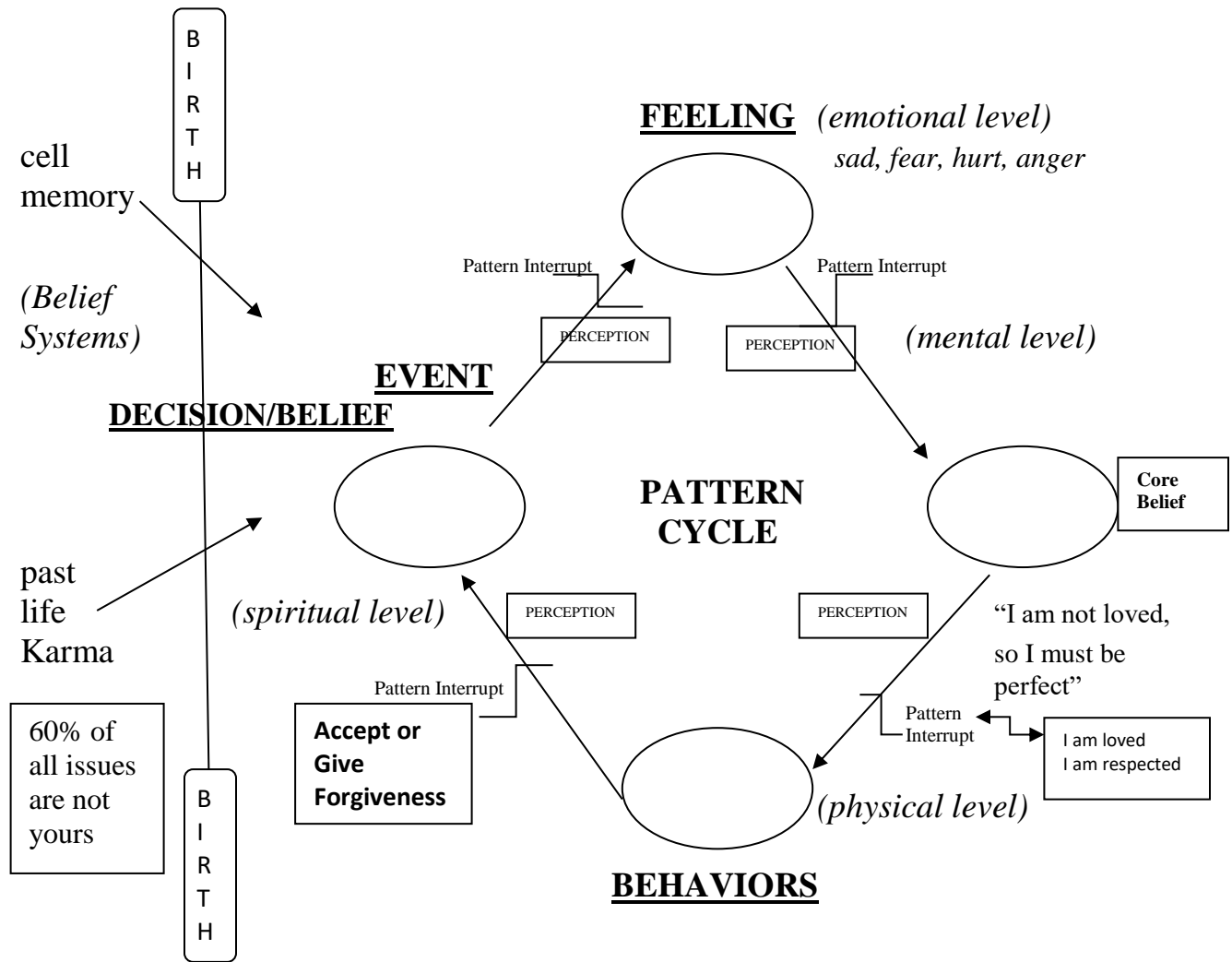


# VISUAL PATTERN CYCLE



Events lead to feelings, which lead to the formation of decisions and beliefs; which lead to behaviors. Behaviors create more events and the cycle begins again, reinforcing the neural pathways in the brain and body where patterns are stored. After each of these categories, perceptions are made. This visual representation is good to use with your clients to assist them to *see* how patterns get reinforced and are actively affecting us until we **CONSCIOUSLY** interrupt them so new results can be achieved. Assist your client to understand that our cell memory or past life Karma comes into our spiritual process and are also effecting/reinforcing patterns. Even if you do not believe in past lives or karma, some people do. Please tailor to the beliefs of your client.

**Note:** You can start anywhere on this chart and work either direction to figure out negative non-working patterns.