



MINDFUL DIAGNOSIS

- I - Psychospiritual Problem as Perceived by Patient, Articulation of Personal Suffering.
- II - Archetypal Shadow Attributes in Self-Habituated Trauma Narrative
 - * Wounded Child, Victim, Prostitute, Saboteur, Trickster/Addict
- III - Physical/Kundalini Energetic Blockages
- IV - Factors Hindering Development of Right Mindfulness
 - * Inability to precisely experience and accepting of present moment
 - * Self-habitation to traumatic narrative
 - * Lack of empathy, compassion, kindness for self and others
 - * Lack of meditative/stress-reduction skills
- V - Stages of Psychospiritual Development
 - 1 - Unaware of psychospiritual potential, excessive clinging and aversive attachments, faith in pharmaceuticals
 - 2 - Discontent and aware of need for spirit growth but uninformed, lacking resources, not yet motivated to actively seek change
 - 3 - Willing to study and attempt psychospiritual practice
 - 4 - Some meditation practice, moments of clarity in present moment, “aha” moments, reduced maladaptive thinking and behavior, less impulsivity and reactivity
 - 5 - Established daily spiritual discipline; ability to articulate insight into nature of impermanence, demonstrates empathy, compassion and acceptance toward all beings

Surveys

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| - Daily Experiences of Mindfulness | - Most Common Spiritual Mistakes |
| - Measuring 5 Basic Facets of Mindfulness | - Spiritual Capital Measurement |
| - Gratitude Measurement | - Soul Attributes Survey |
| - Hope Scale | - Inspiration Scale |
| - Life Purpose Questionnaire | - Locus of Control Measurement |
| - Personal Growth Scale | - Spiritual Life Inventory |