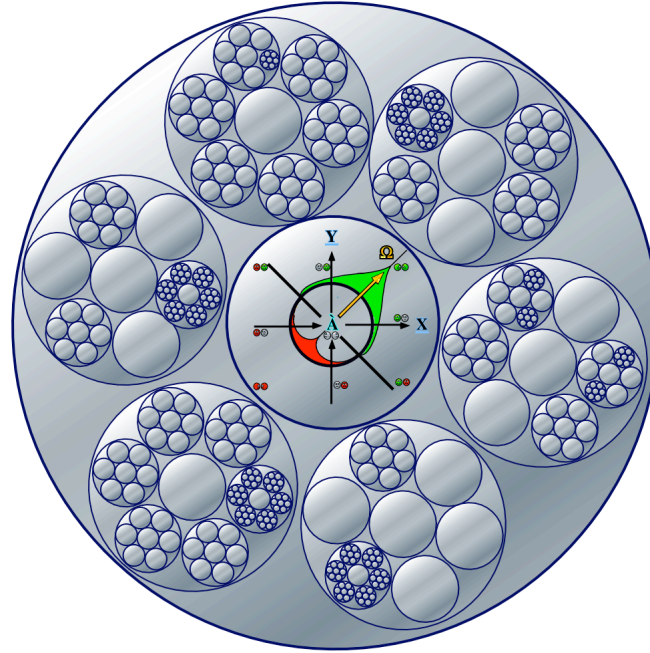


Timothy Wilken, MD



Local Physician, Synergic Scientist,
and Perennial Student

www.SynEARTH.net

A Time for Healing

Timothy Wilken, MD

Thursday Evenings 7:00 to 8:30 PM

A continuing program of events consisting of lessons, meditations, exercises and discussions on health and wellness. Each event is designed to be meaningful, and useful in its own right, but experienced together, they form a whole that is greater than the sum of their parts.

Self & Other



Science of Mind

Opening Treatment

Reality



“Reality is a side-effect of the relationship between self and other.”

—Judy Wilken

Relationship is Critical



If we understand that reality is generated at the interface between self and other, then it follows that the quality of the relationship between self and other is critical.

Adversity — • — *Neutrality* — • — *Synergy*

If our relationship is *adversary*, then we will **lose**. We will be *less* because of our relationship with each other. We will be less happy, less effective and less productive. Our reality will be hurtful, negative and painful.

If our relationship is *neutral*, then we will experience a **draw**. We will be *unchanged* by our relationship with each other. Our happiness, effectiveness, and productivity will be unaffected by our relationship. Our reality will be ignoring, meaningless and indifferent.

If our relationship is *synergic*, then we will **win**. We will be *more* because of our relationship with each other. We will be more happy, more effective, and more productive. Our reality will be helpful, positive and pleasurable.

Reality is Personal, Local & Immediate

Reality is *personal*. It is happening between you and me.

Reality is *local*. It is happening wherever you and I are. Yes, there is reality in downtown San Francisco, and there is reality in New York City. But for each of us, reality is right *here*.

Reality is *immediate*. It is happening right *now*.

Control of Reality

And, remember, control over reality is shared.

If I raise my voice and start yelling, won't you notice that your reality is suddenly LOUDER? If I start pumping hostility into our shared reality, you will feel that hostility. You may even react and pump some hostility yourself.

If I start pouring friendliness into our shared reality, then chances are you will respond to that friendliness and we will both find that reality is more pleasant.

Everyone you meet has some control over your life. Anger them at your own peril.



Self and other create and share their Universe.

If we understand these three simple ideas — that *reality is generated at the interface between self and other*, that *reality is personal, local, and immediate* that *control of reality is shared*, then we discover that the relationship between self and other determines everything in our lives.

Validation

Validation is an act, process, or instance of making valid.

Valid is defined as: **1** : having legal efficacy or force; **2 a** : well-grounded or justifiable : being at once relevant and meaningful; **b** : logically correct; **3** : appropriate to the end in view.

Synonyms for validation include: *authentication, certification, substantiation, proof*

—Merriam-Webster Dictionary

Psychological Validation

The process that ends with approval, respect, and acceptance.

That which results in confirmation, affirmation, and authentication.

Being OK and all right.

Feeling valued and well liked.

Social Comparison Theory

In 1954, Psychologist Leon Festinger developed a theory to explain how and why people evaluate themselves in comparison with others. He hypothesized that people have a need to objectively compare themselves, but if objective standards are not available, people will engage in social comparison. In an effort to create an accurate self-evaluation, humans have a tendency to compare their opinions and abilities to those of others, even though it may lower their self-esteem.

Festinger said that all people have a drive to *validate* their opinions and their abilities with those of others. This allows people to operate efficiently in the social world. We are all looking for validation.

Synergic Validation

In synergic science, we define validation as the state of feeling emotional approval and respect. It is a positive answer to the question: Am I OK?

I can ask my *self* that question. Am I OK? A positive answer provides *self approval* or *self respect*. I can ask *other* that question. Am I OK? A positive answer provides *other approval*, or *other respect*.

Self

I am OK.

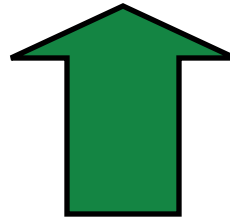
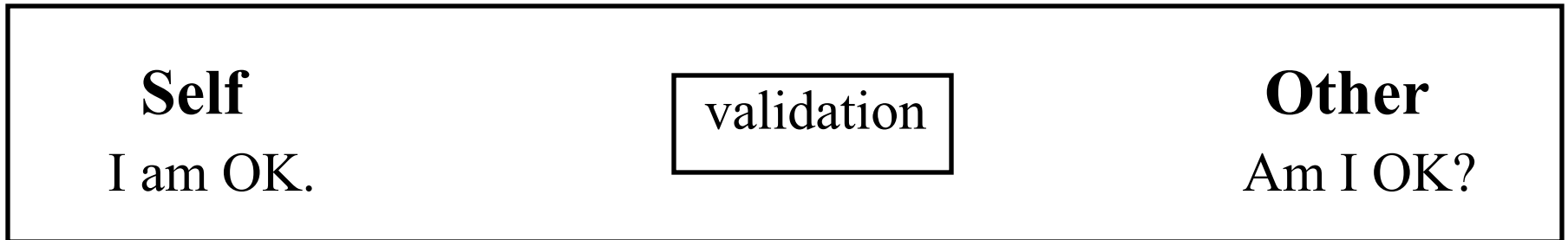
validation

Other

Am I OK?

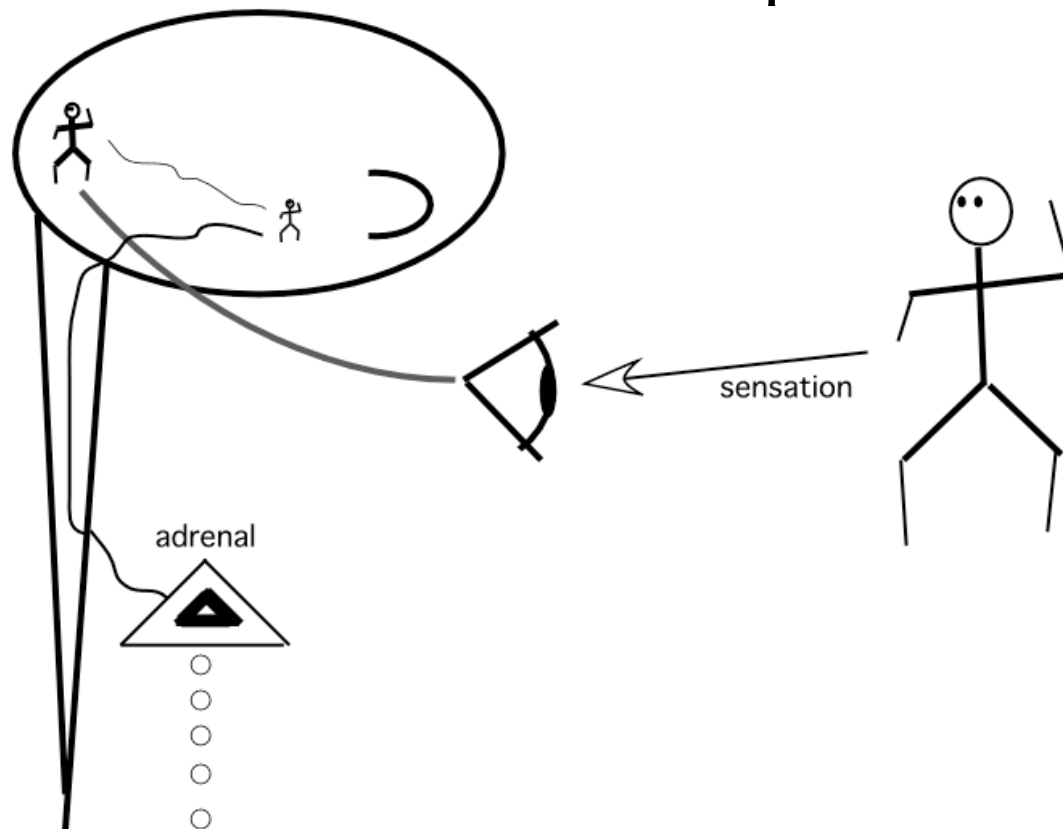
Balanced Validation

An ideal state is when an individual has both self-approval and other-approval—both self-respect and other-respect—both self validation and other validation.



Other Validation

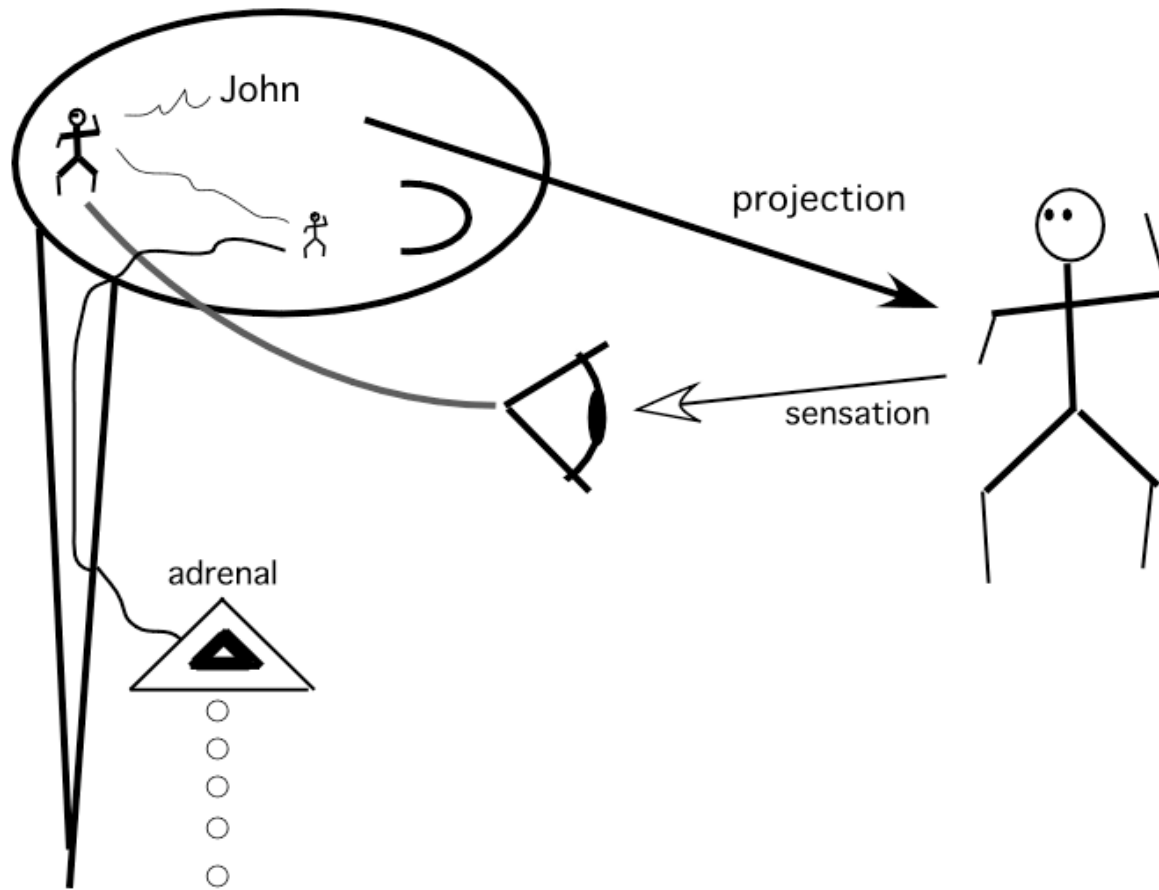
Space Mind



The Space-mind keeps its eye on *other*. It is in charge of survival and must be sure *other* is friendly. It listens for other's approval.

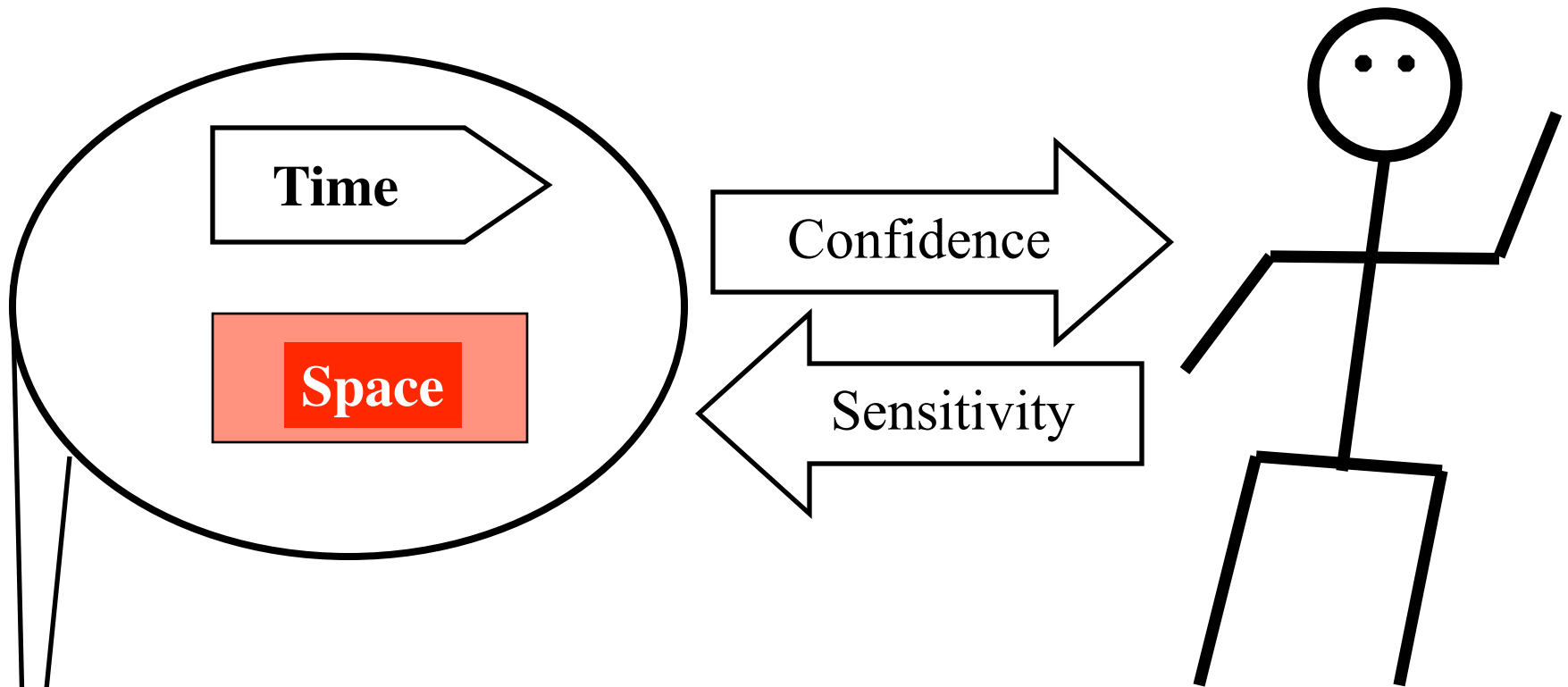
Self Validation

Time Mind



Time-mind thinks in words and forms its words into opinions. It is the source for self-approval and self-respect. It says: I am OK.

Balanced Validation



Time-mind expresses the opinions of self with words formed into opinions. Space-mind senses reality and keeps an eye on other. Balance means the individual is both confident and sensitive.

Validation Damage

Negative answers to the following questions cause validation damage:

Are we approved of?

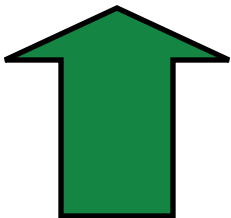
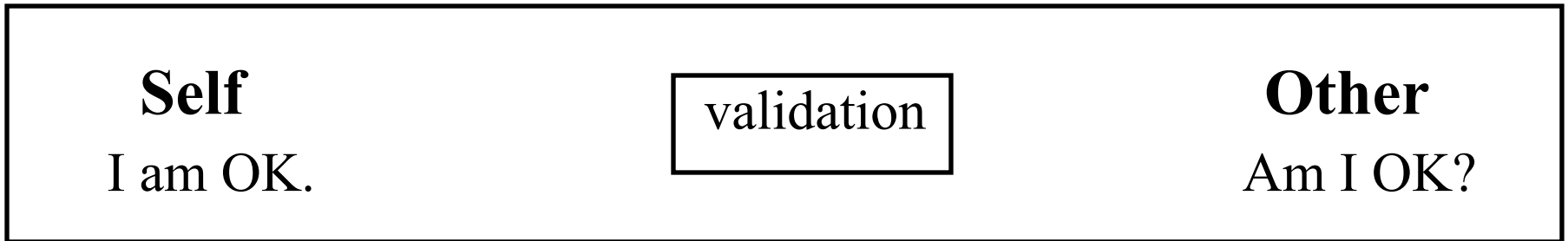
Are we OK?

Are we accepted?

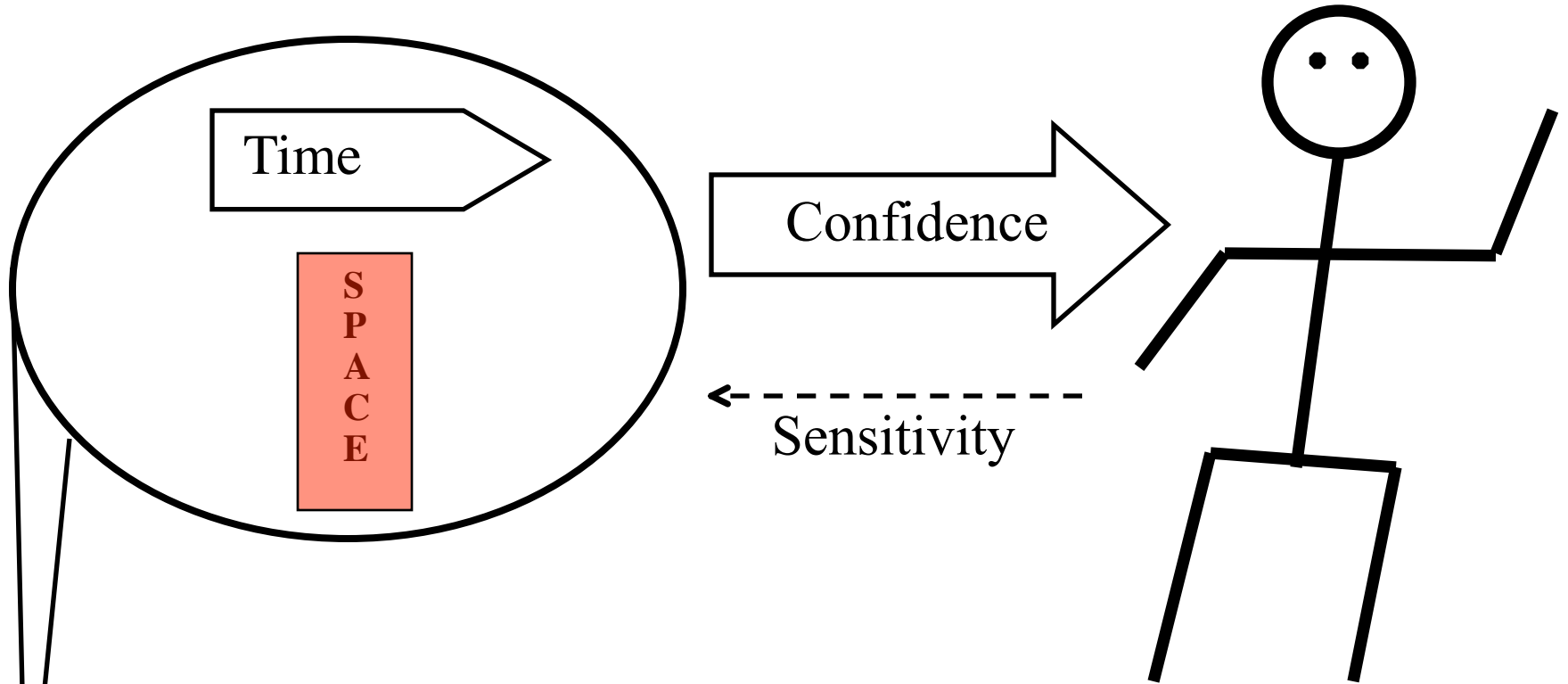
Are we all right?

VD — *Strongly Self Validated*

Strongly self validated injury occurs when an individual is ignored and/or unconditionally disapproved of. All humans need approval. If no approval is available from other, then self must begin to approve.



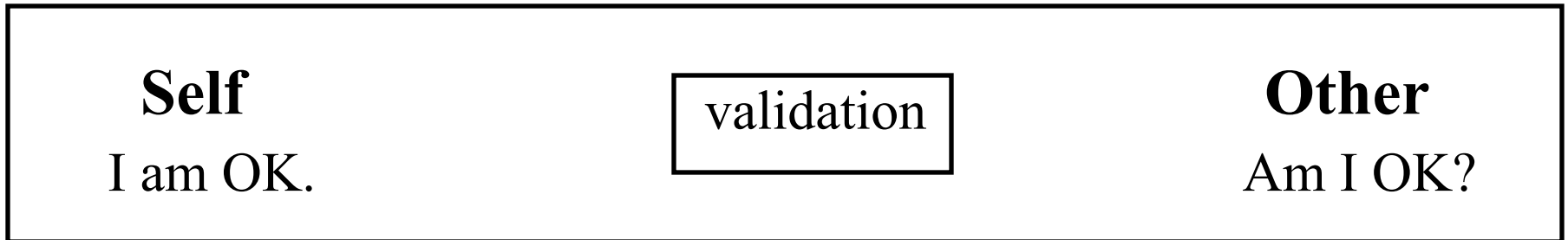
Self Validated



In the silence of approval, Time-mind begins to self approve. Space-mind turns its attention from the outside world, and watches Time-mind for approval thus reducing its sensitivity to other and the real world.

Strongly Self Validated

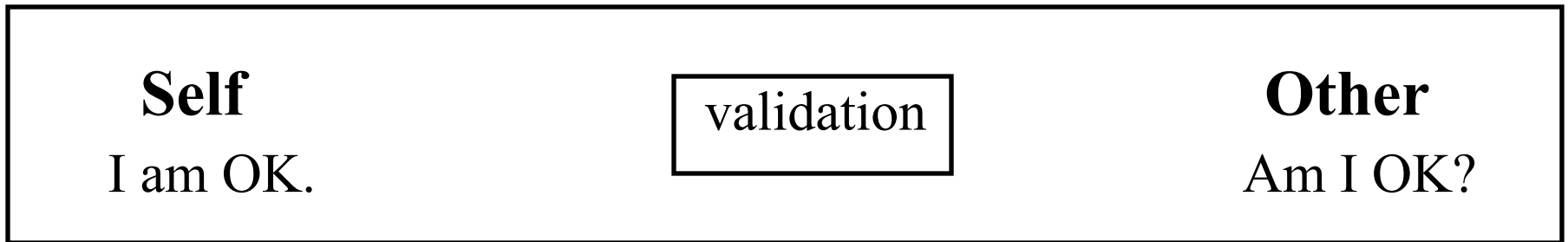
Those with the strongly self validation damage are overconfident and under sensitive.



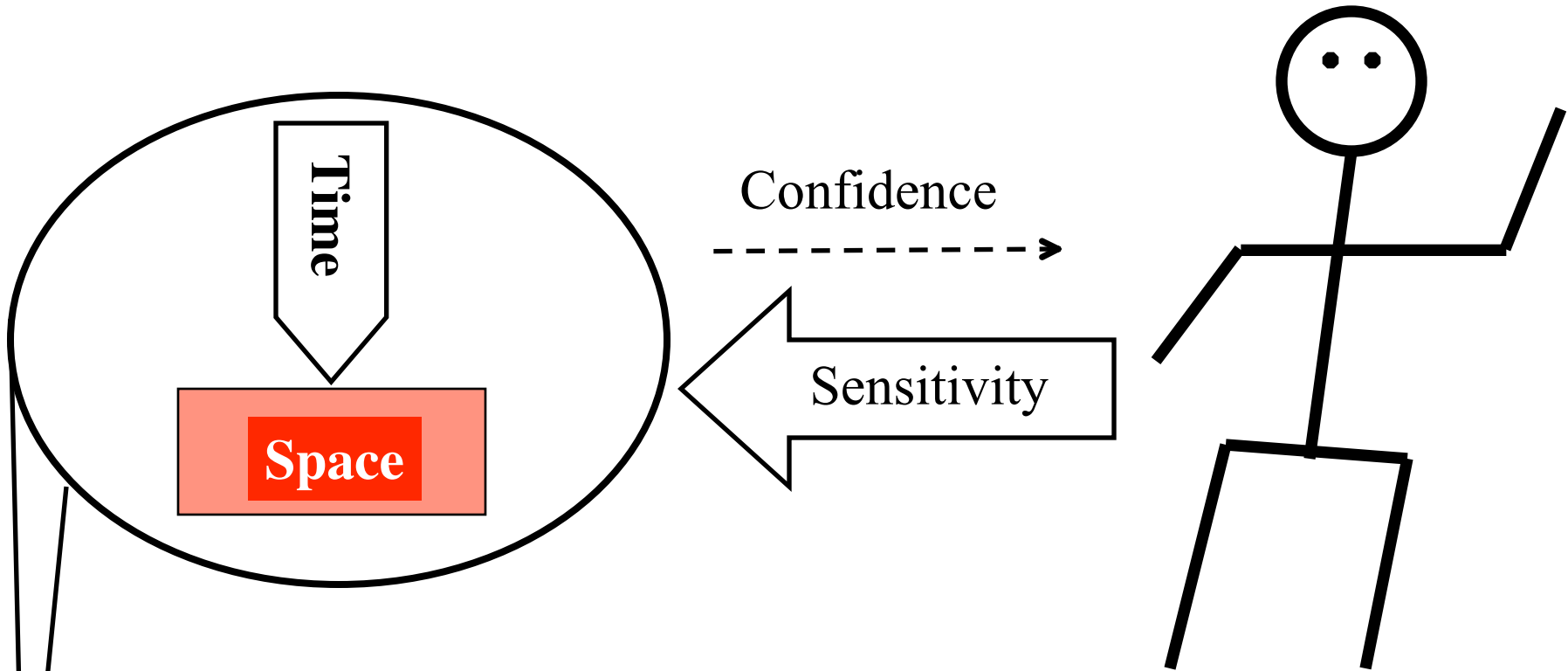
Over confident in self and under sensitive to other.

VD — *Strongly Other Validated*

Strongly other validated injury occurs when an individual is conditionally approved of. You are OK when you act a certain way. You are all right when I feel like it. Approval is only available from other, and the rules change depending on which other you are dealing with, and how that other feels at the moment.



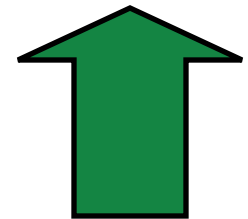
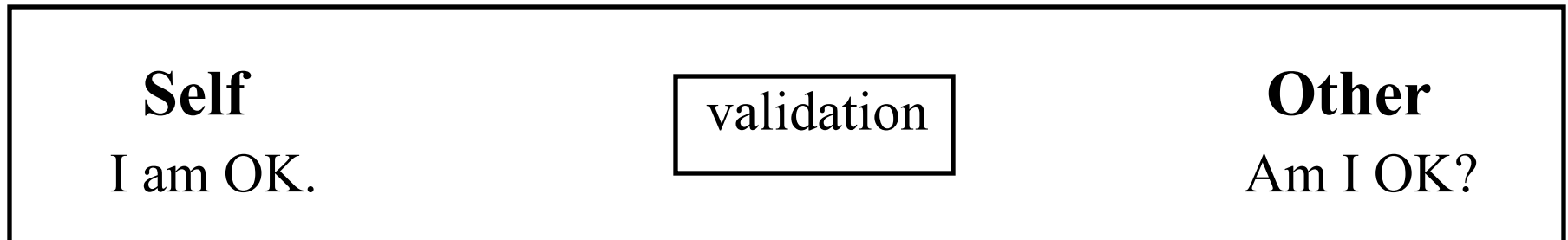
Other Validated



Space-mind is obsessed with watching other for approval. But because approval is conditional self is often disapproved of and disrespected. Time-mind, the analyzer, joins in trying to find out what is wrong with self. This leaves less time to develop opinions and project them to the outside world. Therefore, self is under confident and oversensitive.

Strongly Other Validated

Those with the strongly other validation damage are under confident and oversensitive.



Under confident in self and over sensitive to other.

Validation Damage Epidemic

In our present world, almost all humans have validation damage. Most of this is caused by our poor understanding of ourselves and our psychology.

To discover your own validation damage, you need only examine the important relationships in your life.

You probably learned to relate to adult men from your father. You probably learned to relate to adult women from your mother. For most of us these are our prototype relationships with adults.

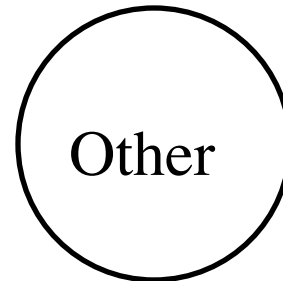
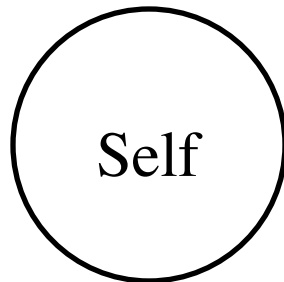
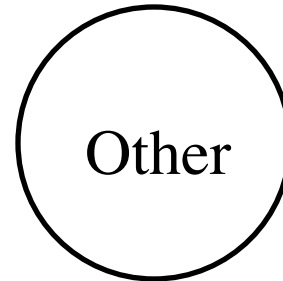
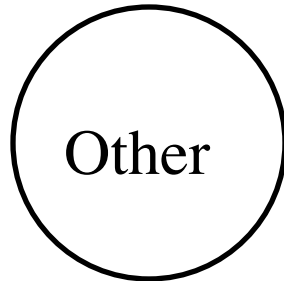
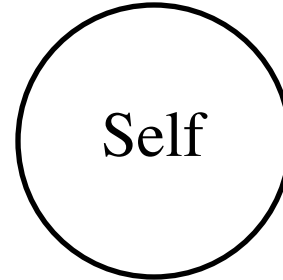
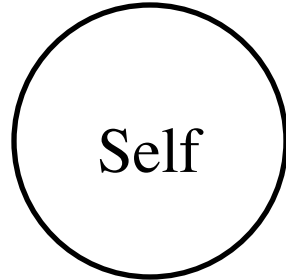
Validation Genetics

Because we inherit our validation orientation from our parents, we can think of this behavioral trait as similar to genetic inheritance. Maybe my father ignored me and my mother treated me with conditional approval. This would mean I was strongly self-validated in my relationships with men, but strongly other-validated in my relationships with women.

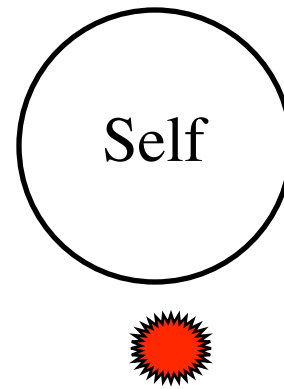
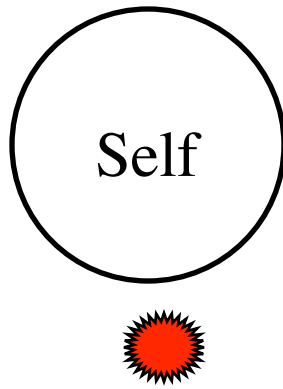
Validation Genotypes

Male	Female
Self	Self
Self	Other
Other	Self
Other	Other

What Happens?

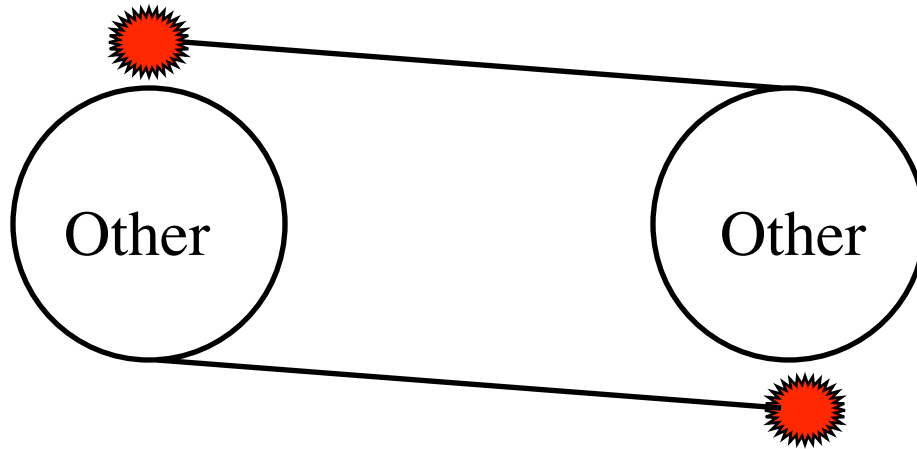


Like Attracts Like



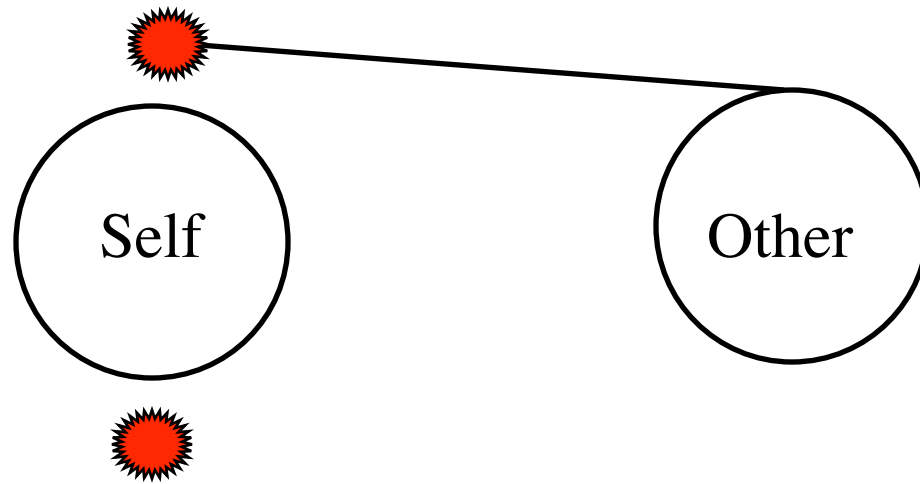
—Charles Roberts

Likes Attract Like



—Charles Roberts

Opposites Don't Attract



—Charles Roberts

Validation Manipulation

All humans seek to manipulate others. They are trying to get others to be the way they “ought to be”. They are trying to get others to do the things they “ought to do”. This is natural in our present world where we are ignorant of our dual mind and the dual world it creates. So today everyone manipulates.

Self validators manipulate with “opinion”.

Other validators manipulate with “feelings”.

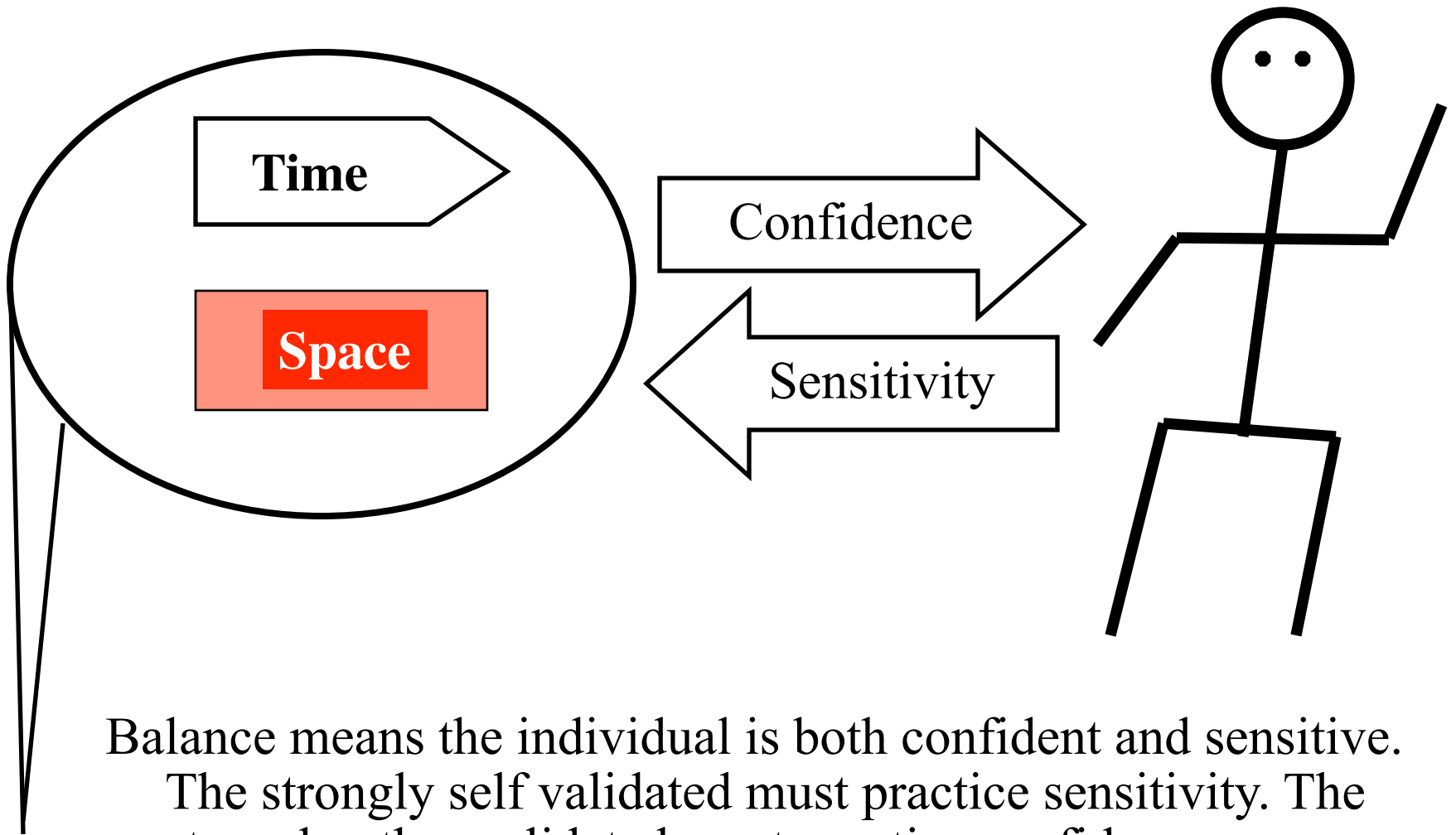
Self validated parents ignore or manipulate their children with opinion. Other validated parents conditionally approve or manipulate their children with feelings.

Healing Validation Damage

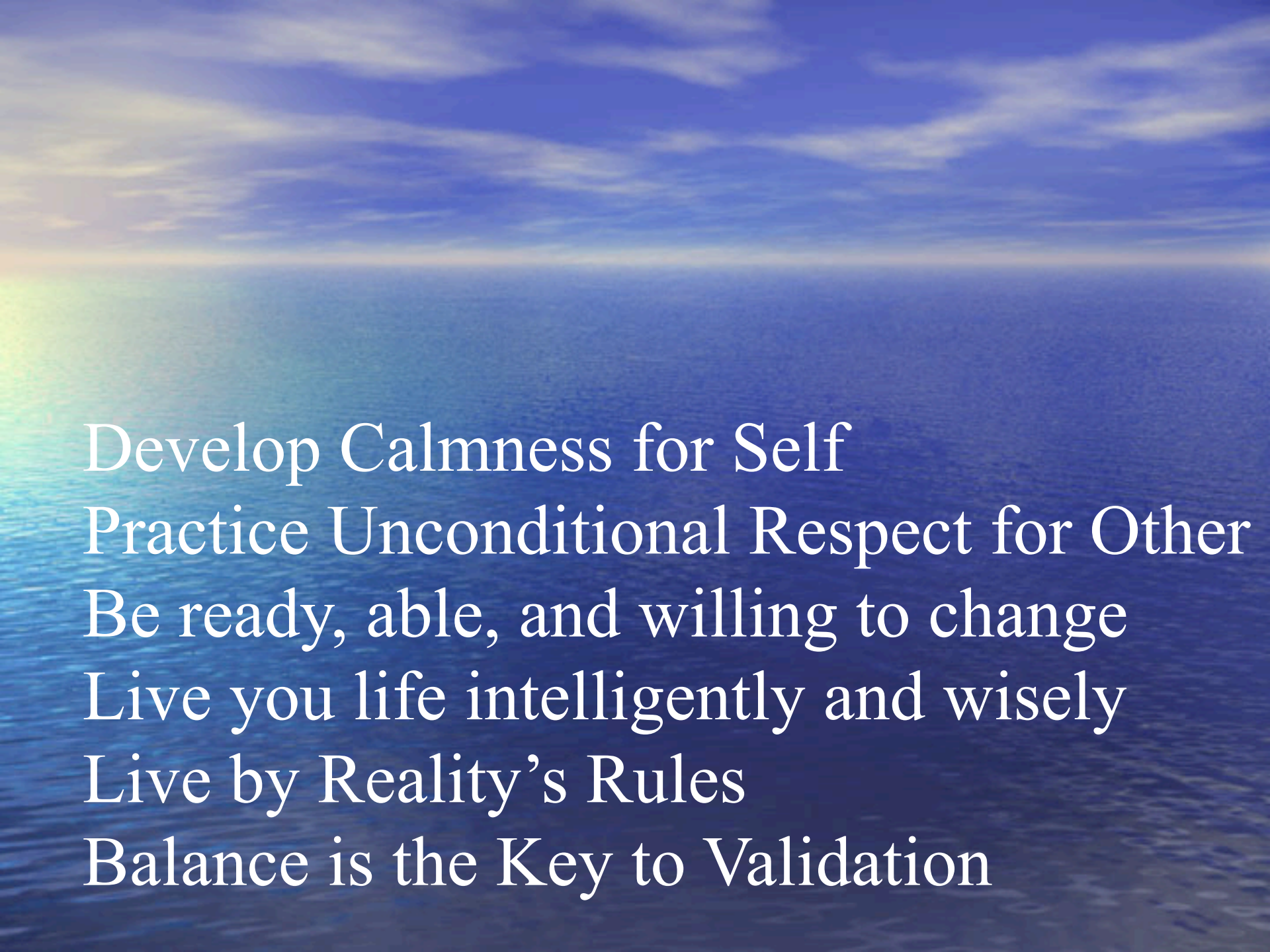
We all need to be more balanced. Over confidence may seem impressive, but it is rarely successful in the long run. The same is true for under confidence. Under sensitivity might seem a good strategy in an angry world, but it rarely leads to lasting success. The same is true for over sensitivity.

Strongly other validated individuals need to develop their opinions. What do I think? What do I believe? Strongly self validated individuals need to develop their feelings—the ability to see and hear other. What is other's opinions? What does other think of the situation. What does other think of me?

Balanced Validation



Balance means the individual is both confident and sensitive. The strongly self validated must practice sensitivity. The strongly other validated must practice confidence.



Develop Calmness for Self
Practice Unconditional Respect for Other
Be ready, able, and willing to change
Live you life intelligently and wisely
Live by Reality's Rules
Balance is the Key to Validation