



# **Your Psyche States: Understanding Self and Others Through A State-of-Being Model of the Psyche**

*Stephen Karl Smith*

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Psyche (si' kee) is the Greek word for 'soul', represented anciently as a butterfly. It shows up in the philosophy of Plato, the theology of St. Paul, and as the root of the word 'psychoanalysis', coined by Freud in 1896. A state is a transitory condition discernable from other states. With the Psyche States Model (PSM), the many states of the human psyche have been consolidated into six abstract states, identified by the following labels: Disturbed, Guarded, Unsure, Liberated, Abundant, and Transcendent. Theoretically, your psyche is in one of these states right now. Rather than categorizing people using professional diagnosis criteria, or popular personality tests, the PSM focuses attention on how much time an individual spends in each state. A focus on the four main states of the PSM turns the PSM into a tool of the majority, since that is where most people spend most of their time. A key message of the PSM is, if you want a better life, spend less time in lower states and more time in higher states. But beware, for the PSM can stimulate extreme introspection. Much of the focus of this book is on the Liberated state because greater inner freedom is within the grasp of almost everyone who is willing to work at consciously choosing their course in life. The destiny of those who decline to choose their own path is to be constrained by whatever context they find themselves in, a context partly inherited and partly self-created. Taking personal responsibility for the blessings and baggage of your family, your culture, and your personal choices is how you accept who you are right now and then move on to higher ground. A smaller book called, A Liberated State Of Being, was derived from this book to allow those interested mostly in an application of the PSM to focus on positive things without having to wade through many pages of theory covering negative topics (see Create Space title 3516151). The PSM is one tool for gaining a better understanding of what motivates and drives human behavior. More accurate assessments of the states underlying human actions means fewer surprises, less reactivity, and more proactivity. Taking the initiative on a regular basis produces many rewards, including expanded liberty and greater abundance for yourself, your loved ones, and your community. Flap your wings little butterfly. Do not underestimate the power of the Butterfly effect. How you decide to live your life can effect many. Your actions can have far-reaching implications.

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