

### My “New Dispassion Attitude” Checklist

- All my problems are the result of agitation of my own lower nature.
- When I am thrown into agitation, it is my own fault—always.
- No person/thing is “making” me feel or think anything—nor can they.
- Whatever I feel or think, I and I alone am making me feel or think it.
- I can prevent/remove problems by applying the dispassion techniques.
- To do this, I direct my attention within, to the source of the problem.
- I refuse to focus attention outward on what provokes any problem.
- I refuse self-pity, indignation, criticism, or blame of any outer factor.
- Thus I can solve each problem quickly and efficiently, with the least harm to myself and others who may inadvertently provoke me.
- As a result, I remain calm, centered, and dispassionate in any situation.

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### My “Expect Nothing” Checklist

- Am I expecting something? Am I...
  - Counting on, relying on, depending on something to happen?
  - Analyzing beliefs/lower reactions to see if they are expectations?
  - Can I translate any thoughts/feelings to “I was expecting that...?”
- Do I remember: expectations are land mines I lay in my own psyche?
  - Eventually someone/something will “step on one”/explode it.
  - Every explosion releases toxic agitation and is my own fault.
  - Are my expectations harming other people? Am I...
  - Radiating demands, then punishment for not fulfilling them?
  - “Energy-attacking” others through disapproval/condemnation?
- Do I remember that I can expect nothing from *any* person/situation?

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### My “Accept the Facts” Checklist

- Am I actively seeking the facts?
  - Paying attention to outer situations/people & my inner psyche?
  - Asking questions? Listening? Not jumping to conclusions?
- Am I acknowledging and accepting the facts when I find them?
  - Being honest with myself about my beliefs vs. facts I discover?
  - Questioning the truth of my thoughts and not inventing facts?
  - Using my imagination to accept the facts wholeheartedly?
  - Changing my mind & adapting to facts as soon as I find them?
- Am I refusing to wish or hope that the facts are different?
- Am I being vigilant against denial?
- Am I refusing to stew about facts because of *should*, *fair*, or *why*?

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### My “Non-Seriousness” Checklist

- Am I feeling serious?
  - Did it arise independently or attached to a lower-nature reaction?
  - Is it masquerading as “something is wrong” or “something matters”?
- Do I remember that feeling-serious is a lower agitation?
  - It does not enhance, elevate, empower, or enable me in any way.
  - It prevents me from freeing myself from reactions it is attached to.
  - It actually interferes with dealing with situations—and it’s not fun!
- Do I remember that it is not necessary to feel serious?
  - In any situation, I can think & act seriously without feeling serious.
  - Doing so ensures that I retain full access to my best self & qualities.
- Doing so lets me address situations effectively, humorously, & lightly.

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### My “Learning & Experimentation” Checklist

- Am I forgetting the only way to learn is through experimentation?
  - Experiment > experience > accumulations > learning > mastery.
  - No experiment > no experience > no accumulation > no learning.
  - If I don’t yet know/am not able, I need more experimentation.
  - If I haven’t yet mastered, I need more practice (repetitions).
- Am I overlooking opportunities for experimenting?
  - Do I remember there is nowhere I can be that is not a laboratory?
  - Do I welcome each situation as an opportunity for experimenting?
  - Do I remember that it is legal to experiment in *every* area of life?
  - Do I remember that everything I do already *is* an experiment?
- Am I failing to experiment continuously due to...?
  - Fear of “mistakes” or “failure”—both illusory concepts?
  - Trying to learn through the substitute method of speculation?
  - Trying to substitute reading for doing?
  - Fear of encountering obstacles or tests—both my friends?
- Am I forgetting that to learn, I must act?
  - Only action can start and propel the learning chain.
  - Passivity cannot work—no outside force, no change of state.
  - “We have but one word for all aspirants—TRY.”
  - Continuous trying propels me towards knowing and mastery.
  - When I try, I create new, unexpected, unforeseen possibilities.
- Am I forgetting that all learning begins from blindness/inability?
  - Prior to experimenting, I cannot know or be able.
  - My beginning actions are often difficult, awkward, unsuccessful.
  - I may feel frustrated, self-doubting, dispirited, hopeless.
  - Such feelings aren’t serious & don’t indicate something is wrong.
  - If I pay attention to them, I actually retard the learning process.
  - As long as I act, even if blindly, I produce valuable accumulations.

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### My “Mind My Own Business” Checklist

- Am I failing to mind my own business in my speech?
  - Am I giving others unsolicited advice?
  - Am I asking to give advice, being told “no,” & giving it anyway?
  - Am I telling others what they need to/ought to/should think or do?
- Am I interfering with others through subtle energy radiations?
  - Am I displeased or unfriendly because others refuse my advice?
  - Am I condemning others for “mistakes” or “bad” experiments?
- Am I offering advice in the lawful way?
  - Am I asking permission to advise, and respecting “no”?
  - Am I refusing to create agendas for others?
  - Am I floating out my suggestions with no pressure or “hooks”?
  - Am I expressing my advice simply and concisely, then stopping?
  - Am I encouraging others to experiment?
  - Am I withdrawing after advising to let others experiment in their way?

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### My “Curbing Speculation” Checklist

- Am I speculating? (Maybe... I wonder ... Will I ever... )
- Can my speculation ever lead to knowing?
- If not, am I considering my two options?
  - For testable speculations: stop and shift to research, experiment, etc.
  - For untestable speculations: stop.
- Am I remembering the harm that speculations can cause?
  - Mind: produce motion/clutter/noise; block reception of higher nature.
  - Emotions: Inflammation, energize lower nature; generate agitation.
- Am I remembering the increased harm of “existential” speculations?
- Am I remembering to shift “why” speculations to “how” ones?
- Am I remembering knowing “why” is not necessary to using the PLS?
- Am I remembering that it is OK not to know why?

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### My “Forgetting the Past” Checklist

- Am I dwelling in the past?
  - Is it causing agitation?
  - Is it crippling my ability to create my future?
  - Is it distorting my view of the present?
  - Is it preventing my living in the present, where life is?
- Am I addressing “past” problem by applying the PLS techniques?
  - Keep returning my attention to the present.
  - Forget the past the moment it becomes the past.
  - Use my memory only for consulting my past experiences.
  - Remember to apply all the other PLS dispassion techniques.
  - Stop looking at present and future through my “past glasses.”
  - Stay in present with attention facing ahead, like when driving.
  - Stop and meditate when I’ve lost control of my attention.

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### My “Speech Control” Checklist

- Am I violating the law of economy of speech?
  - Am I speaking only when it is necessary or appropriate?
  - Am I using the fewest number of words possible?
  - Am I explaining myself unnecessarily?
- Am I failing to think before I begin speaking?
  - Am I clear about what I am going to say?
  - Is the speech true?
  - Is it adapted to the person to whom it is addressed?
  - Is the speech about something that ought to be said?
- Is my speech increasing already-existing agitation?
- Is my speech inducing new agitation? Re-inflaming old?
- Is my speech harming others?
- Am I arguing?
- Am I failing to speak when prompted by my higher nature?

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