

# The Goldilocks rule

by Richard Unger

*This is the original unedited version of Richard Unger's Goldilocks rule.  
Only about half of the following text made it into the final version of Richard's book:  
LifePrints. Deciphering life purpose from your fingerprints.*

## **Axiom One of Soul Psychology: Experience Required**

Soul Psychology is based on the premise that the earth plane is an arena for advancing souls to grow in consciousness. In order to accomplish this goal, advancing souls seek experience.

This is not a new idea. Many religions and philosophical systems take the same position, in whole or in part. If your worldview differs, please adjust *LifePrints'* language to suit your own. I like the "advancing souls" description because it offers a convenient way to picture what fingerprints are saying. Instead of calling fingerprints a map of the soul's journey, we could simply label them a code book to one's core psychology. That works just as well.

Advancing souls seek experience: simple enough; but a closer examination reveals seven key principles that will make it easier to understand the Life Purpose Maps that follow.

### **Principle #1 - The life goal is the experiencing process itself.**

Principle #1 states that the life goal, from a soul level, is the experiencing process itself, not a specific outcome. As stated earlier, if your Life Purpose is Leadership, it is not necessarily your life assignment to become President of the United States, or president of anything else for that matter. Then again, perhaps a presidency *is* in your future. You will find out as your life movie unfolds. The important thing is to inhabit your Leadership Consciousness, dealing with whatever comes your way. That is where your deepest meaning can be found.

This is a central tenet of Soul Psychology: your Life Purpose is not about creating results that match an idealized picture of how your life is

supposed to look. Your Life Purpose may very well surprise you. As a matter of fact, it would be surprising if it didn't. So what does it mean then to have a Leadership Life Purpose? It means two things: first, it is in your interest to gain in experience so that your Leadership Consciousness has full opportunity to emerge; and second, if and when it does, you are challenged to live with a wide range of experiences in this realm.

## **Principle #2 – One's experiences always seek to unlock one's Life Purpose.**

To continue with the example of Leadership as the Life Purpose, then, given time and opportunity, the leader element within you will naturally find a form of expression just by you being you. This is not necessarily as easy as it might sound, as we shall see. Nonetheless, The Leader is inside you and always has been. It merely awaits sufficient experiential material to reach a kindling point where its presence becomes obvious and everyday. When this happens you can say that you have reached the main sequence of your Life Purpose. To illustrate, let's look at two people reacting in their own way to a similar set of circumstances.

Bob from Boise has a Leadership Purpose and a history of abuse. His father beat him, physically and emotionally. At school, Bob got bullied by the bigger kids; even his parakeet showed him no respect. Twenty five years later, while accepting the Citizen of the Year Award, Bob credits his early experiences as pivotal in his development. Having been on the wrong end of the stick in his early life, his threshold for stoic resignation gone, he could not sit idly by watching one more instance of injustice.

This time, someone needed to set things right. Surprising himself with his assertion, Bob rose to the occasion and took the actions that led to this award. Now that he has gained some standing in the community he would like to dedicate himself to community service. Bob becomes Boise's mayor (Why not? It's just a story.) When he exercises his Leadership Consciousness, the application is appropriate to the circumstances. Others' needs are taken into account in the context of the larger picture. Considering Bob's prior experiences, how could he do otherwise?

Fred from East Frasalia had a similar childhood. However Fred moves in the opposite direction: he becomes a power abuser. He is too controlling in relationships. He has power battles with legitimate authorities in the world and at work. He treats his parakeet badly. Then an incident occurs that changes his whole life around. Fred learns first hand what too much power applied unconsciously can do. The details are not important here. The important point is Fred's awakening.

"Oh my God, what have I done?" It hurts Fred deeply to realize the pain he has caused. He makes amends where amends need making. He becomes particularly sensitive to any possibility that his actions may cause discomfort in others. When life presents Fred with leadership opportunities, having learned from past mistakes, Fred (still assertive but now empathetic as well) is better qualified for the bigger role on the larger stage that was outlined in his fingerprints before he was born.

In our illustration, similar circumstances yielded different experiences but both led to the emergence of a Leadership Life Purpose. Of course, there is always the alternate possibility: Bob and Fred learn nothing from their earlier experiences. Unconsciously trudging through life, they make no progress towards the Leadership Purpose they share in common. If this were the case, Bob and Fred would both live in their Life Purpose Inverses (powerlessness for Bob, tyranny for Fred). If they live this type of life long enough, maybe they will eventually gain some momentum forward on their life paths, but there are no guarantees. The planet is plenty big enough for any person to stay in The Big Gaping Hole (life without meaning) for an indefinite period of time.

The more likely outcome for Bob and Fred, however, is some combination of the examples given. Life being the messy business it is, rarely does a straight-line diagram describe a person's life. In retrospect, we can see The Leader slowly going through its developmental phases in both Bob and Fred, while in the short term each zig and zag seem random and all consuming. The thing to remember is that any experience can serve a person's progress. Too much power applied unconsciously or too little power employed when more would have been better: either option is capable of generating uncomfortable outcomes while still advancing a person's Life Purpose. Conversely, either could become a life-sized trap lasting for decades. In a similar vein, if Bob and Fred have wonderful parents and wonderful bosses who use power

fairly and effectively, these experiences could also be models to work from on their leadership life paths. Or, alternately, Bob and Fred might each miss the point, ignoring the opportunities laid before them.

*Being alive creates opportunities for experience. It is up to each of us to gain from our experiences and, in so doing, move our Life Purpose forward.*

### **Principle #3 - Living your Life Purpose means experiencing all that life brings your way.**

As stated before, a Life Purpose is not a position to get into, it is a consciousness to inhabit. If you quit your desk job to become a painter does that make you The Artist? Maybe. Maybe you are a hack. As we have seen, the actual role you play, your title at work, is not what is important



Let's say that you do learn from your experiences sufficiently for your Life Purpose to clearly emerge. Like Picasso discovering his passion for art, you have opened the door into the main sequence of your Life Purpose. You are gaining satisfaction points on a regular basis. Congratulations.

Does this mean that everything is now automatically rosy?

No way.

You have problems (or you do not) like everyone else in the world. However, now (if you are Picasso) when you have problems you have *artist* problems, the exact problems you are supposed to have.

I love using Jacques Cousteau as an example in my readings. I never got to read his hands but he seemed to epitomize a person who knew what he wanted. For Jacques, boats, the oceans, the whole undersea world was his life. QED, nothing else to say. If he had won the lottery,

how much would have changed? Not much, I suggest. He could have afforded a more expensive sonar package for boat number two, that's all.

Let's put Jacques into our illustration, assuming he is right On Purpose with his life. Was Jacques Cousteau's existence trouble free? What do you think? As the world's top ocean explorer he got to explore the toughest ocean environments, to address challenges beyond the scope of anyone else. Difficulties abounded. Nor did Jacques want a life free of all difficulties. When he got to the Gates of Heaven (however you interpret that phrase) Jacques would have wanted a good story or two about how tough things were in his day so he could hold his own with the ancient mariners already there. "We had to make our own boats," one will say. "That's nothing," an even more ancient one will suggest, "We had to invent sailing itself."

The point is that for Jacques, boat problems were the type of problems that he was supposed to have. Not factory problems: the foreman is a real idiot; I can't take another day on this assembly line; these are not problems that would have moved Jacques' Life Purpose along. If he were lucky, an old salt might have set him straight. "The problem, Jacques, is that you are in the wrong life here. Go find you a boat."



Cousteau's super long little fingers indicate a Code Breaker Personality

So *you* find *your* boat. Are you done, is your Life Purpose complete? Not at all. You are just beginning. Welcome to your Right Life. Now, what are you going to do about the mutiny in the Miami office? The hostile takeover? What about time for your family now that you are so busy? And so on. Similarly, when Picasso unlocks The Artist within, when he

fully inhabits his artistry, has he finished his Life Purpose? Of course not. Now it is his job to have a lifetime of artist experiences and express this life on his canvas of choice.

Life Lessons work the same way. If your Life Lesson is Guilt Issues, it is not your assignment to get over guilt so as to never feel guilty again. It is your assignment to be conscious of all experiences pertaining to guilt, hopefully learning from them. If your Life Purpose is Family Service it is not expected (nor even hoped) that you will do only service for others. It is to be expected that you will experience a full range of possibilities in the service realm.

*As your experience level increases, your ability to make choices improves and your outcomes will be more in your favor. However, you cannot get experience without trial and error.*

Let's apply the Experience Required concept in a hand reading. A client will ask whether to stay or leave a relationship, whether to keep or switch careers, or something of this sort. These are important life-defining questions. Clients want some perspective. But the information revealed in fingerprints is both as direct as a sledgehammer and as subtle as anything can be.

If Leadership is a person's Life Purpose, does this mean that signing up for a Harvard MBA Program is the best option available? It is hard to say. What it certainly does mean is that on a life scale, satisfaction will be greatest as one's Leadership Consciousness is accessed and expressed. But life is twisty-turny. Maybe the best road to leadership and influence is by attending PTA meetings for years until one day, roused by the school's apparent lack of concern for the children, you stand up and take a position. Others agree and align themselves behind you. You alter the course of your child's high school curriculum; and even more: a new attitude starts to pervade Smith High. How could one plot such an outcome on a life graph? Was staying at home the best route to leadership?

"What course of action should I take?" asks my client.

I answer: "No matter what you choose to do, the challenge is to make your choice (and future choices) from inside The Leader that lives in you. If you can do so, your fingerprints indicate that you will feel On Purpose with your life. The question is not so much about choosing the right action today. It is about recognizing this part of yourself, learning to recognize it in its ever-changing disguises, learning to access its potency as a compass pointing towards life-scale satisfaction. I cannot so much tell you to do this as I can bring the possibility to your attention so that The Leader that has been there all along may be more obvious to you on your next encounter."

All your experiences are already arranged to teach you the skills and bring you the opportunity to express your Life Purpose. If you stay conscious, your life begins to evolve of its own accord into the Life Purpose shown in your fingerprints five months prior to birth. You do not have to arrange it any more than the acorn needs to take classes on proper oak tree development.

In summary:

- **The more consciously you gain in experience, the more your true self emerges.**
- **The more your true self emerges, the more your Life Purpose blossoms.**
- **The more your Life Purpose blossoms, the more you will like the life you are living.**
- **Knowing your Life Purpose allows you to better interpret the events and relationships that already exist in your life, to enhance the experiencing process, so you can move in the direction your life wishes to go.**

**Principle #4 - You must be conscious of your feelings to gain experience.**

I have been talking about experience as if you and I mean the same thing when we use the word. Perhaps we do, but let's check this out in more detail. Webster says experience means

a: direct observation of or participation in events as a basis of knowledge

b: the conscious events that make up a person's life

c: something personally encountered, undergone, or lived through

d: the act or process of directly perceived events or reality

Thank you Daniel. Experience comes right after expensive in Webster's *Ninth New Collegiate Dictionary*, an apt position I might add.

Notice if you will the emphasis on being conscious. In Soul Psychology, you gain experience as you go through an event with consciousness. You do not gain in experience; you do not bring your Life Purpose forward, by staying unconscious. What is so challenging here is that to bring your Life Purpose forward you must consciously experience your Life Lesson which, as you have already learned, is (by definition) the hardest thing in the world to stay conscious for.

This is worth some further exploration.

For about a quarter of a century now I have been using the movie *Ordinary People* as an example of what it means to be conscious or unconscious. You don't have to watch the movie to get the gist. A boy is in a boating accident. His brother drowns just beyond his reach. He gets amnesia. Everyone in the audience understands the problem. The trauma of his brother dying right before his eyes is so great the young man cannot cope with it. Actually, to be more accurate, he is coping with the calamity by giving himself amnesia. As a matter of fact, this may be the only and most elegant solution available. To consciously feel the pain and helplessness surrounding his brother's death is more than the young boy can bear.

We all know that he will have to deal with his feelings at some point or he will not be able to get on with his life. He sees a psychiatrist. Bit by bit, as his therapy continues, he gets little glimpses of the accident but not the full picture. He is straining against his unconscious, willing the scene to play in his mind's eye, the better to end the amnesia that has put his life on hold. We in the audience strain with him, but we have the

larger view. We know what he is straining against. Finally, in one fateful therapy session, the floodgates open and it all comes pouring out. Two months earlier, awareness would have been premature, but now he is strong enough to bear it. He lets out the guttural cry that has been frozen in his throat since that day on the lake and we know he is on the road to recovery.

This is not a how-to book on the appropriate expression of feelings. That may be way too big a topic for any one book to cover. But humans are emotional creatures and there is no way around this fact: it is axiomatic in Soul Psychology that **you must become conscious of your feelings in order to fully process experiences.**

When our young man became conscious of the boating accident, he had his authentic reaction in its delayed form. At this point, the worst was over and the rest of his life could begin. He'll never forget the boating accident that took his brother's life. The pain will never dissipate completely. But at some point he will be able to move on. Take away the melodrama and it is easy enough to see that we all have some amnesia to various degrees. It is our challenge, everyone of us, to awaken and allow our lives to unfold.

Earlier, you read that given time and opportunity, The Leader within (if that were your Life Purpose) would naturally find a form of expression in your life, just by being you. A more complete description would have been: just by you being you and **consciously experiencing your life...** though as the *Ordinary People* example indicates, this may not be as easy as it sounds.

### **Principle #5 - Experience is the best teacher.**

It was not a popular success, but I liked it. *Jeremiah Johnson* is a 1972 movie starring Robert Redford as a disaffected Civil War soldier AWOL in the remote Rocky Mountains. Whether it was the beautiful scenery, the heroic quest of a lone hero, or my own military imbroglio of the times, I found myself identifying with the neophyte mountain man struggling to survive against the forces of nature. Somehow, Robert Redford standing knee deep in a freezing mountain stream, flailing

frantically, his prospective dinner laughing back at his feeble fumbling fishing foray made me consider my own foibles in a more noble light.

Luckily, Redford's character is taken under the wing of a mentor willing to share the secrets he has garnered through years of experience. Will Geer is the irreverent master of mountain wisdom who ushers Redford, the initiate, through his first winter, saving his bacon and getting a laugh or two to boot. Geer seemed to particularly savor the hot coals scene: a campfire in the wilderness, warmth, a hot meal, safety—Jeremiah's prospects are looking up. He watches as the master spreads some embers on the ground, covers them with a layer of dirt, then lays down his bedroll for a cozy night. Jeremiah copies the master's behavior and settles in, satisfied with himself, a maybe-things-will-be-all-right-after-all look on his face.

Some time passes. Jeremiah leaps awake, his bedroll smoking, half aflame. The master rolls over and calmly states "Not enough dirt. Saw it right off." No further comment is forthcoming and none is needed. Jeremiah has learned his lesson better than any lecture could have accomplished. Another demonstration will not be required. So it is with most of life's learning opportunities: experience is the best teacher.

### **Colonel Mustard (In the Conservatory with the Wrench)**

Colonel Mustard's story gives us the opportunity to further explore Axiom One: Principle #5. Colonel Mustard is my nickname for a broker, approximately thirty-five years of age, whose hands I read several years ago. (His fingerprint chart can be found in Appendix I, page 36.) He came into my office well dressed, hair slicked back so as to present the sleekest aerodynamic profile. We shook hands and as he sat down I got the impression of an owl silently swooping off its perch at midnight to catch its prey. I didn't get a sinister feeling. It was more an appreciation for an efficient, clean machine. He was smooth but not oily. I found myself liking him more than I wanted.

The reading was moving right along and at an appropriate time he told me his story. He was in the mustard business, he began. Right now he controlled a half million ounces of the yellow herb. "Where is your warehouse?" I asked, wondering to myself what so much mustard must look like. Was it stored in huge vats, like wine? "The Rothschild '76 is

particularly excellent," the connoisseur of my imagination was saying, preparing to partake of the perfect Nathan's hot dog. "So refined, yet slightly vulgar."

But I had little time to indulge myself in further detours. I sat in rapt fascination as my client told me the details of the business. No warehouses, he explained. It is all on barges offshore. He never even gets to sample the wares. Everything is on paper: brokers, mustard futures—a high stakes poker game. If the price of mustard went up one half cent next week he stood to make a fortune.

He went on; "I have made two fortunes in my lifetime only to wind up broke both times. I do not intend for this to happen again. The first time I lost my money to a freak of nature, an impossibly late snowstorm that wiped out a crop that caused a chain of events, the effect of which was to leave me over-exposed and bankrupt. The recovery was slow and painful, but I did it with the help of a partner. I was the brains; he had the cash; and we were a great team, or so I thought, until he disappeared on me without a trace and I was broke again. This time I have left nothing to chance." He went on to describe the details of his current mustard gambit, leaning forward in his chair, eyes super alert. I was mesmerized.

He sat back; my turn to speak. "Before I tell you your Life Purpose I would like to ask a question." "Shoot." "Are you in a relationship?" "Three," was the surprising answer. He described his three current girlfriends, each a beauty queen he assured me, whom he controlled like a card shark. None of them knew about his plotting ways, he cleverly suggested. They were all on his string. That is how he came to my office. One of his girlfriends had seen me a few weeks before and he had decided to try it for himself.

Then it hit me. He was the guy "Mathilda" was talking about. Not only did she know of his other girlfriends, the three of them had met several times and were banded together with plans of their own. Ooh la la. Things were getting interestinger and interestinger as the reading moved to a discussion of his fingerprints.

"You are a Master of Manifestation," I told him, "a man designed for success in the world. Your entire purpose in coming into this lifetime was

to experience material success in the truest sense of the phrase. The line markings and shape of your palm and fingers are also so arranged. If I needed to make a million dollars by next Thursday I would pick hands like yours at the cosmic hand store. They are the perfect tool for the job."

"However, there is one catch, the same catch that everyone faces: we each have a Life Lesson. The only way for any of us to reach our goal is to make progress in this particular challenging arena of life. Without progress on your Life Lesson no amount of effort will produce the Life Purpose satisfaction you seek."

"Tell me," he said. "I will do whatever it takes."

"Okay, but you may not want to hear it," I said. "Your Life Lesson is Surrender to Love. Until you can let go into a relationship, share yourself with a life partner, you will never reach the success that is your birthright."

"What are you talking about? How can sex with Mathilda or sex with Camille affect the price of mustard? You are crazy. I have left no stone unturned. When the price of mustard goes up next week, and it will, I am assured my fortune."

"I know nothing about the price of mustard," I replied, "but I do know about Soul Psychology and the laws of fingerprints." I described his Life Lesson in greater detail and he agreed that he was "intimacy challenged."

"So what? I'll make my fortune and worry about it later."

The owl was flapping its wings *agitato* but his eyes were bulging and he was straining with all his might to get the connection.

"Maybe in a past life," I suggested "you had succeeded in the world, only to feel isolated and abandoned. 'What had it all added up to?' you wondered in your post-life review. Who knows for sure about such things? But I can say that in this lifetime, in your soul's wisdom, your goal is to avoid repeating such errors. Remember Scrooge? He had money but no love. When the angels visited he begged for another

chance to put things right—and he did. Your Life Purpose asks the same of you."

Most with this Life Lesson spend decades (at least) with too much surrender as the governing theme. Colonel Mustard's girlfriend, whom I had read for, was one such example (Her fingerprints are in Appendix I, page 36. Mathilda, coming up shortly on pages 30-32, also has the same fingerprints.) The Mustard Man was on the other side of this coin: too little surrender. I invented a story of a woman suffering in an uncaring relationship as we discussed the flip side of the surrender skills training program.

"I would never sacrifice so much for a relationship. She is such a sucker," he replied to my veiled description of *his* girlfriend's dilemma.

"But she is in the same classroom as you, seeking the same skill you are. Her Life Purpose differs from yours, but the banana peel under the foot of each of you (your Life Lesson) is exactly the same. She surrenders too much, you surrender too little."

"Why doesn't she just dump the jerk? I would," suggested Colonel Mustard, not realizing who the jerk in question was.

"You would, but until she actually goes through the experience, no amount of logic will convince her." I turned the tables back on him. "Why can't you let go enough to love anyone?"

He started telling me the joys of his playboy lifestyle, but for such a deft salesman he made a weak case. He sensed this as well, or so it seemed, his argument fading out mid-stream. I borrowed a poker story, figuring I could use it to segue way back to his mustard business. "This man loved poker," I began "but he continually lost money. His losses were mounting up so he decided to get some help, hiring an expert to teach him the secrets of winning." The tape clicked off; we were half way through the session. Colonel Mustard was nervously tapping his feet as I flipped the tape over and reinserted it into the recorder.

"The man goes over to the expert's house and hands over his five-thousand-dollar fee and is told 'Wait a bit, I'll be right back.' The expert leaves the man alone in his living room for ten minutes. The man gets antsy, wonders what is going on. Has he been ripped off? He leaves the

living room to find the poker expert in the kitchen reading a newspaper and having a cup of coffee."

"'What's the deal?' he asks."

"'Your first lesson is patience,' the expert replies 'and obviously we are going to have to work quite a bit on that one.'"

"Interesting," my client said with growing impatience. "But what's your point?"

"The point is you can tell somebody something until you are blue in the face, but until they experience it, it is just words. If the poker expert had said that patience was a key principle in poker it would not have sunk in the same way. In your case, Mr. Mustard, you came into this lifetime to learn how to love and be loved, without which any material success will leave you the same empty shell as Scrooge before his resurrection. Your rules for this life are love first, succeed second. All attempts to go in the reverse order will not work, but this is something you must learn for yourself."

Colonel Mustard was nothing if not quick. He countered my pawn to Queen Four with his own *en passant*. "But when mustard goes up next week and I make a million your reading will be all wet, won't it?"

"Not really. I have seen it again and again. Unless progress is made in the Life Lesson, the Life Purpose Inverse shows up, not the Life Purpose. I don't know how it will happen. It may take you losing ten or twenty million dollars before you finally open up to another, if you ever do at all. But until you do you will not gain the satisfaction you seek. If however, having experienced the pain of repeated failure, you eventually open your heart, you will find your life shifting of its own accord. True Success will come your way, material success a likely component, but not until you grapple with your intimacy demons."

I didn't really expect Colonel Mustard to get it. Not that he was especially hard headed or anything; his skepticism made total sense to me. His questions were appropriate. But his pattern with women had been ongoing his entire adult life. I thought maybe his reading could possibly

be a seed that would start to bloom some time later. But he surprised me.

We spent the rest of his session talking about other factors regarding “success” in love. I could see his mind replaying past relationships and coming to new conclusions. As he left my office he gave me a sincere hug and told me he felt like a new man. Of course, he may have been “seducing” me. Seduction came so naturally, he could be doing it and not even realize it himself.

We'll revisit Mr. Mustard at a later point, but for now, let's go to Principle #6 of Axiom One.

**Principle #6 - You need all your experiences to become the advanced version of you.**

Looking back, weren't some of the biggest growth spurts of your life in response to discomfort? As a matter of fact, it is absolutely clear you could not have gotten to where you are today if things had been hunky-dory day in and day out. Of course, that doesn't mean it is in your interest to seek out pain and displeasure.

Loving our children we want only the best for them, but we also know that we do them no favor if we take away all pain possibilities (as if we could anyway). Parents must draw their own line. It is one thing to take away a privilege for a missed homework assignment, it is another thing entirely to let a child flunk out or allow one to get hit by a train. ("I told him not to play near the tracks. I guess now he'll listen.") Nietzsche said, "That which doesn't kill me makes me stronger," but how far should we press the theory?

I don't know either, but consider this perspective. Imagine you have a Guardian Angel, a cosmic personal trainer whose job it is to get you ready to live your Life Purpose. The advanced being in question watches your life at the Cosmic Bar and Grill on Earth TV. More your advocate than any person could be, he will be standing at your side at the Gates of Heaven when you take your entry exam. "Hmm, how tough should I make this next Life Lesson incident?" your GA muses. "I don't

want to discourage this precious human but I don't want to make things too easy."

Let's take the analogy one step further. Your Guardian Angel can make all your dreams come true. (Did I mention that all GA's have genie-like powers?) Maybe it is the big promotion at work, maybe it is the prince (ss) you have been praying for night after lonely night. Of course your GA wants nothing more than to bask in your happiness, but in your current state of consciousness, you would only botch it. Maybe after another experience or two you'll be ready, your GA concludes, ordering another ambrosia from the cosmic bartender. The point is you need all your experiences to become the advanced version of you, even your apparent failures and mistakes.

Which leads us to the Goldilocks Rule.

**The Goldilocks Rule: Too much/too little leads to just right**

**Learning involves trial and error, including the annoying consequences of error.**

**You are not supposed to get it right the first time.**

**Progress is the key.**

You know the fairy tale. Goldilocks is lost in the woods and comes upon a house. Going inside, she finds a table set for breakfast: three bowls of porridge, steam rising (what, no cappuccino?). Hungry, Goldilocks tastes the first porridge: too hot. The second is too cold but the third is just right. She goes into the next room where she finds three beds. The first one is too hard, the next is too soft but the third is just right. If you don't know what happens when the three bears come home to find a dumb blond asleep in their bedroom, you can look it up on the internet.

However, far from being a dumb blonde, Goldilocks is a true master of this three-dimensional plane. Look at her experimental method: she tries something out, it is too this or that. She tries again, this time going to the opposite extreme. Again she goes too far. But she perseveres and finds

that which is just right. Too much, too little, just right—that's the master's formula.

Have you ever watched one of those black-and-white World War II movies? The GI's are in a foxhole; a mortar shell lands in front of them; another shell lands behind them; they leap out of the foxhole just before being blasted to kingdom come. They knew they had been bracketed. The enemy had found out what was too much and what was too little. Just right could be expected momentarily.

These exaggerated scenarios were designed as a memory device to remind you of this central tenet of Soul Psychology. To gain experiences, humans go too far and not far enough on their way (one hopes) to just right. The trick is to learn from one's experience, to follow Goldilocks' example and not to get stuck forever playing ping-pong between uncomfortable extremes that represent inappropriate responses to circumstance. To make this as clear as possible, let's see if we can spot the Goldilocks Rule at work in the next story.

## **Mathilda**

Mathilda is totally infatuated with Fred. I guess that is why she agreed to give him the money she had been saving for college. The plan is for Mathilda to meet up with Fred in Alaska in a few weeks where he will be building a cabin for them to live in. They will start an organic farm and live happily ever after. Arriving in Alaska, Mathilda finds no cabin, no Fred, no zucchinis. Maybe next time she won't be so trusting with someone she just met.

Fast forward fifteen years: Mathilda has not had a serious relationship since Fred. In effect, she has locked the barn door after the horses have gone, but she's not complaining. She has become a therapist and has helped lots of people get their lives together. "I don't need a man to be happy," she says, and who wants to argue with that? Then Phil shows up. Mathilda helps Phil to sobriety. Phil is grateful. They fall in love. They move into Mathilda's townhouse. Somehow, Phil loses his job. UH-OH.

Mathilda's jewelry is missing. They have a fight. Mathilda shows up for work the next day with a black eye. Things get worse. Phil gets arrested, not for the first time it turns out, and Mathilda uses her life savings to bail

him out. She comes home to find him in her bed with some ex-girlfriend or other. It only gets worse from here. Take out the zucchinis in Alaska, rearrange a few details, and you have the life story of thousands of people with fingerprints like Mathilda's.

Mathilda's GA could have just whispered in her ear "Don't surrender inappropriately," but would that have been sufficient to get the message across? Apparently not. Experience was required. Maybe in a past life she had been the unavailable playboy, breaking hearts and not feeling a thing. A semester or two on the other side of things might be just the tonic. After all, Love and Closeness is Mathilda's Life Purpose. (Mathilda's fingerprint chart can be found in Appendix I, page 36.)

Did you spot the Goldilocks Rule working its inevitable (and usually invisible) influence over Mathilda's life? Since Mathilda's Life Lesson is Surrender Skills, early attempts at surrender will be the attempts of a novice. Big errors are to be expected. So, fifteen years old, she surrenders to Fred. Sex, drugs, rock and roll; I guess Mathilda surrendered too much. Phase II: fifteen years without a serious relationship (she finds she cannot say the words "I love you" to any man). Here is surrender error #2: surrender too little. She meets Phil: surrender error #3: surrender too much again. This is the Goldilocks Rule in action. Too much, too little. Repeat as necessary.

If Mathilda can raise her awareness to a C+ in the surrender skills training program her Life Purpose will flower. Said differently, if she can be at all conscious as she goes through these events she will learn enough from them to enter into the main sequence of her Life Purpose. "Think of these experiences as part of your therapist's training. Healer heal thyself, Mathilda."

Two years after Phil, Mathilda has resumed dating again. At least this time she didn't need a fifteen year hiatus. She is still looking for her first good relationship, but the barn door is neither carelessly flung open nor is it nailed shut. This is progress and progress on one's Life Lesson is what opens the door to Life Purpose. After all, how is Mathilda going to learn except through trial and error?

## **Principle #7 – You Have Permission to Learn**

When people are in the throes of their Life Lesson, when things are looking the most bleak, sometimes the best I can hope for in a reading is to hold out the comfort that, as humans, we have permission to learn. Mathilda came into this life to learn advanced surrender skills. The experiences garnered by going through such a difficult training program are necessary for her Life Purpose to blossom. Of course, she may self-destruct, her Life Purpose remaining hidden, out of reach. That is up to Mathilda. With her fingerprints, either outcome (or some combination of each) is possible. However, there is no way she can avoid surrender errors entirely. The only question is, can she learn from her mistakes and move forward on her life path? Easy enough to say from outside the battle, but if you are Mathilda and you have just withdrawn your life savings to bail out Phil, words to this effect may have a hollow ring. It would be like telling someone who just lost a child to leukemia that all is right in God's kingdom. True or false, at that moment it may not be the comfort the speaker intends.

Mathilda knows full well she is in danger. She remembers what happened with Fred when she was fifteen. But Phil has been sober for a week now and when she saw him yesterday at the jail, their love for each other filled the room and everything else disappeared. Her logical therapist's mind knows his relapse possibilities are high but her heart wants to believe. And there she is in my office, hands outstretched, hoping there is a sign that will allow her to do that which she knows is not in her own interests.

Instead, Mathilda hears that this is exactly the type of circumstances one could expect if one had a Life Lesson like the one that appears in her fingerprints. The challenge is to recognize the surrender issue for what it is, to choose consciously, taking responsibility for whatever may be the outcome. Again, so much easier to say than do.

## **My Fingerprints**

Let's continue the permission to learn theme by using an example from my own fingerprints. (My fingerprint chart is on page 364, second row, right.) Dealing with power politics is part of my Life Lesson and one particularly pertinent incident comes to mind. I was being marginalized, outflanked in an organizational setting. Looking back, I had vague

feelings about this early on, but Life Lessons imply blind spots and I refused to take my suspicions seriously, the better to avoid having to confront my adversaries. As with all Life Lessons, however, things just don't go away.

Another incident occurred and I could no longer lie to myself. So and so had deliberately done such and such. I decided to confront the situation head on. "Tomorrow, yes tomorrow would be a better day to do this than today," a voice inside my head said.

Good. I didn't want to have that conversation today anyway. I let it pass. A few weeks later it all boiled over again. I was in a meeting and so and so said such and such. "Hold it one second. What about my proposal last week that we all agreed to?" I was being bypassed again and it would do no good to bring it up here. The problem was with the Big Poobah, not this underling.

I decided to talk to him as soon as possible. I was scared (he was after all the biggest Poobah this side of the Rocky Mountains), but was I a man or a mouse? I called up Poobah the Big and, reaching his secretary, set an appointment to get all this handled once and for all. So there. The appointment was twelve days hence (Poobahs are busy, you know), so other than a bit of stewing, for the time being there was nothing to do.

Twelve days hence came and I was ten minutes early for my appointment. I figured I'd start with an acknowledgement of how much Poobah had helped me and why I respected all he had accomplished for the organization. Then I'd let him have it. Why was he undercutting me? We had agreed to my plan. Why was it not being implemented? Why wasn't I even told about this? I had it all written down. I took a deep breath. I was ready. Forty minutes passed. Poobahs like to do that, I thought; a power maneuver. I can see his game a mile away, hah. "Mr. Unger, Mr. Poobah can't see you today. Something big has come up. He asked me to reschedule with you for next month. He regrets any inconvenience."

I exited: half furious—half relieved.

Next month ensued, during which time all sorts of minor incidents occurred that validated my suspicions. Discussions had definitely taken place behind my back and I had been relegated into an untenable corner. I was ready for my confrontation with Mr. Big. Again I was ten minutes early. Again I was made to wait, this time for almost an hour. Finally, Mr. Big came out of his office with a smile and handshake, welcoming me into his office like a long-lost brother. He had to leave for an important meeting in only five minutes but he was so glad to see me. I launched in, starting with the two acknowledgements (he had taught me that tactic himself; people listen better if you start that way) and worked up to my complaints. He listened ardently. Hmmm. "Yes, I can see you feel upset by what happened. Look to yourself and the answer will be clear, Richard. Gotta go. Nice to see you again." He almost said let's do lunch. If he had, maybe I would have punched him in the nose like I had wanted to from the beginning.

But I never did punch him in the nose. I hadn't even got to my biggest point: that he was the source, the decision maker whose dictum was now impinging on my territory. Of course he knew what he was doing, making me wait and leaving five minutes for our meeting. Of course he knew why I was there and what I was going to talk about. He had orchestrated the entire deal. I know that now, now that I am not in the throes of it all. But at the time I couldn't be sure of anything. I was so worked up. I was angry, scared, unsure, guilty, and who knows what else all rolled up into a ball of confusion and frustration.

I stomped out into the parking lot and sat in my car for who knows how long until a voice inside my head popped up: "Richard," it said. "Three months ago you blatantly disregarded the clues and your feelings on this mess. Two months ago you recognized what was going on but you did nothing about it. Last month you tried to do something but let it get away. Today you confronted him and got about half of what you wanted to say off your chest. That's progress young man. Not too bad. This is your Life Lesson here. It is as tough as anything gets for you. You're not supposed to be good at this. You have permission to learn. Keep it up and you'll be OK."

I felt a little better. Not a lot mind you, but a little was a lot if you know what I mean. Three months later I left the organization and as I look

back, I learned so much while I was there and, whether Mr. Poobah saw this or not, I needed to move on. Mr. Poobah had helped me to do so.

Back to Mathilda in my office wondering about Phil. Well, you read her story. She feels worse than ever and as the reading unfolds it is clear that she has already made up her mind what she is going to do. I hoped that the message "You have permission to learn" would help her to keep her self esteem more or less intact through the morass.

Other times, people like Mathilda come in after the storm has passed. Phil is gone and they are never going to make a mistake like that again. I agree. They have gained in experience. But these are fingerprints we are talking about and fingerprints do not change. We can expect another round of surrender issues to emerge in Mathilda's life at some time or another. In a new disguise, to be sure, but expect the same dragon to attack another wall of the castle. Of this you can be certain. However, if Mathilda can learn from prior errors the attack will be less effective and her Life Purpose will continue to blossom.

Twenty years from now, when Mathilda is asked to be the Chair Person for the National Commission on Therapy and Health Care, surrender issues will work their wiggly way right back into Mathilda's life story. Should she let some Big Poobah pressure her to put so and so on the Commission or should she stand her ground? If she has been paying attention to her experiencing process, the lessons garnered dealing with Phil, and Fred, and their ilk may provide the guidance she needs to steer an appropriate course.

### ***My Red-Headed Daughter and Long Division***

*"Daddy, I'm never going to become a functional adult," sighed my red-headed daughter. "What's up?" I asked a bit tentatively, not having a clue as to the subject at hand. "In class today we were working in our math book and John was doing long division and I can't remember the first thing about it. I'm never going to get out of fourth grade." She was a full two days into fourth grade at this point.*

*"Oh," I replied, relieved. How many functional adults remember long division anyway?*

*"Let me check your math book. Aha! You didn't cover long division in third grade. I thought so. Is John that kid that just moved here from Minneapolis? He must have covered long division in third grade. You haven't started it yet." I rose to emphasize my point.*

*"Remember, dear one, when you didn't know how to tie your shoes but you practiced and now it's easy? And your bicycle, remember..."*

*"Thanks Dad." I was being interrupted just as I approached my final summation. "Hold the speech," she declared as she left the room. "That's all I needed to know."*

**Each of us has come to the Earth University with something to learn and something to do.**

**We empathize with our children as they struggle with their lessons, but can we be as kind to ourselves as we go through the training program printed on our fingerprints before we were born?**

# **Axiom One of Soul Psychology: Experience Required** (summary)

The earth plane is an arena for advancing souls to grow in consciousness.

In order to accomplish this goal, advancing souls seek experience.

Principle #1 - The life goal is the experiencing process itself.

Principle #2 - One's experiences always seek to unlock one's Life Purpose.

Principle #3 - Living your Life Purpose means experiencing all that life brings your way.

- As your experience level increases, your ability to make choices improves and your outcomes will be more in your favor. However, you cannot get experience without trial and error.
- The more consciously you gain in experience, the more your true self emerges.
- The more your true self emerges, the more your Life Purpose blossoms.
- The more your Life Purpose blossoms, the more you will like the life you are living.
- Knowing your Life Purpose allows you to better interpret the events and relationships that already exist in your life, to enhance the experiencing process, so you can move in the direction your life wishes to go.

Principle #4 - You must be conscious of your feelings to gain experience.

Principle #5 - Experience is the best teacher.

Principle #6 - You need all your experiences to become the advanced version of you.

- The Goldilocks Rule: Too much/too little leads to just right

Principle #7 - You have permission to learn.