

PROCESS FOR CHANGING PATTERNS

Ling Yuan is based on the law of pattern development and transformation. This is reflected in the progression of the practice, and is composed of the following parts:

- 1. Recognize:** It refers to the practitioner's effort to discover, identify, understand and recognize the existence of a pattern.
- 2. Identify manifestations:** It refers to the practitioner's effort to identify the manifestations of the pattern on all levels of the practitioner's life.
- 3. Identify causes:** It refers to the practitioner's effort to identify the causes of the pattern.
- 4. Identify reasons for existence:** It refers to the practitioner's effort to identify his reasons for supporting and maintaining the existence of the pattern; including reasons from the past and present, and reasons that may or may not seem legitimate or beneficial.
- 5. Identify negative effects:** It refers to the practitioner's effort to identify the negative or harmful effects of the pattern.
- 6. Determine Intention:** It refers to the practitioner's self-evaluation to determine what to do with a pattern; for example, dealing with it and trying to change it or delaying the effort.
- 7. Find Replacement Patterns:** It refers to the practitioner's effort to explore and find better patterns to replace the existing pattern. It includes better thoughts, ways of thinking, mindsets, attitudes, actions and behavior.
- 8. Internalize:** It refers to the practitioner's effort to recognize the replacement patterns and apply them through real action in real life to replace the problematic pattern. This is the process for internalizing the new patterns.