

Signs of Full Self-Actualization

Full self-actualization is your birthright, a state of being in which you feel profoundly centered, serene, happy, and committed to meaningful goals. Self-Actualization is a goal you can achieve with proper understanding of the tools to use and the pitfalls to avoid. It results from enhanced self-awareness and awareness of the meaning of life, combined with application of specific principles of daily living. Once you achieve full self-actualization, your life manifests the following characteristics:

- I. ***Physical Health:*** generally excellent, marked by high vitality, long-lived; no chronic conditions; ability to override periodic challenges with relative ease.
- II. ***Mental State:*** Internal tranquility and serenity combined with strong powers of concentration; quiet mind free of mental chatter; fully present; strong intuitive abilities; consistently self-directed toward goals you experience as personally meaningful.
- III. ***Emotional State:*** Sense of inner peace and centeredness; confidence in who you are regardless of how others treat you. Freedom from depression, anxiety, anger, irritation, impatience, blame, disappointment, jealousy, etc.
- IV. ***Spiritual State:*** Strong connection to an inner source that guides and inspires you, replacing any tendency to rely on external sources of approval (prestige, money, approval from others, etc.). You perceive life challenges as vehicles for developing this connection to your source, a source that nurtures your foundation in inner happiness.
- V. ***Relationships:*** Free of feelings of being controlled, or of needing to control or blame. You see yourself as fully responsible for your own emotional state, regardless of external events. You have no need for approval from others, and no need for them to behave in any particular way to satisfy your needs. Under stressful conditions, you are fully non-reactive, able both to master your internal responses and to take whatever action is necessary for maintaining your integrity and strength. These attitudes are also the conditions we must meet in order to be able to feel genuine compassion for others.
- VI. ***Social Goals:*** Your sense of personal self-empowerment as expressed through your self-actualization spontaneously results in a commitment to helping others.

Signs of Incomplete Self-Actualization

Because all of us are on a path to self-actualization, it is normal and human to experience the signs of incomplete self-actualization. By understanding what these signs are, realizing that they are meant to be transcended, and regularly practicing scientifically based tools for self-actualization, we can eliminate all these unsatisfying aspects of our lives and find the highroad that is our destiny, source of fulfillment and guarantor of peace.

- I. ***Physical Health:*** Chronic health problems; physical tension and pain; food or substance addictions; non-optimal food combining and dietary habits.
- II. ***Mental State:*** Restlessness, mind chatter, excessive thinking and over-analysis; difficulty being fully present; constant 'to do' lists; focusing on what you 'should' or 'ought' to do; self-criticism or criticism of others; doubt; difficulty concentrating for long periods of time in a deeply relaxed manner; difficulty setting goals; difficulty maintaining long term commitment to meaningful goals.
- III. ***Emotional State:*** Susceptibility to one or more of the following: anxiety, fear, nervousness, depression, anger, impatience, envy jealousy, disappointment, overfocusing on the bad things in life, etc.
- IV. ***Spiritual State:*** Lack of or only intermittent experience of being guided by a higher force; insufficient trust in the universe; difficulty seeing everything that happens to you as a perfect lesson on your road to self-realization and self-actualization.
- V. ***Relationships.*** Tendency toward one or more of the following: disappointment, anger, anxiety, resentment, blame, feeling controlled by or needing to control someone. Seeing others as in any way responsible for your own state of mind; or seeing yourself as responsible for others' states of mind. Tendency to react to the way others treat you with emotional ups and downs, rather than being your own center of emotional balance.
- VI. ***Social Goals:*** Absence of focus on genuine service to others. Or difficulty integrating your own self-development with helping others because of feelings of competitiveness, conflict, superiority, inferiority, etc.