

TEN FUNDAMENTAL PATTERNS – A SUMMARY

The table below summarizes the ten fundamental patterns, their manifestations and suggestions on ways to transform them. It is highly recommended that you have a good understanding of this information, so it can readily be drawn upon for your work on your patterns and your Ling Yuan practice.

1. POLARIZED THINKING	
<p>Unhealthy Manifestations of the Fundamental Pattern</p>	<p>This is a habit of going straight to the extreme; 'Black and White' thinking; Looking at things in absolute terms or with a dualistic view.</p> <p>Something is either good or bad, this or that, right or wrong.</p> <p>For example, seeing a person as a failure or loser because they have failed on one particular thing. Seeing life as hopeless because one thing has gone wrong or life does not seem to be full of 'wonderful opportunities'.</p>
<p>Relatively Healthier Patterns (To Transform and Replace the Unhealthy Pattern)</p>	<ul style="list-style-type: none"> • Because everything is a totality, fixating on only one part of totality is a distortion of truth. Take an objective, comprehensive, dynamic/developmental, fair, balanced, accommodating, receptive and rational view of everything. • Avoid wasting energy making judgments. Instead, focus on actively searching for ways to solve or improve the situation.

2. OVER-GENERALISATION

<p>Unhealthy Manifestations of the Fundamental Pattern</p>	<p>Using one thing or one aspect of a thing to judge the whole. For example, if a person from a group has done something bad, then by extension everyone from that group is bad.</p>
<p>Relatively Healthier Patterns (To Transform and Replace the Unhealthy Pattern)</p>	<ul style="list-style-type: none"> • Take an objective, fair, comprehensive and holistic approach to view things as they really are. Everything is a totality with multiple facets and components. Over-generalization can lead to misjudgments, mistakes and conflict. • Refrain from judging people by appearance. • First impressions shouldn't last forever. • Avoid stereotyping and labelling. • Avoid jumping to conclusions. • Stick to the facts or evidence.

3. UNFOUNDED SUSPICION

<p>Unhealthy Manifestations of the Fundamental Pattern</p>	<p>Making a guess, judgment or prediction or coming to a conclusion relying on sheer imagination, conjecture or limited past experience without sufficient understanding, facts or evidence.</p>
<p>Relatively Healthier Patterns (To Transform and Replace</p>	<ul style="list-style-type: none"> • Respect and follow truth. Be objective and fair and base judgments on facts/truth/evidence. This way unnecessary misunderstanding and conflict can be reduced or avoided. • Work on Xin Ling, especially building trust.

<p>the Unhealthy Pattern)</p>	<ul style="list-style-type: none"> • Develop self-confidence to help transform the pattern of suspicion by learning to see and appreciate your own positive qualities and strengths. • Strengthen your ability to restore balance and be resilient. • Develop the ability and skill to deal with misunderstanding. • Deal with rumors properly.
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4. NEGATIVITY, WITHDRAWAL, INACTIVITY & PESSIMISM

<p>Unhealthy Manifestations of the Fundamental Pattern</p>	<p>Taking a view or attitude that is not constructive, is unbalanced, withdrawn or lacking in positivity.</p> <p>Ramifications could include suspicion, doubt, fear, insecurity, or being overly self-protective and resistant.</p> <p>This pattern can manifest as worry about worst-case scenarios and difficulty in setting meaningful goals and seeing hope. Being overly cautious or suspicious can also lead to self-doubt and form an unhealthy view towards yourself.</p> <p>You can be overtaken by well-constructed 'reasons' to justify the negativity or pessimism and lose the ability to trust and be open.</p>
<p>Relatively Healthier Patterns (To Transform and Replace</p>	<ul style="list-style-type: none"> • Use the '12345 Model'. • Use Five Xin to cultivate and re-construct Xin Ling. Take an objective, fair and balanced view and look at things from the perspective of development. This can prevent being stuck in a negative state

the Unhealthy Pattern)	for a prolonged period of time along with its many negative consequences.
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5. FIXED EXPECTATIONS, PRECONCEPTIONS, TAKING THINGS FOR GRANTED, FALSE ASSUMPTIONS

<p>Unhealthy Manifestations of the Fundamental Pattern</p>	<p>Thinking things have to or should go in a certain way or the way you want or expect. Attaching to your idea of how things should be. For example, thinking someone should be like this or that, something should go this way, rather than that way, the world shouldn't be like this or you yourself should be like this or that.</p>
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<p>Relatively Healthier Patterns (To Transform and Replace the Unhealthy Pattern)</p>	<ul style="list-style-type: none"> • Be positive and have an open and natural attitude toward the present and the future. Do your best whenever doing something and at the same time, have a natural attitude towards both the process and the outcome, regardless of how they unfold. • Know yourself, especially your state. • Pay attention to the quality of the consciousness. • Observe your own speech and behavior keenly to see if the pattern of fixed expectations is active. • Watch out for the tendency to control. • Learn to accept. • Watch out for and work on the habit of complaining.
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6. GREEDINESS

Unhealthy Manifestations of the Fundamental Pattern

This pattern manifests as having an excessive desire to acquire more than what is necessary, whether the object desired is material or non-material. It manifests as never feeling satisfied and always wanting more.

For example, wanting more money, more power or more status. It can actually manifest in every aspect of life, for example, the obsession to look good and the endless battle against ageing.

Relatively Healthier Patterns

(To Transform and Replace the Unhealthy Pattern)

- Establish values, including the view of life and worldview, that are beneficial to life. Elevate and enrich your value system. Use love, gratitude and Gongjing to grow your Xin Ling and use contentment and generosity to address greed. This can reduce or avoid life and social problems caused by greed. True health, happiness, wellbeing and growth can then be achieved.
- Learn to value what you already have. Cultivate the five Xin qualities, especially gratitude.
- Cultivate the sense of contentment and well-being generated from gratitude.
- Decisions involving self-interest should be taken seriously.
- Recognize that it's time to shift the paradigm of human development.
- The need for individuals to achieve health, happiness and growth and the need for human civilization to progress are both urgent. Think about what you as an

individual can do to ensure the wellbeing of both.

7. SELF-CENTEREDNESS

Unhealthy Manifestations of the Fundamental Pattern

Viewing or considering things from only your own perspective, failing to be objective and to 'put yourself in another's shoes'. This could manifest as behavior such as only considering your own interest or preference or failing to consider other people's feelings and how your behavior might be affecting them. Things are only right when they meet your own expectations or needs. This could also manifest as expecting to receive affirmation and praise and difficulty in accepting disagreement or disapproval.

A pattern closely related to self-centeredness is 'double standards' - adopting different standards when judging two things of the same nature. Standards vary according to your own preference or self-interest and lead to two totally different conclusions or judgments or ways to deal with them.

For example, judging yourself and another person differently although the behavior is similar. Judging a person who is close to you differently from someone you don't know. Judging and dealing with something differently when you are in a different mood.

Relatively Healthier Patterns

- Replace 'I' with 'we'; replace 'me' with 'us'.

(To Transform and Replace the Unhealthy Pattern)

- Give other people the opportunity to express their thoughts and feelings and try to understand them.
- Observe other people's reactions or responses to what you say or do.
- Pay attention and listen.
- Put yourself in someone else's shoes.
- Work on jealousy.
- Examine whether what offends you truly has anything to do with dignity.
- Take initiative to show your love and care for the people around you and offer them help.
- Go back to your heart and build connection with yourself.
- Use humility, equality, fairness, empathy, sympathy, openness, trust, love and care. This can correct self-centeredness and thus avoid its negative effects such as arrogance, self-righteousness, apathy or callousness, which can lead to all kinds of problems in life, including the feeling of isolation and loneliness.
- To correct 'double standards', be fair, objective, respectful and loving when viewing things or people. In this way, you can avoid confusion of values and standards and twisted views of things or people. Conflicts and problems caused by double standards can be avoided too.

8. AVOIDING AND HIDING

Unhealthy Manifestations of the Fundamental Pattern

This pattern stems from the need to 'seek benefit (interest) and avoid harm; seek simplicity (easy solution) and avoid complexity (extra work)' on the human nature level.

It manifests as being unable or afraid to face reality when something goes wrong, the situation is unclear or seems too formidable. For example, denying responsibility as the immediate response to a mistake, or justifying or finding excuses. We do this to reach some sort of internal balance or cover up our fear. Procrastination is a related pattern.

Relatively Healthier Patterns

(To Transform and Replace the Unhealthy Pattern)

OVERT FORM

- Develop a fair and balanced view of yourself. Raise your self-image.
- Yuan Gong practice is especially important for this pattern.
- Put your attention on yourself, rather than the external or other people.
- Cultivate Five Xin, especially trust and openness.
- Be aware of your internal dialogue with yourself.
- Identify the underlying causes and the related patterns and deal with them.

COVERT FORM

- Learn to fully accept yourself.
- Watch out for signs of avoiding and hiding.
- Use humor to replace avoiding and hiding.

	<ul style="list-style-type: none"> • Be true, sincere and honest with yourself and face everything about your own life with courage. Use trust, openness and Gongjing toward yourself, other people and everything. This way you will have the opportunity to truly know and change yourself; you can obtain true peace and freedom and problems won't keep developing and worsening. Escaping or hiding will not make problems disappear. Face them bravely and deal with them in a sound way.
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9. STUBBORNESS

<p>Unhealthy Manifestations of the Fundamental Pattern</p>	<p>Strongly holding on to your own views or ways beyond reason. Being ignorant of the fact that things are changing all the time.</p> <p>It can also manifest as being over-confident or self-righteous, or refusing to listen to different ideas or others' suggestions.</p> <p>Possible manifestations include: over-sensitivity, suspicion, jealousy, overrating yourself, refusing to accept criticism, tendency to be defensive and argumentative.</p> <p>Note that this pattern does not refer to being principled and holding on to positive things or good values without losing fluidity and flexibility. This is a positive quality.</p>
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<p>Relatively Healthier Patterns (To Transform and Replace)</p>	<ul style="list-style-type: none"> • Consider whether there are other underlying issues in the relationship if stubbornness only manifests with certain people. • Remind yourself: <ul style="list-style-type: none"> A. Change is not a scary thing
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<p>the Unhealthy Pattern)</p>	<p>B. What you take as a personal attack may not be so intended</p> <p>C. A decision can be made after you have understood the different views or positions</p> <ul style="list-style-type: none"> • Put yourself in someone else's shoes. • Remind yourself that it's not necessary to use stubbornness as a way to protest. • Learn from a person who is very good at dealing with disagreements and taking on new ideas and using them in a constructive way. • Use trust, openness, humility, honesty, respect and light-heartedness to give yourself more space and freedom. Life can be loosened up and many problems can be avoided this way.
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10. FIGHT FOR DOMINANCE, DESIRE FOR VICTORY, COMPETITIVENESS

<p>Unhealthy Manifestations of the Fundamental Pattern</p>	<p>Adopting a competitive way to prove or pursue advantage in order to protect 'dignity', obtain a sense of security or build a sense of superiority and value.</p> <p>Underlying this pattern is often the mentality that one must win and that losing, or failure is unacceptable. It can have the effect of degrading others. Therefore, it can easily incite competitiveness in other people in response, causing them to defend their own advantage and value.</p>
<p>Relatively Healthier Patterns</p>	<ul style="list-style-type: none"> • Use 'Six Stepping Stones for Uplifting Life' • Understand that you are part of the totality that is made up of all human

(To Transform and Replace the Unhealthy Pattern)

beings, all lives and the whole universe. All of us share the same future and destiny. It only makes sense to love, support and live in harmony with one another.

- Review and re-establish your view of life and values. Use trust, openness, Gongjing, equality and humility to treat others and everything. Develop the understanding that the true value and meaning of life cannot be obtained from winning fights and competition; rather, it comes from uplifting your own life and helping other people.