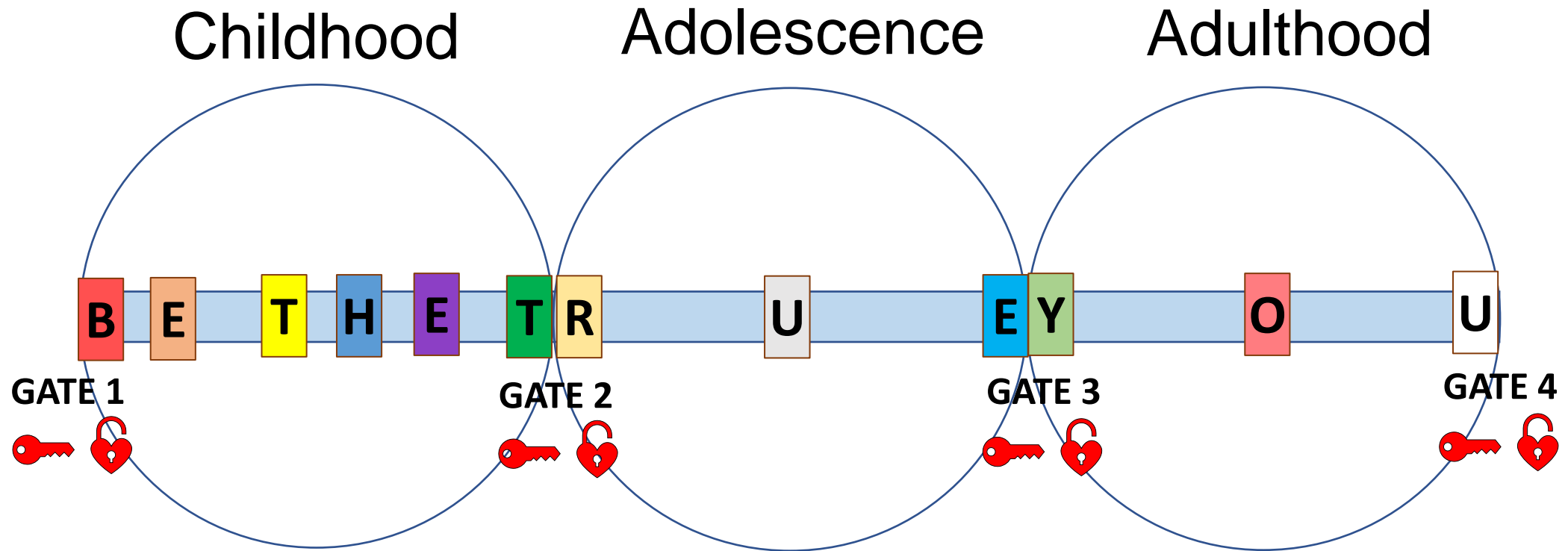


Tim DiMella

# The BE-THE-TRUE-YOU Model

A Pathway of Human and Humane Development for Finding the True You



# OVERVIEW

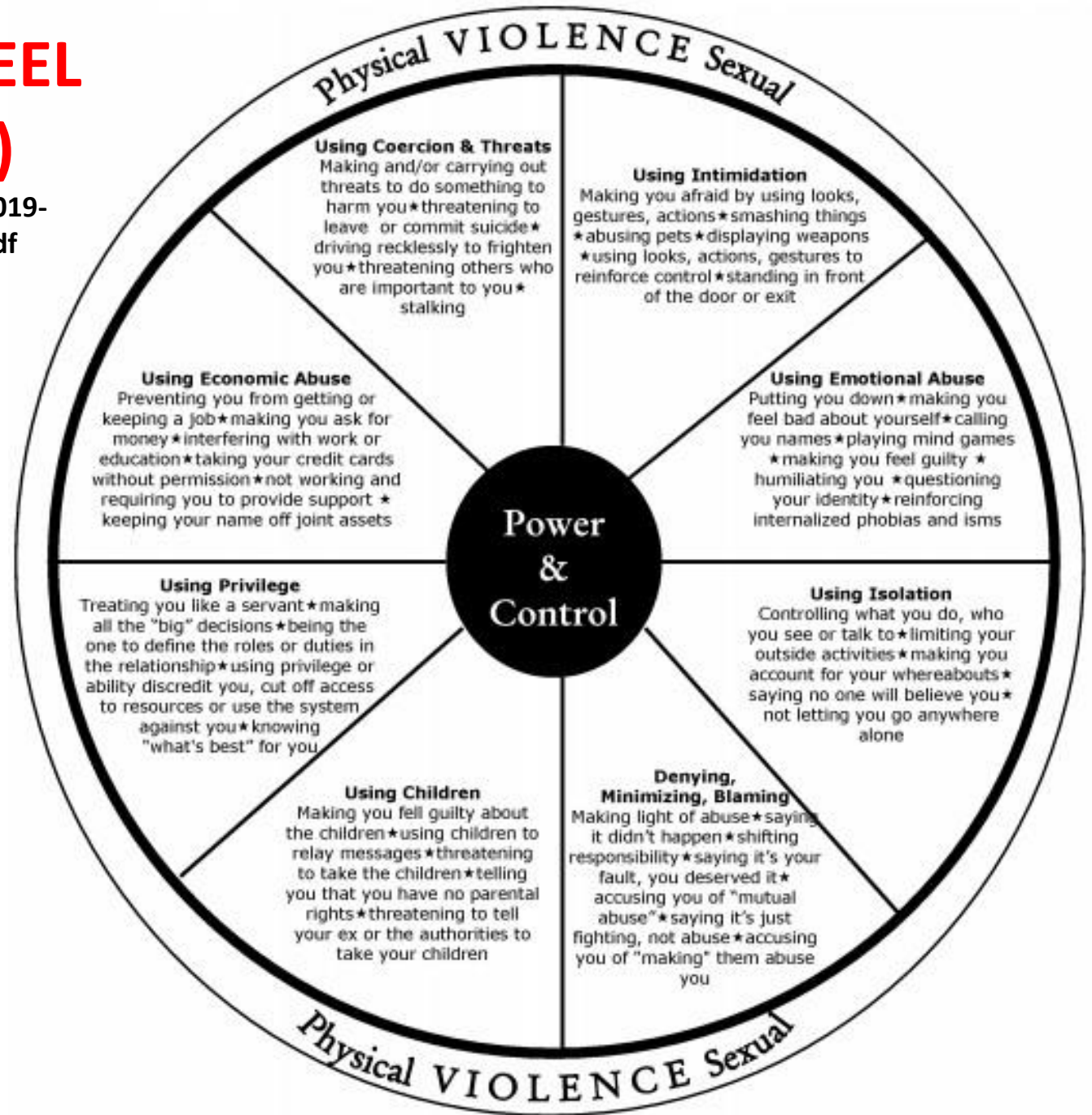
- Introduction and Goal
- Advantages for the Community
- Power and Control Wheel
- Riding the Bow of Recidivism or Shooting the Arrow of True Freedom
- Stages of Brain Development
- Comparing the Different Stages
- The BE-THE-TRUE-YOU Model
- Questions

## INTRODUCTION and GOAL

- The BE-THE-TRUE-YOU Model is a model for people who see themselves as oppressed or marginalized in society to build self-esteem and confidence in their lives and achieve true freedom in their own true selves as I did. It's an intersectional model developed through traditional and latest aspects of psychology, counseling, sociology, global theology, philosophy, domestic violence prevention and criminal justice, human development, neuroscience, and minority studies. So, the model encompasses all these.
- The goal of BE-THE-TRUE-YOU Model is development of a self-governing humane, complete, and intimately loving individual who loves himself or herself unconditionally and the individual person that he or she comes in contact with in the community.

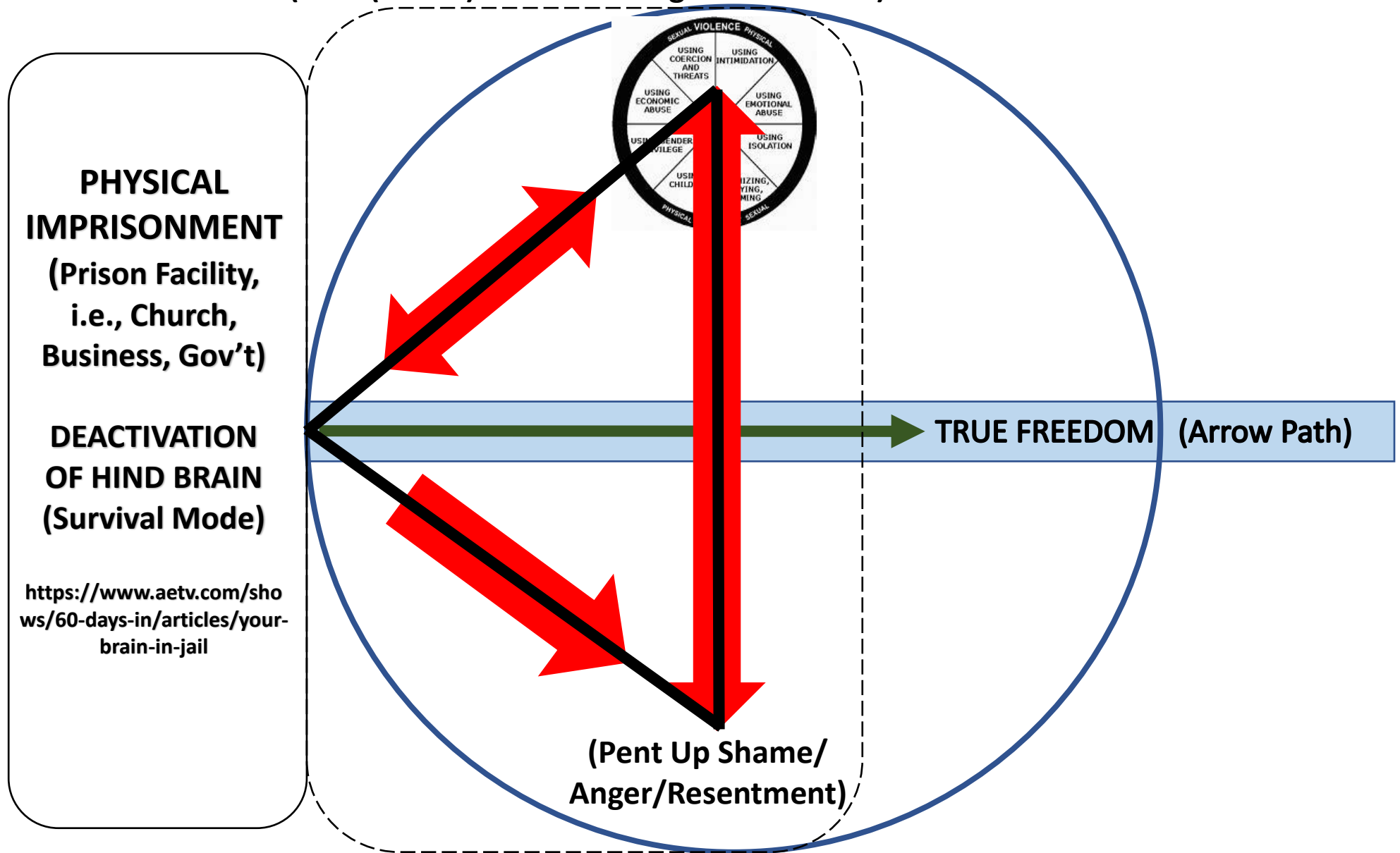
# POWER AND CONTROL WHEEL (Criminal Gender Neutral)

Borrowed from <https://www.nsvrc.org/sites/default/files/2019-08/Gender%20Neutral%20Power%20Control%20Wheel.pdf>

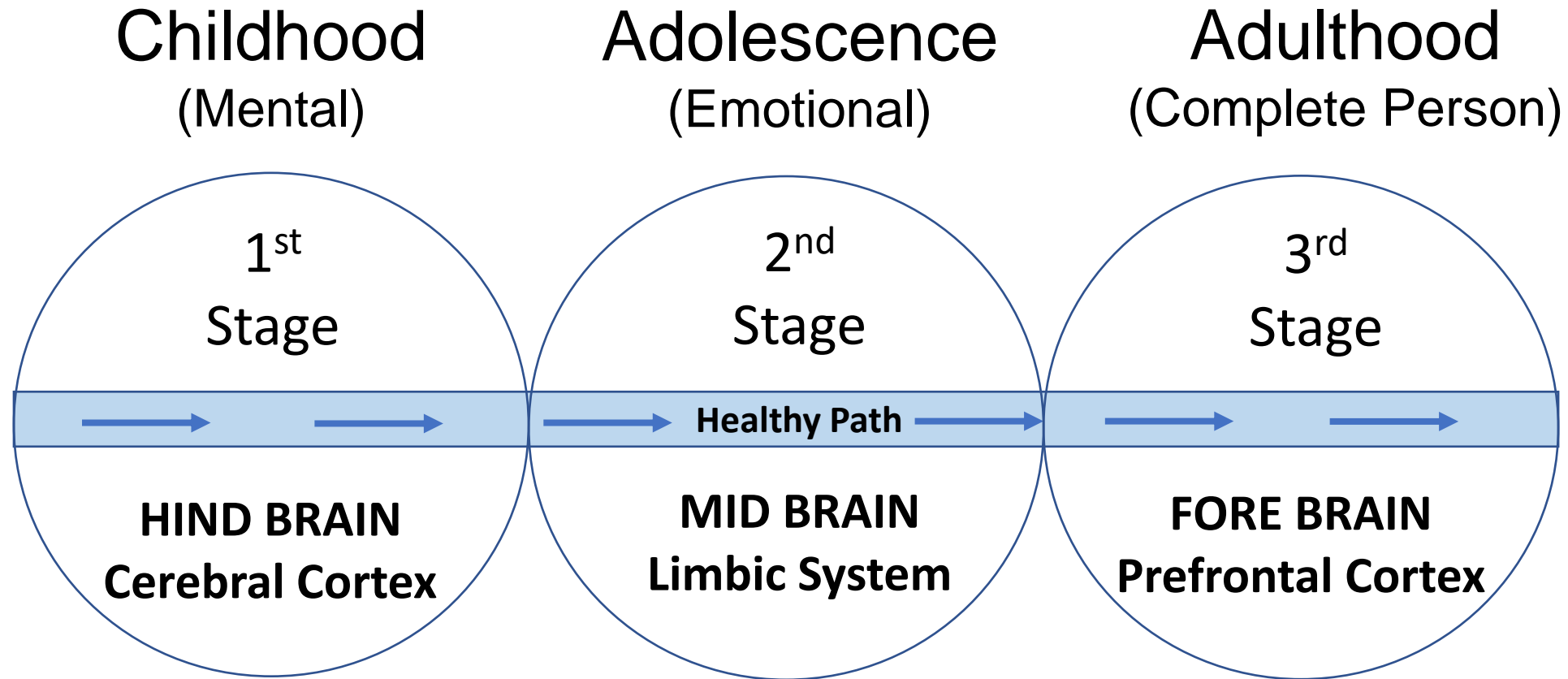


# Riding the Bow of Recidivism or Shooting the Arrow of True Freedom

## 1<sup>st</sup> STAGE PSYCHOLOGICAL IMPRISONMENT (Bow (World) Path Resulting in Recidivism)



# STAGES OF BRAIN DEVELOPMENT



The True-Self Model begins with the 3 General Stages of Human Development and a healthy path that runs through them. This path is also known as the Assertive Path (Psychology), Middle Way or River of Life or Narrow Path (Theology), Cradle-to-Grave Gateway (Industry) or Path of Self-Esteem (Common Usage), or the Central Nervous System (CNS) Path (Neuroscience). The problem is when a person is not aware of the path and is sent into a recidivism cycle I call the Bow Effect (see previous slide). A person must enter a stage in order for that stage to be activated. After release, the person is only active in a recidivism cycle of the 1<sup>st</sup> Stage.

# COMPARING THE DIFFERENT STAGES

## Childhood

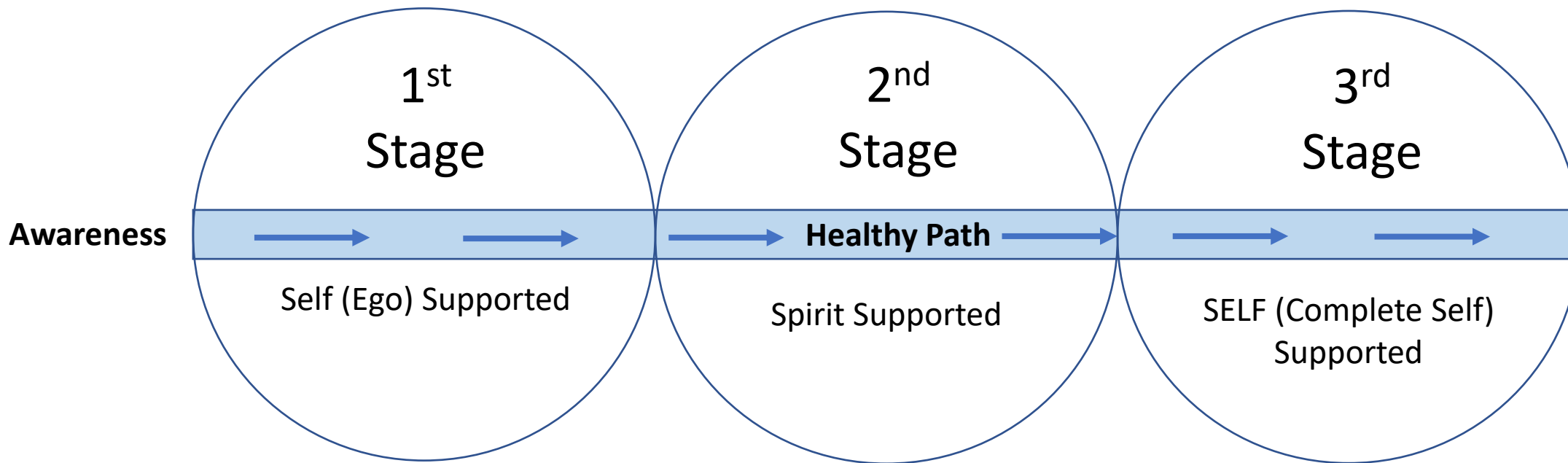
(Childish/Egotistical World)  
 (World/Self Conscious)  
 (Immature State)  
 (Knowledge Gaining)  
 (Making Believe)  
 (Masculine Logic/Mental)  
 (Cognitive Love)  
 Trusts Outside People

## Adolescence

(Adolescent/Personal World)  
 (Spirit Conscious)  
 (Maturing State)  
 (Wisdom Gaining)  
 (Face/Accept Human Reality)  
 (Feminine Feeling/Emotional)  
 (Affective Love)  
 Trusts Inside Personal Spirit

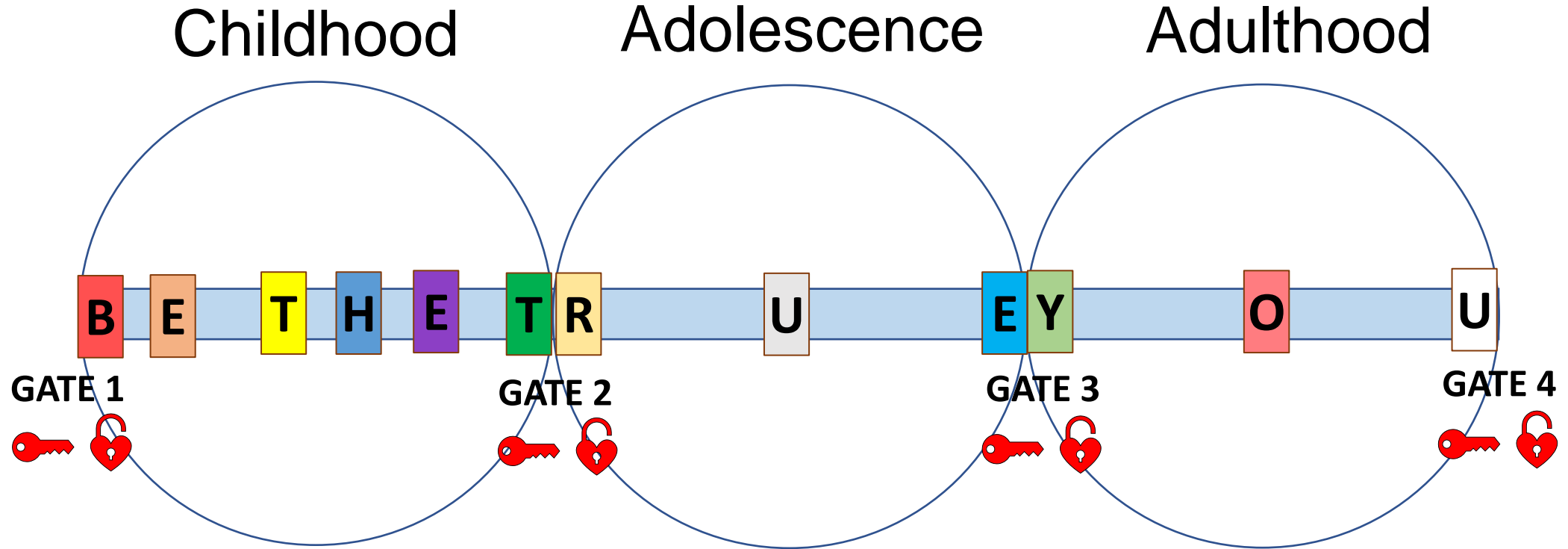
## Adulthood

(Adult/Communal World)  
 (Life Conscious)  
 (Matured State)  
 (True Love Gained)  
 (Living Fulfilling Life)  
 (Authentic/Completed)  
 (True/Intimate Love)  
 Trusts God/Life





# THE BE-THE-TRUE-YOU MODEL

(Slides 9 through 17)



## 4 Gates to Pass Thru and a Total of 12 Milestones Along the Way


 Gate 1 is for birth or rebirth. Gates 2 and 3 can only be opened when the person has successfully mastered each prior milestone. Gate 4 is physically dying. If you wrap the model around in a circle, Heaven is between Gates 4 and 1.



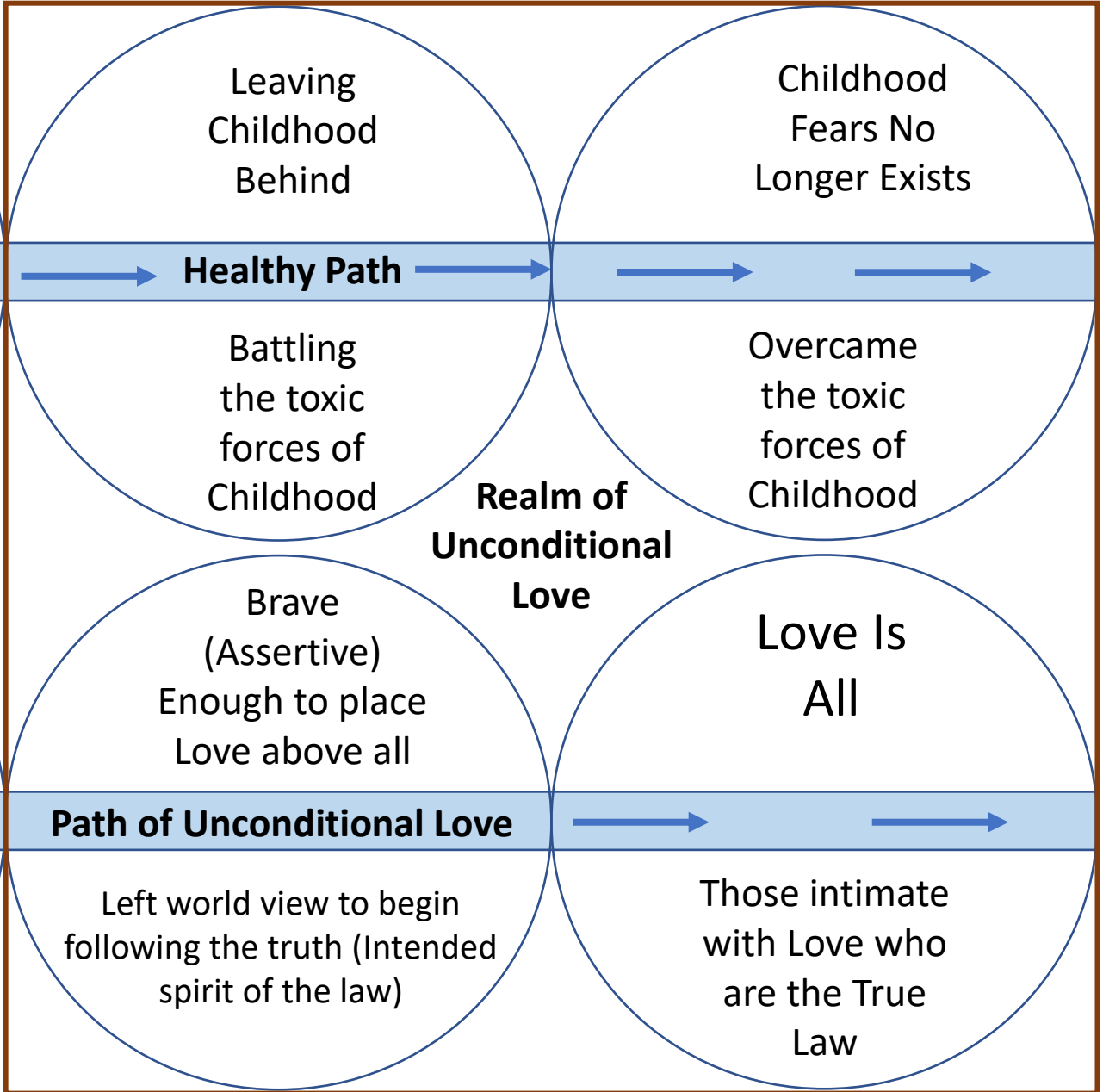
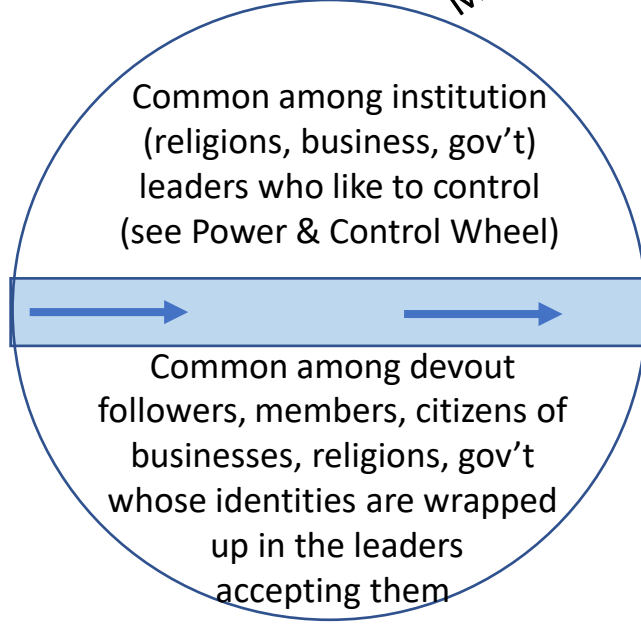
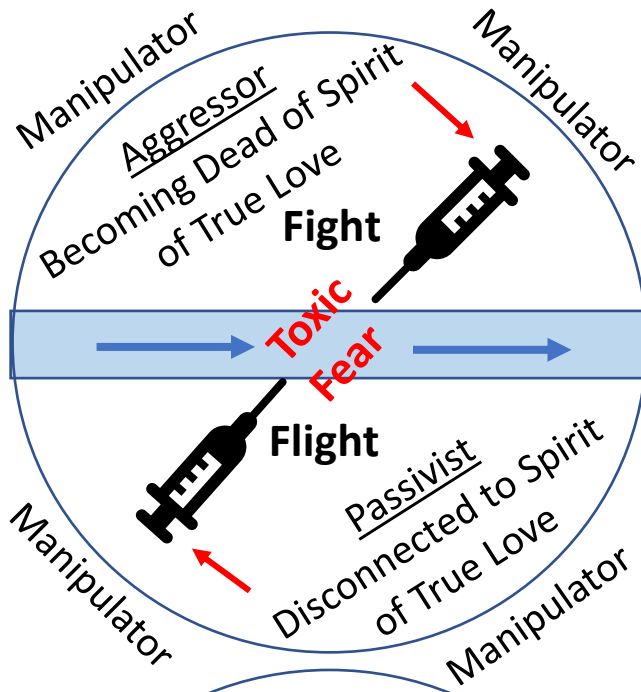
# Childhood

# Adolescence

# Adulthood

CONDITIONAL LOVE

WORLD FOCUSED DUALITY



INVISIBLE TO THE WORLD

# The WORLD OF DUALITY (IGNORANCE AND MANIPULATION)

In the world of duality, it is all about deception by those who think they control the world by manipulating it. There is no difference between good and bad or heaven and hell in the world. All are dead of the world; stuck in a hell all their own because they will not seek enlightenment and, thus, choose to knock on the door, ask to receive, or find the key to unlock the gate and pass through it. Good and Bad does not register to the manipulator because everyone and everything are just objects useful for them to do with what they will. And yet they too cannot see that they are only manipulating things of their own death. That their own will is weak and all they have in comparison to the true confidence of those who do not depend on their own will for peace and happiness.

## **Examples of the Duality Deception:**

Good (Righteous) versus Bad (Sinner) (Who's the Good and Who is the Bad?)

Heaven Above and Hell Below (Who's going to Heaven and Who's going to Hell?)

Stronger and Weaker (Stronger how and Weaker how?)

Leader and Subordinate (Who's really the first and Who's really the last?)

Up vs Down (Which way is up and which way is down?)

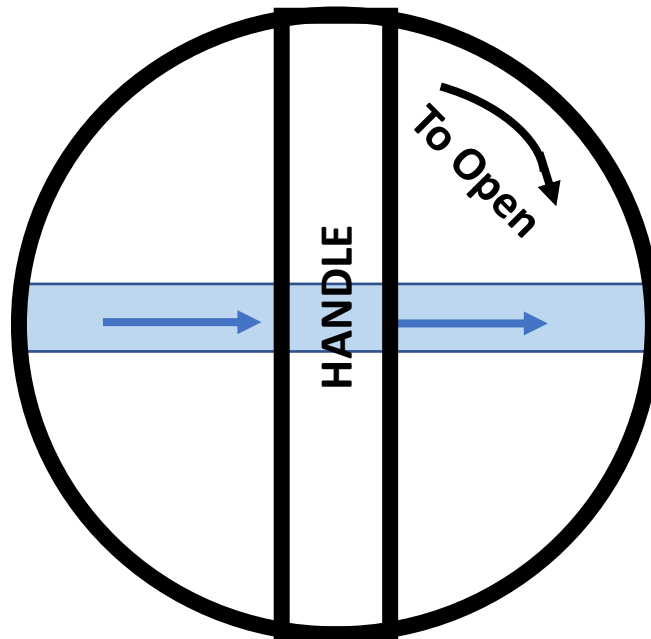
Oppressor and Oppressed (Who's oppressing and who's allowing themselves to be oppressed?)

Aggressive and Passive (Who is aggressive now and passive tomorrow?)

# OPEN AND CLOSED MINDEDNESS

Open and Closed Mindedness is totally within the power of the person. Like a flow or water valve, when a person closes his or her valve (mind), his or her valve (mind) is in the direction of duality (perpendicular to the flow). This valve is located in the 1<sup>st</sup> Stage, a.k.a., the logical mind or Childhood. So then the person remains immature although he or she may think he or she is very mature because her or she perceives (deceives him or herself) that leadership (worldly promotion) equals maturity. When the person opens the valve, the valve is in the direction of the flow that allows the person to run through all the stages. A person refuses to open his or her valve (mind) due to his or her chosen fear, pride, or ignorance.

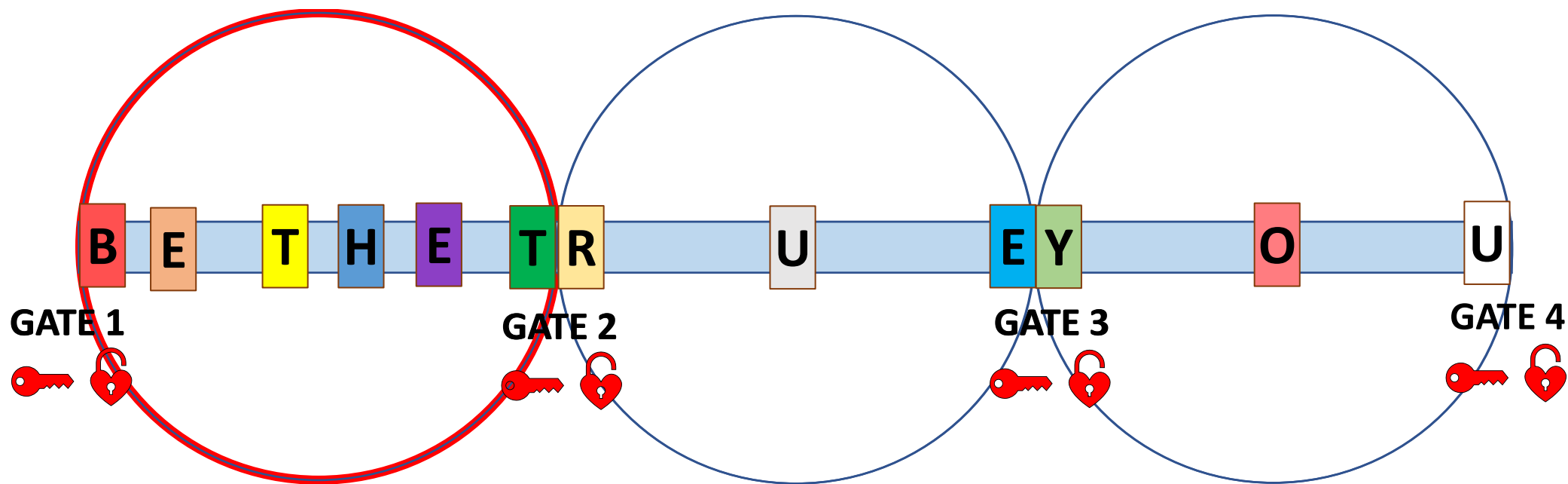
Childhood  
(Mental)



# Childhood

# Adolescence

# Adulthood



**B** IS FOR **BELIEVE IN** a spirit in you that loves you unconditionally

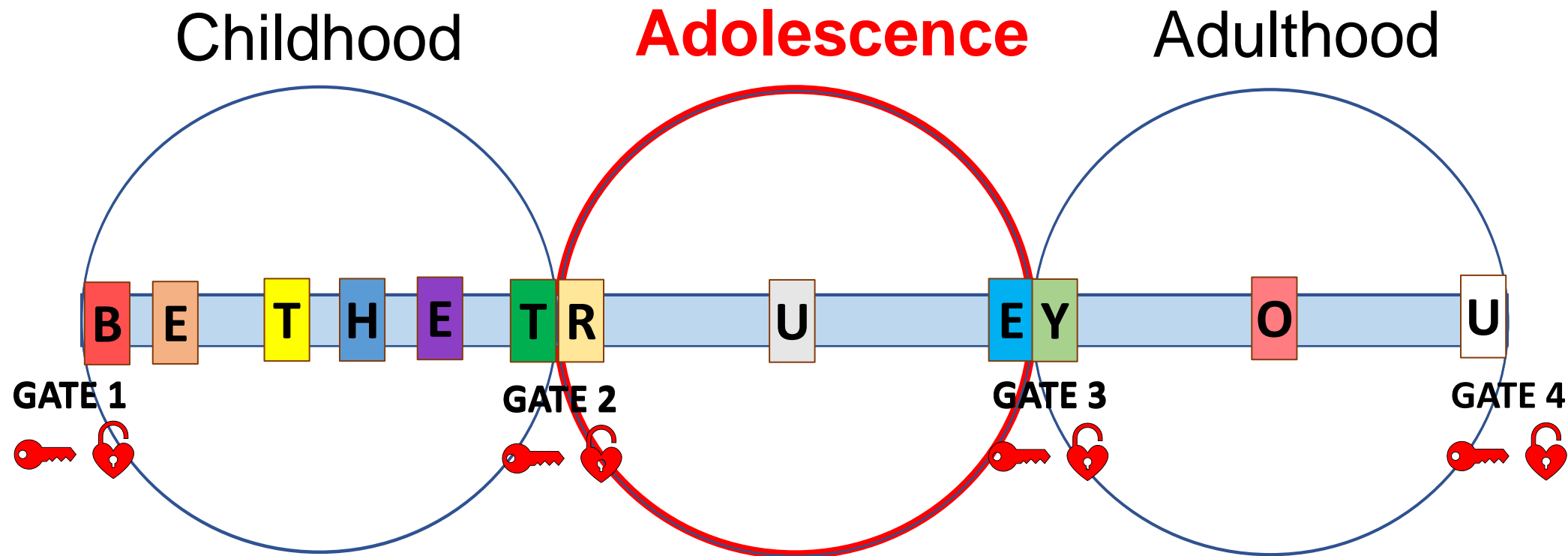
**E** IS FOR **ENTREAT** (Ask for) your spirit to come

**T** IS FOR **TAKE RECEIPT Of** (close your eyes and visualize your spirit within)

**H** IS FOR **HAND OVER** your attention to your spirit

**E** IS FOR **ENLIGHTEN** yourself on who your spirit is by listening to it

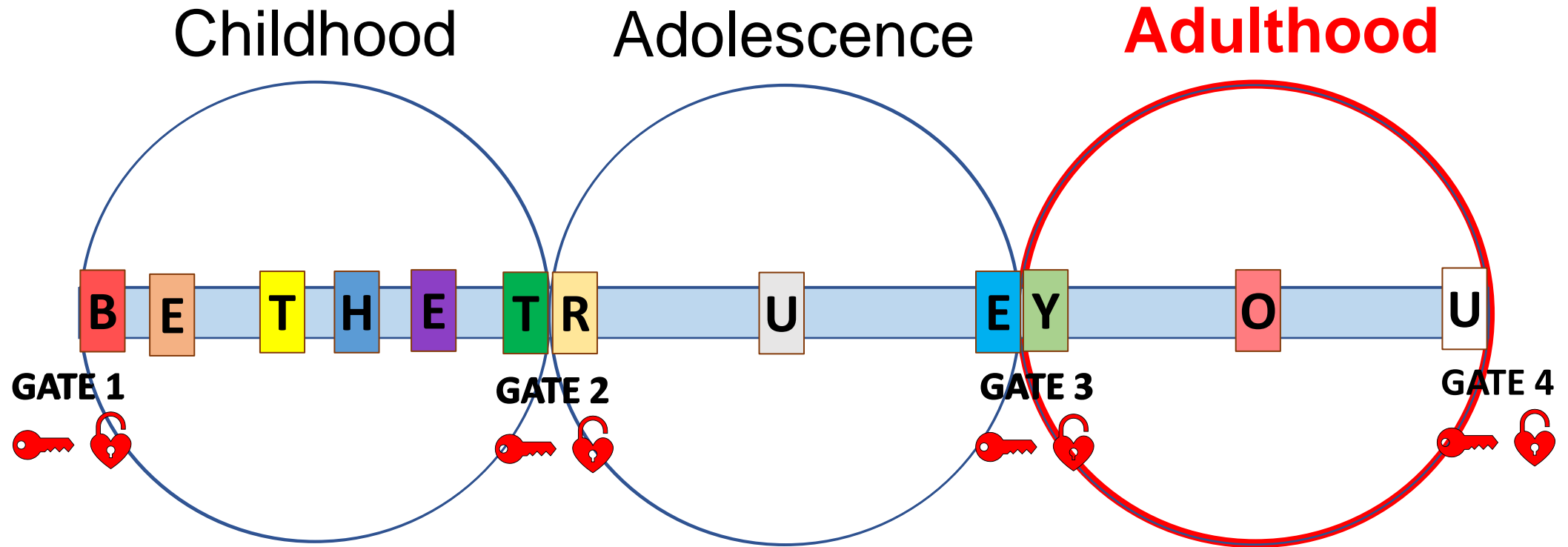
**T** IS FOR **TRY** your case (Decide for yourself if you will take a leap of faith and follow your spirit)



**R** IS FOR **RELY ON** (Trust) your spirit by facing your deepest fear (with the support of a therapist; recommend a therapist licensed in Dialectical Behavior Therapy (DBT))

**U** IS FOR **UNCONDITIONALLY (RADICALLY; FULLY) ACCEPT** yourself as human because your spirit accepted you with your imperfections as you went through the previous step.

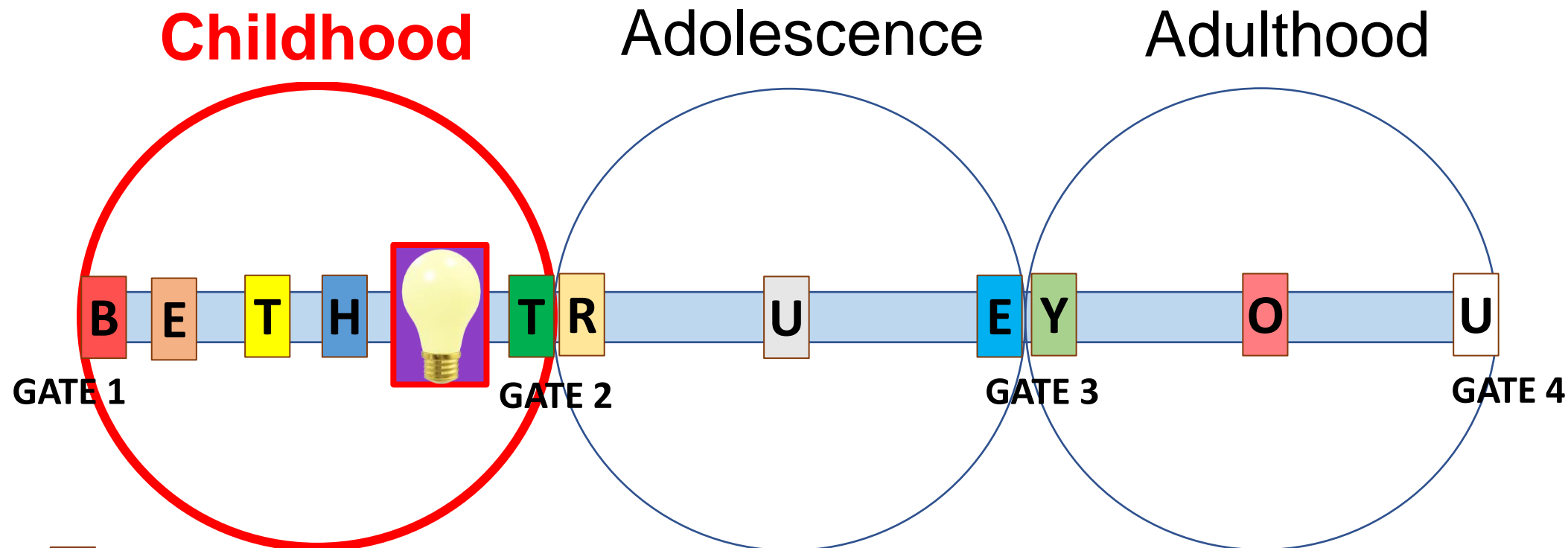
**E** IS FOR **ENSUE** (Embrace; Adjust to the Reality of) **TRUTH** by devoting yourself to obeying your spirit through many of life's scenarios.



**Y** IS FOR **YOKE TO** (Marry) your spirit in order to be completed within yourself.

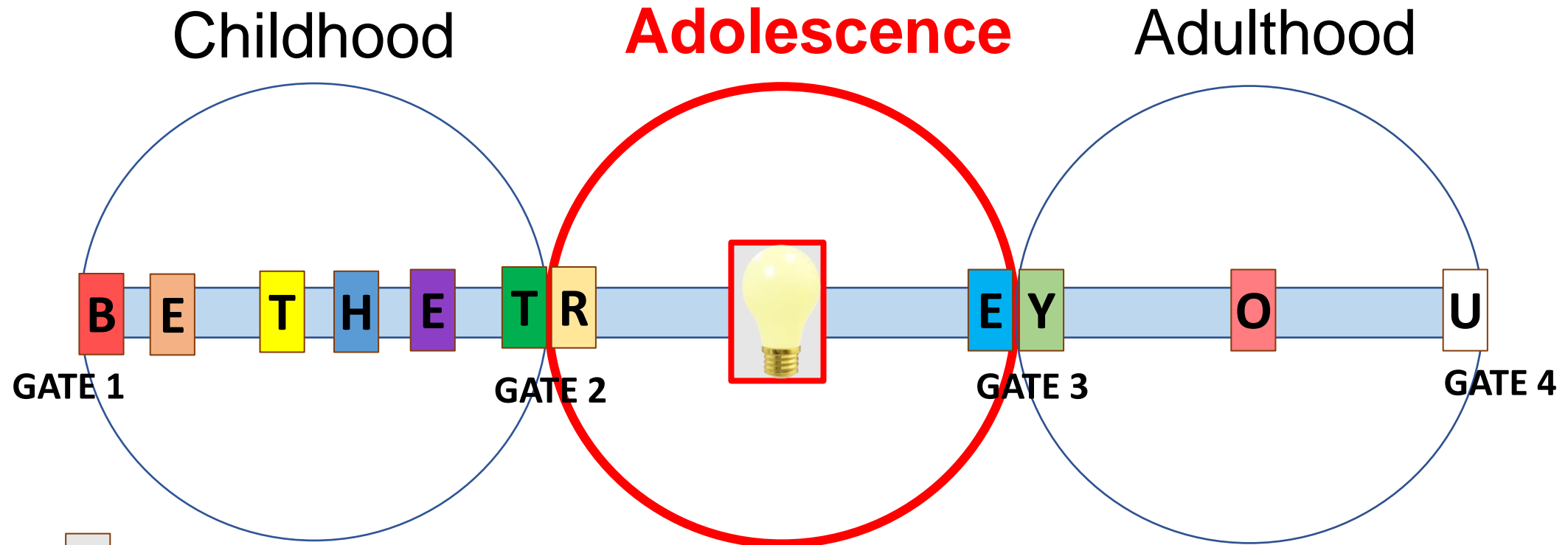
**O** IS FOR **OFFER UP** (Intimāte; Free; Share; Deliver; Serve Up, Give) **LIFE** (a spirit of unconditional love) to others in some form or fashion through true (intimate) love.

**U** IS FOR **ULTIMATELY LIVE** your own life in your own ultimate bliss (intimate peace within in how you love life) forever.



**E** IS FOR **ENLIGHTEN** yourself on who your spirit is by listening to it

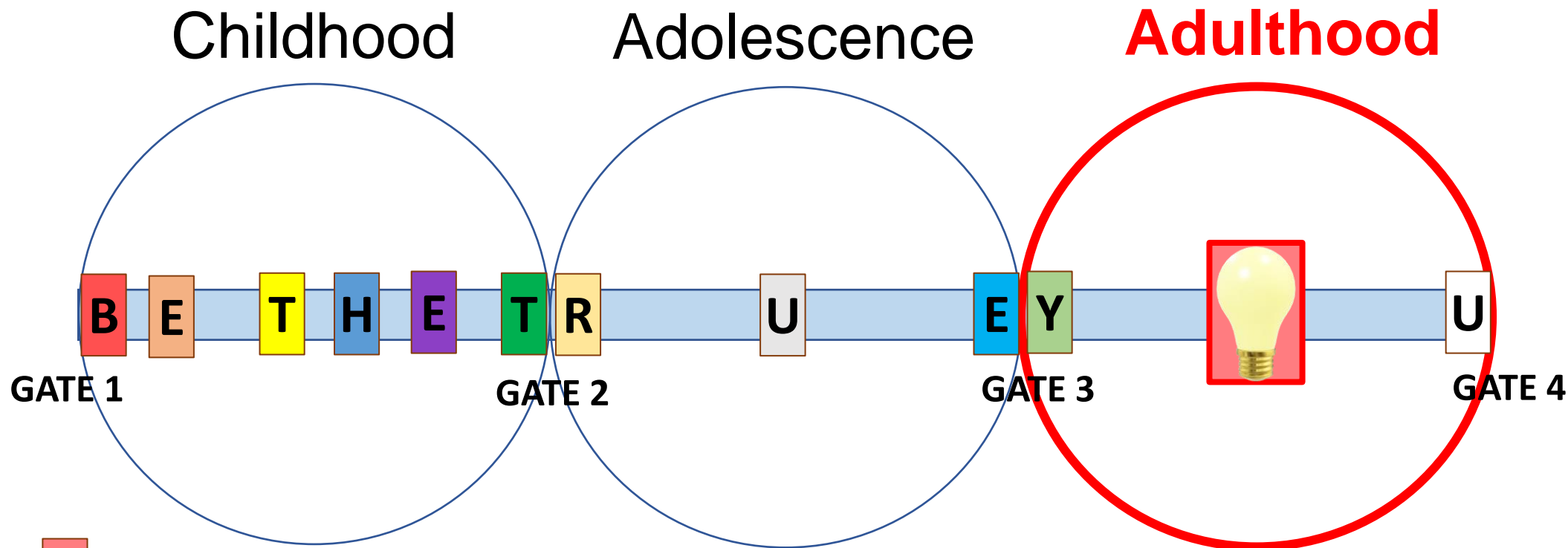
- In order to enlighten yourself, you must **CONSCIOUSLY** be open-minded to seeing things in a different way; from different perspectives. This will allow yourself to **SEE THE TRUTH (LIGHT)**. Those who are dead limit you to seeing only their one perspective (their law), not question their authority, brainwash you into thinking they are wiser, and are very aware that they are leaving you in the dark because they are fearful of you being educated. **THE TRUTH** is that they are afraid you will leave them, which you will. You are made to think it is all your fault, when in truth, you are being played. You must leave because your spirit will call you out of what amounts to slavery once you've seen the truth. You must then choose them or follow your spirit in faith. Going forward is scary but is part of growing up.



**U** IS FOR **UNCONDITIONALLY (RADICALLY; FULLY) ACCEPT** yourself as human because your spirit accepted you with your imperfections

- Those who will not go through GATE 2 because they are too afraid to RELY ON their spirit will wind up trying to FEEL in other ways that are destructive. The REALITY is that LIFE IS MESSY; it has no rule book. The KEY (LAW) IS TO ACCEPT EVERYONE AND EVERYTHING AS THEY ARE AND AS IT IS. What you think is right and wrong does not apply here simply because the more you accept people for who they are, the more whole (loving) you become. Everything is permissible and forgivable, just not always constructive. The TRUTH is that you are helping to create a TRUE (REAL) FREE AND PEACEFUL SOCIETY THAT IS WARM AND LOVING. You will see that the make-believe free and peaceful society in Childhood could only be that if you obeyed those who are dead of spirit rather than your own SPIRIT THAT IS ALIVE. This acceptance takes a lot of practice and devotion before you are COMPLETE and is why you need to Ensure before GATE 3 is unlocked.





**O** IS FOR **OFFER UP** (Intimāte; Free; Share; Deliver; Serve Up, Give) **LIFE** (a spirit of unconditional love) to others in some form or fashion through true (intimate) love.

- Now that you are an authentic adult (Self), it is time to Give Life to others by delivering awareness to others. This is about community and fulfilling your purpose in life as a vital part of the community. The key, however, is to give to others only to the point of not fixing. When the giving starts going into the realm of doing for, fixing, coercing, or forcing, you are allowing yourself to be their spirit or savior, and thus, you are starting a religion. It is very tempting; but you must leave at that point. Give only from Adulthood so that others may freely take what they are now aware of and start connecting with their own spirit themselves. This is how you help others help themselves. Those who help themselves find peace within themselves. Only in this way will you be able to let go of or leave the harbor of Offer-Up and enter your final harbor of Ultimately Live.

**QUESTIONS ?**