

Rogina's 7-Step Noögenic Activation Method:

Igniting the **Defiant Power of the Spirit** and Activating Resources of the **Nöetic Dimension**
For **Transformation** and **Self-Transcendence**

1

~ ACCESS ~

Access to the Nöetic Dimension

- "As I take a few deep breaths... I become aware of the healthy core within me (my human spirit)."

2

~ UNIQUENESS ~

*Recognize the Uniqueness
of the individual*

- "I affirm the uniqueness that I am in this particular moment of my life with all my experiences, needs, wants and aspirations."

3

~ CHOICES ~

Evaluating and Making Choices

- "I affirm the reality of having choices: I choose flexibility over rigidity; I choose to tolerate uncertainty and resolve ambiguity; I choose to reduce my tendency to form self-harming interpretations about the meaning of my experiences; I choose to reduce emotional referencing and increase reality skills."

4

~ RESPONSIBILITY ~

Responsibility to... not from

- "I am gradually making experiential shifts from passivity and/or excessive stimulation with increased referencing of my personal responsibility to myself and to others."

5

~ WILL ~

Will to Meaning

- "I continue to listen for meaningful possibilities with attentiveness for contextual cues, which are inviting me to appropriate action that will guide me into a hopeful future."

6

~ FREEDOM ~

Freedom of Will

- "I choose specific actions, made in harmony with nöetic referencing and my personal values."

7

~ MEANING ~

*Meaning in Life, Meaning in the Moment,
Ultimate Meaning*

- "I remind myself that my thoughts, my feelings or my sensations, do not decide any action I take, I do! I experience meaning in every action I choose to take and I walk toward my ultimate meaning in life everyday!"