



DR. PAMELA GERALI

DISCOVER YOUR DIVINE BLUEPRINT

The BLUEPRINT FOR THE HUMAN SPIRIT® is a new paradigm for conscious, compassionate living. This metaphysical and mystical guide promotes self-discovery and a positive way of being that leads to greater spiritual awareness and the shifting of beliefs, thoughts and behaviors into alignment with Essence.

DIMENSIONS → ↓ FIELDS		PHYSICAL Body/Doing	INTELLECTUAL Mind/Thinking	EMOTIONAL Heart/Feeling	INTUITIVE Gut/Knowing	SPIRITUAL Soul/Being
QUANTUM	Universal Laws	Energy	Change	Possibilities	Choice	Unity
	Structure	Vibration	Frequency	Continuum	Intention	Whole
	Expressions*	Matter, Activities, Behaviors	Thoughts, Beliefs, Perceptions	Feelings, Responses, Reactions	Instincts, Values, Desires	Creative Potential, Inspired Action
	Qualities	Totality Indestructibility	Dynamic Patterns Equilibrium	Infinite Options Unlimited Potential	Instant Attraction Synchronicity	Non-locality Singularity
PERSONAL	Structure	Body	Mind	Heart	Gut/Intuition	Soul
	Goals	Strengthen/Thrive	Understand/Grow	Accept/Appreciate	Intend/Direct	Integrate/Balance
	Gifts – Personal Attributes*	DNA, Motion, Senses, Healing	Cognition, Memory, Concentration, Reason	Emotions, Personality, Temperament	Will, Discernment, Decisions	Talents, Abilities, Individuality
	Qualities*	Activity Purity Self-responsibility	Attention Adaptation Curiosity	Resilience Optimism Passion	Initiative Courage Perseverance	Authenticity Self-awareness Honesty
SOCIAL	Structure	Home/Community	School/College	Family/Friends	Workplace	Spiritual Group
	Goals	Nurture/Rear/Heal	Teach/Mentor	Support/Encourage	Empower/Advance	Serve/Uplift
	Gifts - Tools of the Trade*	Perception, Healing Touch, Observation	Communication, Skill, Technology, Knowledge	Intimacy, Friendship, Partnership	Leadership, Charisma, Influence	Purpose, Meaning, Resources
	Qualities*	Accountability Provision Protection	Competence Contemporary Exemplary	Kindness Forgiveness Compassion	Motivation Loyalty Delegation	Excellence Process Productivity
GLOBAL	Structure	Earth/Environment	Arts/ Sciences	Humanity/Governance	Inner Guidance/ Universal Data	Universal Consciousness
	Goals	Harmonize/Sustain	Create/Manifest	Belong/Bless	Surrender/Allow	Devote/Express
	Gifts–Universal Inheritance*	Natural Resources, Order, Symbiosis	Imagination, Beauty, Inspiration	Equality, Cooperation, Win-Win-Win Results	Higher Perception & Will, Synchronicity	Presence, Heaven, Communion
	Qualities*	Simplicity Reverence Stewardship	Ingenuity Resourcefulness Originality	Respect Integrity Generosity	Present Moment Receptivity Highest Good	Divinity Humility Gratitude
ETERNAL	Structure	Essence	Awareness	Joy/Bliss	Divine Revelation	God/Source
	Circle of Abundance	Health/Wellness	Knowledge	Peace	Freedom	Divine Union Oneness
	Circle of Consciousness	Life	Wisdom	Love	Power	Light
	Divine Qualities	Immortality	Omniscience	Unconditional Love	Omnipotence	Omnipresence

*Partial Listing

BLUEPRINT FOR THE HUMAN SPIRIT®
Universal Perception of Duality – Separation from Source

All fear is based on the universal perception of duality, the belief that we are separated from Source. Duality becomes apparent in every aspect of life as the false sense of self, or the Ego. It compensates for alleged fears and limitations with goals, attachments, emotional reactions, attitudes and behaviors. The human experience provides opportunities for us to learn and grow. This helps with our intentions to shift our views and actions from ego-driven effort to that of awakened-being. Through this transformative process, we can embrace our divinity, tap into our unlimited inheritance, awaken to our spiritual power, and realize oneness with Source. Then we can express Essence as the hands, heart and voice of God.

Evolution from Ego-Effort to Enlightened-Essence

DIMENSIONS	PHYSICAL	INTELLECTUAL	EMOTIONAL	INTUITIVE	SPIRITUAL
Fears*	Death Pain Lack	Betrayal Deceit Criticism	Rejection Abandonment Disrespect	Repression Enslavement Domination	Failure Inadequacy Unworthiness
Ego's Quest—Goals*	Survival Security	Knowledge Understanding	Esteem Acceptance	Control Power	Perfection Wholeness
Continuum—Options*	Illness—Wellness	Ignorance—Intelligence	Apathy—Passion	Dependence—Empowerment	Unconsciousness—Awareness
Attachment—Addiction*	Money, Drugs, Appearance, Job, Possessions	Beliefs, Perceptions, Education/Degrees	People, Relationships, Approval, Appreciation, Praise	Title/Position, Clout, Authority, Control	Abilities, Skills, Accomplishments, Success
Emotions*	Greed Jealousy	Pride Intolerance	Anger Grief	Doubt Despair	Guilt Shame
Attitudes and Behaviors*	Distrustful, Theft, Envious, Miserly, Wasteful, Gluttonous, Risk Taking, Entitlement	Self-righteous, Jealous, Inflexible, Deceitful, Judgmental, Gossip, Arrogant, Blaming, Narrow-minded, Argumentative, Vain	Negative, Complain, Insecure, Vindictive, Promiscuous, Rude, Aggressive, Vengeful, Regretful, Depressed, Self-loathing	Worrisome, Addicted, Cynical, Skeptical, Phobic, Anxious, Obsessive, Stubborn, Manipulative, Needy, Controlling, Impatient	Unworthy, Aimless, Ego-centric, Ungrateful, Unmotivated, Bitter, Workaholic, Competitive
Life Lessons	Trust	Hope	Love	Faith	Grace
Learning Opportunities	Giving Receiving	Openness Non-judgement	Forgiveness Enthusiasm	Renouncing Affirming	Humility Meaning
Holistic Transformation	Action	Planning	Assessment	Commitment	Vision
Positive Outcome*	Abundance Vitality	Awareness Wisdom	Optimism Contentment	Empowerment Inner Knowing	Meaning Purpose
Soul's Desire	Eternal Life	Creative Expression	Happiness	Freedom	Divine Union
Spiritual Awakening	Being	Knowing	Allowing	Intention	Oneness
Truth of Being--Essence	Immortality	Omniscience	Infinite Love & Good	Omnipotence	Omnipresence

*Partial listing

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