

# FOUR + LEVELS OF SYNCHRONIZATION

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FREE RESOURCE

<b>Level</b>	<b>Principles from the Life Model</b>	<b>Spiritual dimension</b>	<b>Brain region (added)</b>	<b>Brain region function</b>	<b>Capacities (added functions)</b>	<b>Distinctive Pain</b>	<b>Malfunction</b>	<b>Recovery resources needed</b>
<b>1</b>	Belonging	Spiritual adoption	Thalamus and basal ganglion (attachment light)	What and who is personal	Personal reality	Painful existence	Distorted personal reality	Two bonded relationships for life
<b>2</b>	Receiving & giving	Love life (not death)	Right amygdala (Guard shack)	Good, bad and scary	Engage or avoid	Pervasive fear	Fear bonds and mapping	A high capacity trained mind (trained control center)
<b>3</b>	Recovering (Synchronizing)	Synchronize with God (Spirit led life) Stay relational	Right cingulate cortex (mother core)	Match energy levels	Shared states of mind (mind matching)	Continuing distress in big six feelings	Loss of relational capacity in continuing distress	Trained minds (trained control centers)
<b>4</b>	Maturing	Act like true self (suffer well)	Right prefrontal cortex	Focus our attention over time	Self in time (sequence)	Loss of focus (direction) and reactivity	Immaturity (lack of complexity)	Community
<b>4+</b>	Coherent identity	Live from my heart	Left brain	Explanations	Autobiography (self over time)	Internal conflict	Incoherent dismembered identity (Lie based identity)	Internal spiritual

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