

*Complimentation*<sup>®</sup>  
INTEGRATED  
INSTITUTE  
OF



**DAY SIX**

*am I being LIVED, or is something LIVING THROUGH ME?*



## PONDER

WHAT IS THE 'USE' OF CHOICE?

WHAT HIGHER FUNCTION DOES A CHOICE SERVE?

– WHERE IS A CHOICE LOCATED?

– WHY DO WE THINK ABOUT CHOICE?

– WHAT IS A 'CHOICE'?

– CAN WE ACTUALLY BE A CHOICE?

– HOW CAN CHOICES BE 'IMPROVED'?

– IS A CHOICE PART OF ANYTHING ELSE?

– CAN WE HAVE A CHOICE 'IN' TIME?



## CONSIDER

WHAT WOULD HAVING NO CHOICE BE LIKE?

REGARDING ALL CHOICE AS FALSE

- WHERE IS A CHOICE LOCATED?
- WHY DO WE HAVE CHOICES?
- WHAT IS ‘OUR’ CHOICE?
- CAN WE DESTROY THE CHOICES OF ANOTHER?
- WHAT DOES A CHOICE FEEL?
- CAN WE GET RID OF CHOICES AND DECISIONS?
- IF WE DON’T HAVE A CHOICE, DOES IT EXIST?



## REFLECT

HOW DO YOU KNOW THAT YOU HAVE A CHOICE?

CAN YOU HAVE MORE THAN ONE KIND OF CHOICE SIMULTANEOUSLY?

– THAT WE ARE VERY GOOD AT NOT MAKING THE CHOICES WE OUGHT TO HAVE

– WE SHOULD REALLY BE MAKING CHOICES WHICH ARE THE CHOICES THAT WE NEED TO HAVE

CHOICES FOR

– WHAT WE KNOW BEFORE WE HAVE A CHOICE

– HOW WE TALK ABOUT CHOICES IS HOW WE REGARD THE WORLD

– BEFORE WE HAVE GOALS, WE ARE NOTHING

“ALICE CAME TO A FORK IN THE ROAD. ‘WHICH ROAD DO I TAKE?’ SHE ASKED. ‘WHERE DO YOU WANT TO GO?’ RESPONDED THE CHESHIRE CAT. ‘I DON’T KNOW,’ ALICE ANSWERED. ‘THEN,’ SAID THE CAT, ‘IT DOESN’T MATTER.’”

- *Lewis Carroll*

WE DON'T GET TO CHOOSE WHAT IS TRUE. WE ONLY GET TO CHOOSE WHAT WE DO ABOUT IT.

- *Kami Garcia*

THE ONLY REAL CONFLICT YOU WILL EVER HAVE IN YOUR LIFE WON'T BE WITH OTHERS, BUT WITH YOURSELF.

- *Shannon L. Adler*

26<sup>TH</sup> FEBRUARY 2015

