Psychological Laws Pertaining to Will Training
(excerpted from Act of Will)
PART 1: PRACTICES

Law I – Practice: concentration on images, seed thoughts, evocative words

Law II – Practice: acting/role playing “as if”; mudras (hand gestures); movement expression; voice tone, words, pacing, verbal and non verbal expression directed towards desired attitude

Law III – Practice: mentally or physically (writing/drawing) elaborating important ideas, allowing body and feelings to experience the process; concentration on images, seed thoughts, evocative words

Law IV – Practice: evoking desired emotions; supporting the experience of emotions as a movement (dentification/disidentification); attending to emotions and impressions that create desired states

Law V – Practice: anchoring into the observer “fair witness” position; act of will focusing on purpose and eliberation before choice; balancing psychological functions; inquiry into deeper levels of impulse and desire

Law VI – Practice: mindfulness; focusing attention; all froms of affirmation; withdrawal of attention as needed

Law VII – Practice: evening review of habits; conscious use of act of will towards creation of habits; direction of personality by “I”

Law VIII – Practice: subpersonality work; awareness and self-reflection; building on positive inclinations

Law IX – Practice: conscious identification and disidentification; creation of positive external unifying centers and structures for having experiences and moving through them;

Law X – Practice: direction of all forms of expression; anchoring into internal unifying center to allow and direct expressions; directing energies into “higher” or more purposeful action.
PART 2: LAWS

Law I – Images or mental pictures and ideas tend to produce the physical conditions and the external acts that correspond to them.

Law II – Attitudes, movements, and actions tend to evoke corresponding images and ideas; these, in turn (according to the next law) evoke or intensify corresponding emotions and feelings.

Law III – Ideas and images tend to awaken emotions and feelings that correspond to them.

Law IV – Emotions and impressions tend to awaken and intensify ideas and images that correspond to or are associated with them.

Law V – Needs, urges, drives, and desires tend to arouse corresponding images, ideas and emotions.

Law VI – Attention, interest, affirmations, and repetitions reinforce the ideas, images, and psychological formations on which they are centered.

Law VII – Repetition of actions intensifies the urge to further reiteration and renders their execution easier and better, until they come to be performed unconsciously. (*Conscious creation of habits*)

Law VIII – All the various functions, and their manifold combinations in complexes and subpersonalities, adopt means of achieving their aims without our awareness, and independently of, and even against, our conscious will.

Law IX – Urges, drives, desires, and emotions tend and demand to be expressed.

Law X – The psychological energies can find expression: 1. directly (discharge – expression) 2. indirectly, through symbolic action 3. through a process of transmutation.

*The Synthesis Center*

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