

# The Frank Natale Chart of Transformational Experience

## BEING PRESENT

(Experience & Awareness of that Experience)

BEING RESPONSIBLE FOR YOUR LIFE

BEING CONSCIOUS & AWARE OF LIFE

ACCEPTANCE THAT TRANSFORMATION IS CONTINUOUS

## THRESHOLD OF TRANSFORMATION

DISCONTENT / FEAR OF WORSENING / DOUBT

TEMPORARY HIGH / ILLUSION OF WELL-BEING

## CHANGE

LOOKING FOR SOMEONE OR SOMETHING TO SAVE YOU

BEING STUCK IN FORM, BELIEFS & POINTS OF VIEW

BEING UNPLEASANTLY AT THE EFFECT OF LIFE

**“Transformation is the only reliable indicator of a consciously evolving human being.** This chart shows the upward movement of realizations, which first cause us to move from being stuck in form to spinning around in the cycle of change to the willingness to accept transformation. Many people unconsciously live the majority of their life below ‘The Threshold of Transformation.’

“The reason so many get stuck in form, or are unpleasantly at the effect of life, is they live within belief systems they did not consciously create. When stuck in form we rush to change things rather than be willing to allow them time to transform. The result is we often confuse change for growth and then realize later that only the form has changed, not the way we live and perceive life. For transformation to happen two essential ingredients must occur simultaneously: we must be willing to risk having a new experience and we must be aware of that experience. Neither awareness nor experience alone will create transformation. Individually they only produce change.”

– Frank Natale