



Insight and Inspiration,  
Innovation and Vision  
For the Developing and  
Evolving Self

Volume 1 / Issue 1  
Newsletter  
November 2016

# INTERNATIONAL INSTITUTE FOR SELF DEVELOPMENT

Our vision: To awaken and further our human potential through self-development.

Knowledge is power if you put your ideas into action.

JIBryan

Ability of the month:  
Discernment

Don't miss the inspiration and the gift. (see the images and sayings)

Volume 1 / Issue 1—We are celebrating our inaugural newsletter.

## IIFSD.ORG

### THIS IS THE BEGINNING OF AN EXCITING TIME: THE AGE OF EMPOWERMENT.

What makes this the age of empowerment? We have the power to be whoever we want to be. This is the process of conscious Self-creation, an intriguing and challenging journey with rewards that will enrich your life. Out of our being, we can do and have whatever we can imagine and create for ourselves. How exciting this journey is going to be is up to you.

In the information age, there are many sources for the knowledge you need to become the person you want to be. Much of this information is centrally located in *The Operating Manual for the Self*, instead of being scattered among thousands of books.

### OUR LOGO

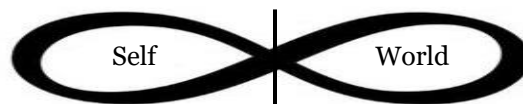
#### Rainbow colors

Our logo contains the colors of the rainbow. When these colors combine they become white light. The white light that results cannot exist without each individual color contributing to the whole. If we think of the colors as individual people, we can imagine that when individuals work together something special happens.

We can also think of the colors as the parts of our self. As explained in *The Operating Manual for the Self*, the self is made up of the: developmental self, ego, personality, conscience and identity/image. The parts function individually and combine to work together to create something wonderful that is greater than the sum of the parts. That wonder is you.

### The Infinity Sign

We can use the infinity sign as a metaphor to help us understand processes that exist in life. One process: What we put into the world flows back to us. Imagine yourself contained in the left side of the infinity sign. The point in the middle represents your point of intersection with the outside world. The outside world is located on the right side. Your thoughts, feelings and actions flow out into the world and back to you.



**Your Interface with the world**



**Inspiration:** Like a fine violin be capable of consonance and dissonance, of agreeing and disagreeing.

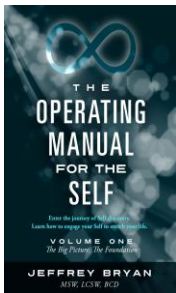
**Point of Empowerment:** What we put out into the world flows back to us.

**Practice:** Observe (be aware of) a thought, feeling or action (a communication) that you send to another person. Observe his or her reaction to your communication. Observe your response—thought, feeling, or action, to the other person’s reaction. Sense the back and forth flow.

## ABILITY OF THE MONTH: DISCERNMENT

With the turmoil in the world and with the confusing turmoil in the political arena of the United States, discernment is an essential ability to develop at this time. As defined in *The Operating Manual for the Self*, an ability is a potential that human beings have that can be developed into a useful skill. Utilizing the skill of discernment, we make distinctions that add to our understanding of something. In discernment, we use our mental abilities to think and to analyze as well as our emotional ability to determine what feels right to us. In thinking we can ask questions to open an area of investigation and pursue the information that answers those questions. In feeling what is right (for us), we can tap into our intuition and wisdom.

**Practice:** Identify something that is important to you. Ask a question, gather information, and seek the deeper meaning of what you are investigating. Ask: “How does this feel to me?” and “What feels like the truth?” Tune into your feelings for guidance and answers to these questions. Try to reach a conclusion about the topic if you have enough information. Tell someone what you are thinking to clarify your understanding and ask if you have communicated your ideas clearly.



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*To develop yourself you must know yourself.*

*To know yourself, explore yourself.*

*To explore yourself read*

The Operating Manual for the Self ([manualfortheself.com](http://manualfortheself.com))

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## ABOUT YOU, FOR YOU—A GIFT—OF SELF APPRECIATION

*Exquisite: Intricate in design and beauty, of flawless craftsmanship*

*You are as exquisite as this design.*

Let's **unite** in developing our human potential.

**Share** this newsletter with others. Please visit our website, [IIFSD.org](http://IIFSD.org). We invite your participation, (as outlined in the Participation Menu selection).

When you buy *The Operating Manual for the Self*, you **support** our vision and mission. When you read *The Operating Manual for the Self*, you **leap** forward in your personal self-development and evolution.

Hoping you are well,

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