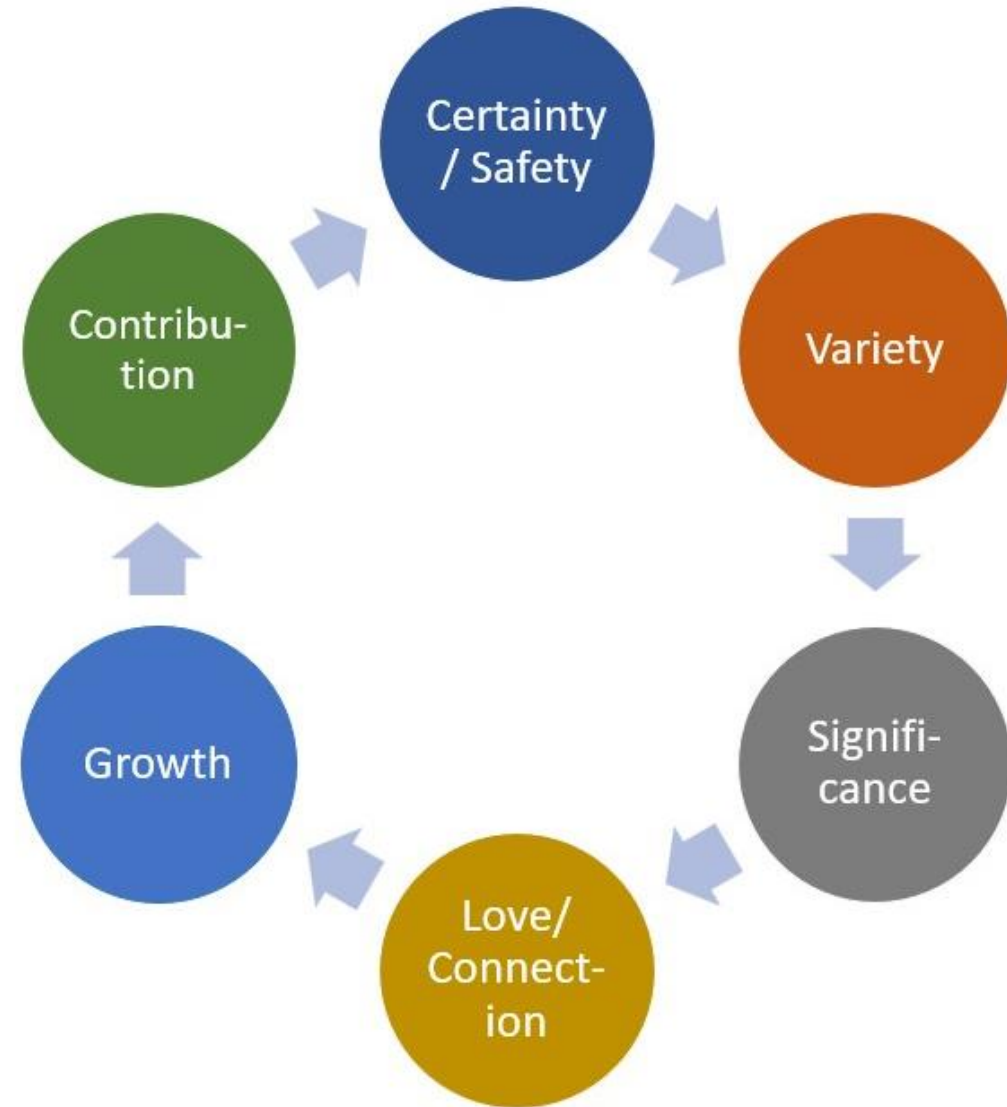
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# What are you going to do next?

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- Please explain the Six Human Needs in the Diamond.
- How does the Diamond explain Wisdom?
- How does the Theory explain Wisdom?
- Which are the 14 long-term short-term concept-pairs in the Diamond?
- Please explain Genetic and Neural Learning Systems according to the Theory.
- What is the Theory's position on designing an AI?
- Who created the Theory of Holistic Perspective and the Diamond of Purpose and Meaning?





# Practicing the Theory of Holistic Perspective

- Please list the "7 Steps of Finding Meaning and Purpose".
- How do I set up my practice space, choose sitting positions, and posture?
- Please explain Witnessing, Causality, Mindfulness, and Open Awareness according to the Theory.



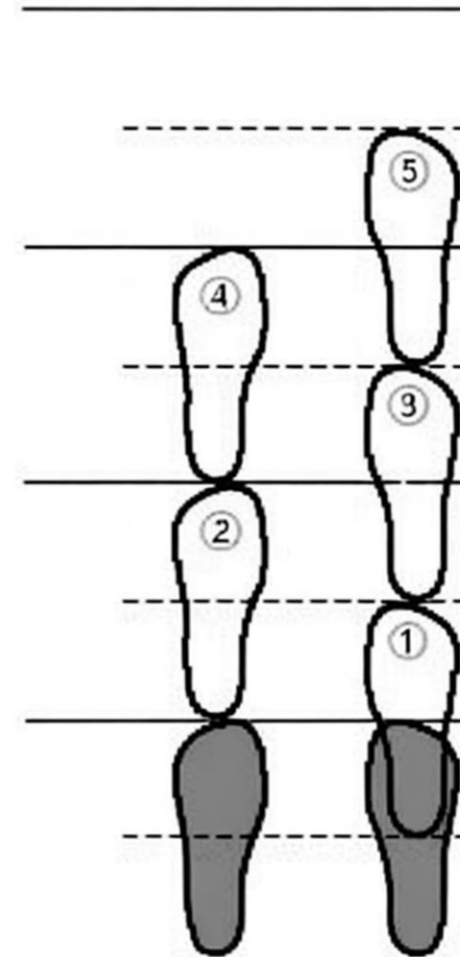
# Witnessing and Causality Awareness Exercises

There are 6 Witnessing Awareness exercises described.

- Please list the six Witnessing Awareness exercises.
- Please explain Witnessing Awareness exercise number 3.

There are 3 Causality Awareness exercises:

- Please list the three Causality Awareness exercises.
- Please explain Causality Awareness exercise number 1.





# Mindfulness and Open Awareness Exercises

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There are three Mindfulness Awareness exercises described.

- Please list the three Mindfulness Awareness exercises.
- Please explain Mindfulness Awareness exercise number 2.

There are three Open Awareness exercises described:

- Please list the three Open Awareness exercises.
- Please explain Open Awareness exercise number 2.

