

## **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.**