***SIX CONCEPTS IN WELL’S MODEL FOR PERSONAL WELL-BEING***

**AGE-OLD BLEND** Our *philosophy of life* draws from agreements between *five sources of truth:* science, religion, history, philosophy, and common sense. One could picture this blending as the distilled

spirits of five old wisdom streams flowing into an old barrel of bourbon. All the major ideas behind it are *3000 years old*, so they have passed *history’s* test of time. They were first written down by the scribes of King Solomon in Jerusalem. Solomon entertained wise men and women from all over the known world in his temple, using it as the first known international conference center. Solomon’s scribes and prophets shared ideas with Persian poets and wisemen alongside Egyptian mystics, scholars, and political leaders.

Centuries later, this same overall view of how to love long and fulfilling lives appeared in the sacred writings of all three Western *religions* (Judaism, Islam, and Christianity). It was articulated further in Greek *philosophies* describing the greater common good that are still popular today. The age-old blend of wellness wisdom even includes fifty years of *scientific* theory and research that confirms the dynamic model this test is based upon. Perhaps most validating of all, the names given to the basic traits measured by the APW still pop up in everyday conversations throughout the western world, so it’s now just *common sense*. More detailed and documented discussion of all these validations can be found at [mynewlife.com/professional-literature-review](https://www,mynewlife.com/professional-literature-review/).

**DEFINING HEALTHY** Each test question in the APW was worded to line up with one practical, measurable, definition of what’s healthy: *whatever does the most good and the least harm for the most people in the long run*. Young children naturally focus on what they *feel* they need for *themselves*, right *now*. It’s easy to stay selfish and impatient that way as adults, but that makes us prone to sickness, and those around us too.

For the past 100 years or so, *symptom relief* has become increasingly the focus of the *healthcare and psychotherapy industries*. Making people feel better soon without effort is much easier to sell than working harder to do what’s best for everybody in the long run.Working for the common good is one of the *five core values of WELL, Inc.* Characterizing healthy this way sees people not only as individuals, but as members of families, “tribes”, and societies. It teaches that *we reap what we sow.*  Treating others as you need to be treated takes care of individuals and society, by protecting others and ourselves. Well-being Avenue is a two-way street. Like “pretty” in the old adage, “Healthy is as healthy does.” So *how do we know what’s best, what people really need to be healthy?*

**NINE** **ISSUES** 3000 years of teaching about what makes people sick and how to get well have mostly

focused on nine issues. They can also be thought of as *experiences we long for*. We need these mostly

invisible resources *for thriving, self-confidence, and self-esteem*. Healthy lives as defined above grow by

giving and receiving strength, freedom, and cooperation. By contrast, unhealthy lives are giving out and

taking in more weakness, bondage, and division. The nine experiences we all need are to resolve the ***nine***

***issues***. They are divided by this test into three groups, and are noted in ***ALL CAPS*** below:

 ***3 Identity Issues*** resolved mostly *at home*, dealing with Confusion vs. Character: ***TRUTH*** (learning how to know what’s real), ***PEACE*** (to feel safe and secure), and ***RESPECT***  (to feel self-worth).

 ***3 Relationship Issues*** resolved *with* *family and friends*, about Comparing vs. Connecting: ***LOVE*** (learning how to care and share), ***MERCY*** (to forgive),and ***SEXUALITY*** (to use genital contact for loyal pair bonding).

 ***3 Contribution Issues*** resolved *in work/society*, dealing with Consuming vs. Creating: ***WEALTH*** (how to earn, save, give), ***PURPOSE*** (find meaning, hope), and ***HEALTH*** (exercise, diet, medicine).

**PADs** We work through our issues with the **People, Associations, and Dreams** (**PADs**) we pursue. We move out into the world by making *little homes for ourselves* some of us call our *pads.*

Likewise we move into the world by building our relationships with these PADs. We can think of them

as *sources* of life, but it’s healthier to see them as *resources*, channels and carriers of life.

We grow by extending ourselves into them, taking (assimilating) them into ourselves, and by giving

(accommodating) ourselves into them. Our well-being depends upon learning to discern how healthy our

PADs are before we start spending too much time in them.

**WELLSPRINGS & WHIRLPOOLS** Lively, fulfilling ways of resolving the nine issues involve **cooperating to create** these nine experiences in ourselves and others. Well-being comes through *mindsets of overflowing fullness*, and through *lifestyles* *of pouring out freely* from **WELLSPRINGS** of health. *Wellsprings* are PADs for healthy power that *strengthen and fulfill you* and others. Living like this leaves all people involved with more of the ***four main signs of health:***  strength, freedom, cooperation, and growth. They are experiences where the more we give of ourselves, the more we are able to give. We can find these wellsprings both by looking for mindsets and lifestyles of overflowing fullness, both within ourselves and in those around us.

By contrast, deadly, draining uses of these same nine powers involve **competing** **to consume** these resources, often at the expense of others who end up with less. Sickness of the soul comes from *mindsets of* *lacking and longing. Lifestyles of emptiness* acting all this out work like ***WHIRLPOOLS***, experiences that drain inner strength from self and others. They hinder people’s healing, leaving them with more of the ***four main signs of illness:***  weakness, bondage, division, and decay.

**PAYING ATTENTION** *Whatever we pay attention to will grow, and so will whatever we call others’* *attention to*. Both giving and receiving attention can either make both parties stronger and healthier, or weaker and sicker. Here are ***five levels of attention*** that we can give to our **PADs**:

**Level 1 = Attention** ~ deliberately focusing ourselves to notice a PAD

**Level 2 = Acceptance** ~ deciding it’s relatively harmless, and worth exploring further

**Level 3 = Affection** ~ becoming charmed by paying attention mostly to the positive

**Level 4 = Allegiance** ~ joining, subscribing, committing to be together regularly

**Level 5 = Adoration** (may be seen as **Addiction**) ~ seeing a PAD as not so much a *resource* as

 a *source of life*, and believing that the PAD is virtually *always healthy,* hardlyever toxic.

Note that a given PAD can be healthy for one person and sickening for another, depending on what kind of attention that person pays to it. Like beauty, health is in the eye of the beholder. The last two levels of attention can be given in reverse (in active opposition, and destructive hatred), but it’s still unhealthy attachment. *To get disconnected* from the whirlpool of a toxic PAD, we need to reverse our steps, by taking back each type of attention, starting with the highest level of we have given. Then we can find health and fulfillment by giving our attentions elsewhere, to healthier PADs.