Petruska Clarkson
1948-2006

taught by **Petruska Clarkson** in Pretoria in 1975; she predated the similar models of Wilber (1980) and Lazarus (1981)

what is the 7 level model?

- an holistic map to help us understand the complex territory of a human being striving for whole health

- accounts for all the different domains in which we experience ourselves, each other and the world

- can be used to identify which of our domains are most functional and which may need some support
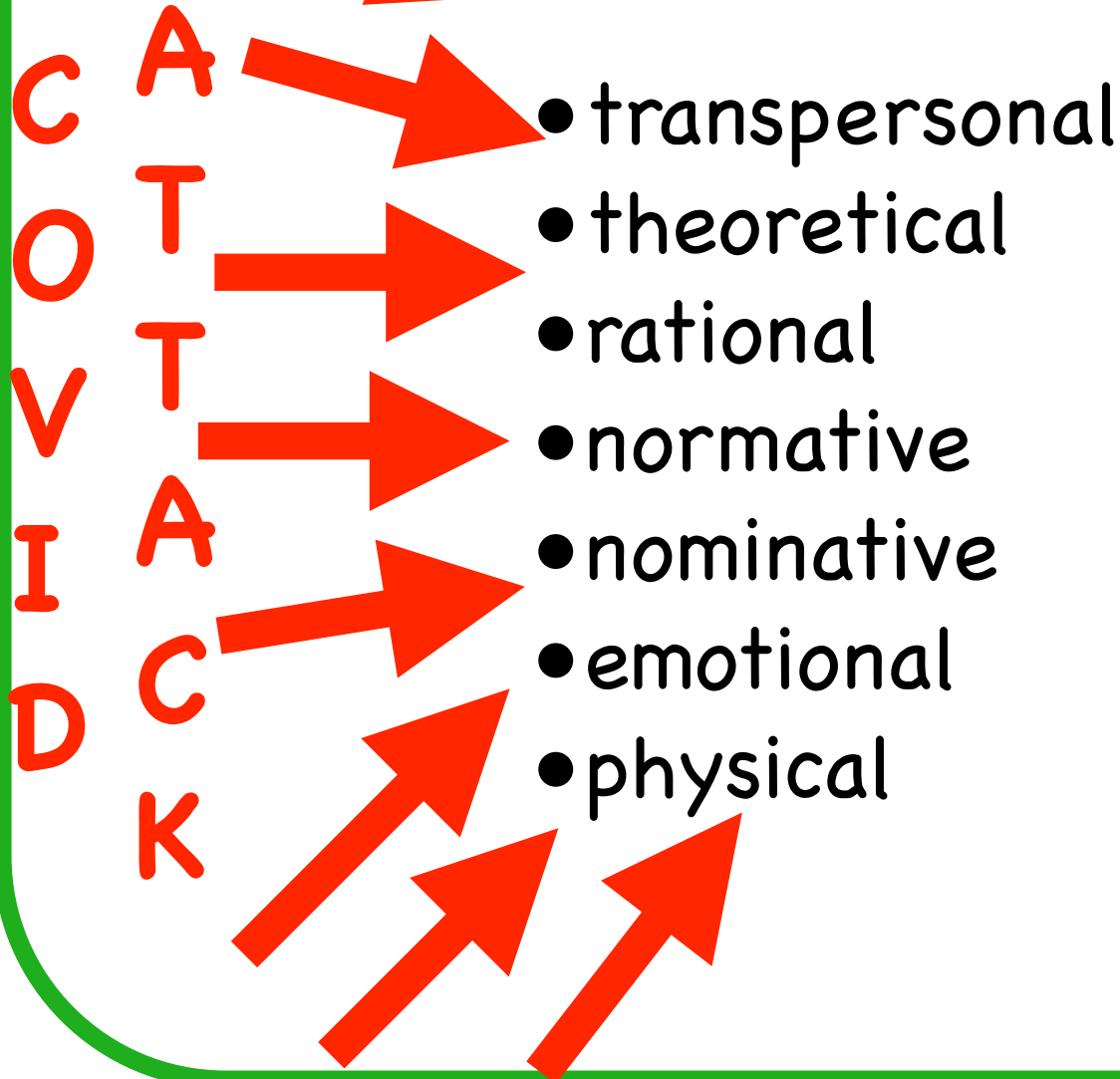
the 7 levels

- transpersonal
- theoretical
- rational
- normative
- nominative
- emotional
- physical

Petrusca Clarkson 7 level model
a holistic view of the person

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- transpersonal
- theoretical
- rational
- normative
- nominative
- emotional
- physical

body

social separation

- isolation
- loneliness
- touch
- affectionate touch
- increased smoking/alcohol/ addiction of all kinds
- increased comfort / junk food
- sleeplessness
- premature death
- can't do work
- little differentiation in environment

- less stimulus
- poor cardiovascular function and impaired immunity
- health issues that went undiagnosed/untreated
- lack of exercise
- loneliness to a 30 percent increase in risk of stroke or the development of coronary heart disease
- self harm
- long-term "fight-or-flight" stress signalling = less immunity and more inflammation

masks
- headaches
- skin irritation
- dermatitis/bacterial infections
- fatigue and dehydration
- reduced heart and lung efficiency
- increased falls in the elderly
- eye dryness/irritation
- masks discourage all forms of communication, both verbal and non-verbal
- inhibit any form of shared pleasantry or human connection
- excludes the hard of hearing
- exposure to contaminants in textiles
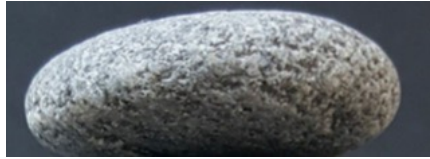
'vaccine'

(see VAERS, MHRA)

- headaches
- vision and hearing problems
- menstruation problems, easy bleeding
- heart attacks, chest pain, arryhythmias, palpitations
- blood clots and blood pressure issues
- movement and postural difficulties
- swelling, skin rashes and bruising

- fatigue and fibromyalgia
- joint and muscle pain
- muscle twitching, spasms, tremors and shaking
- numbness, paraesthesia, paralysis
- arthritis and autoimmune diseases
- stomach issues and weight loss
- death

World Council For Health

UK CV FAMILY, UK-based community for this injured by the Covid-19 vaccines

ukcvfamily.org

avoidance of early outpatient treatment options

- Ivermectin
- Azithromycin
- Hydroxychloroquine /
- Busedene, together with, Zinc and vitamins C and D

America's Frontline Doctors (AFD), (2021) state

'unfortunately, going to the hospital today and being diagnosed with Covid-19 often guarantees a one-way trip to EUA [Emergency Use Authorisation] treatment, isolation, ventilation, and higher probability of death than the disease itself. Dr. Fauci's NIH protocols often include an elixir of lung sedatives such as Midazolam (commonly used in lethal injections), experimental Remdesivir (which is known to damage kidneys) and the ventilator.

- massage/ shiatsu / osteopathy / yoga
- stroke, pressure, squeeze (Jerry Pyves, WCH)
- hugs
- reduce stress
- drink plenty water
- exercise
- nutritious food
- relaxation
- breath work

- calcium, zinc, vitamins
- sleep
- less sitting and screen time
- go easy on alcohol/junk
- sunshine/daylight
- get into nature

- **if you suspect vaccine injury, ask your doctor to do a full blood count, cardiac panel and D-dimer test** ukcvfamily.org
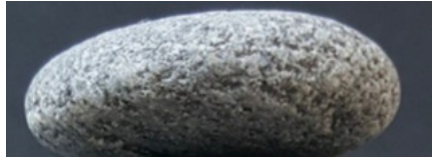
emotion

manipulation through

FEAR, GUILT & SHAME
= STRESS which prevents emotional processing = hot/cold rage

- masking maintains elevated level of fear
- fear of others and for self (as spreader & contractor)
- childhood trauma resurfacing
- worry about business/money/job
- isolation / depression / numbness
- loneliness and social isolation are twice as harmful to physical and mental health as obesity (*1)
- dissatisfaction with one's family / social life / community life / job / financial situation
- loss of community/social rejection
- reduced mirroring
- less joy / joylessness
- identity crisis
- humiliation/demoralisation

emotion

- soothing of the autonomic nervous system
- putting the right words to your experience
- connecting with self and others again
- increased positive mirroring
- kindness
- telling the stories of the harms to other(s)
- grieving the impact of fear and losses (Dalinda Rees, WCH)
- naming and processing emotions (sadness, anger, fear, joy)
- fun/play
- getting into nature
- hugs
- counselling / psychotherapy / EMDR

HEALING

nominative

*labels help us order our experience of ourselves, others and the world; mislabelling of our experience (reality) by ourself or others is detrimental to our mental health; in extreme, it causes psychosis

- things that are labelled good for me are actually bad for me
- 'flattening the curve'
- 'new normal'
- 'social' distancing
- 'sheltering'
- 'pandemic'
- 'vaccine'
- 'safe and effective'

- being called names 'conspiracy theorist', 'anti-vaxxer', 'tin foil hatter', science denier, anti-social
- certain labels not allowed censorship of speech/cancelling
- the need for language to understand inner conflict e.g parent/adult/child, top dog under dog, archetypes, parts; a frontal cortex function knocked offline
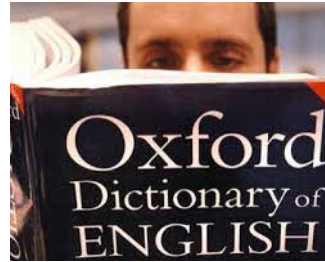
nominative healing

- time to reflect
- questioning
- reclaiming our 'right' language
- label selves positively
- support to explore inner world, to reflect on it, analyse it, have a joined up narrative about it
- reconnection with our own truth/reality
- speaking out
- seeking out others with similar narratives

cultural norms (golden rules / taboos)

normative

mass behaviour change, contrary to existing social norms), engineered globally through the use of public health messages disseminated by the media

- physical distance from people outside your household (free association prohibited, 'stuck indoors')
- regular hand-washing or sanitising
- the wearing of face masks
- uptake of a vaccine when offered
- complying with test and trace guidelines

- travel prohibited
- working remotely
- normative compliance Vs instrumental compliance through 'nudges'
- people's trust in science leveraged
- previous pandemic norms discarded
- quarantining healthy people

conscientiously non-compliant people experienced

- isolation / villification
- having to create new social groups
- being shunned by / letting go of loved ones (family & friends)
- job loss
- having to titrate their language
- holding their tongue to preserve relationships, not inappropriately influence others, get censored/cancelled

## not so the elite…………..

'rules for thee and not for me'

normative

- reject the 'new normal'
- resurrect traditional cultural practices and values
- get close, reconnect with others and stay connected
- choose whether to wear a mask
- choose whether to take a 'vaccine'
- view traditional scientific peer reviewed papers
- protest
- write to MP's
- move about freely
- recover your old way of life
- choose whether to use pharmaceuticals or alternative medicines
- find your tribe
- think 'local' Vs 'global'

rational

frames of reference and skills of taking in information
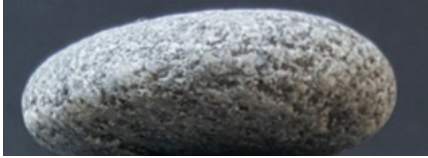
- cognitive impairment/decline due to fright and information overwhelm
- fear perpetuated through MSM presentation of cases / death counts
- information war (censorship, mis/disinformation) lies are truth/truth is lies = confusion
- rules changing daily/contradictions
- struggle to think for self / make sense of the madness
- reduced concentration/lack of curiosity

- information changed (e.g. masks good/not good; vaccine stops infection & transmission /doesn't stop infection / transmission; Covid-19 caused by wet market, naturally, a lab leak)
- trusting/not trusting the authority figures that informed: us doctors not knowing/giving patients sufficient information about 'vaccine' side effects
- 'vaccine' ingredients not listed
- consent not informed
- information denied (MSM & social media; Twitter, FaceBook, Youtube etc)
- mind control/ mindless compliance: Robert Jay Lifton, Mattias Desmet, Sue Parker Hall)

P	PARENT EGO STATE Behaviours, thoughts and feelings copied from parents or parent figures
A	ADULT EGO STATE Behaviours, thoughts and feelings which are direct responses to the here and now
C	CHILD EGO STATE Behaviours, thoughts and feelings replayed from childhood
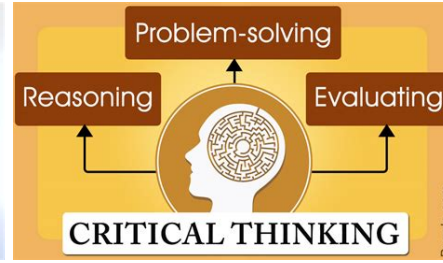
rational

- soothe fear
- address overwhelm by emotion processing (grieving)
- address overwhelm with psychological strategies (Kim Knight)
- support to research and think for self
- seek alternative information sources
- seek alternative analyses
- question, question, question (lobby for information)
- get into Adult ego state Vs Child/Parent ego states
- Adult ego state = frontal cortex engaged, accurate risk assessment / accurate reality checking and best decision making faculties
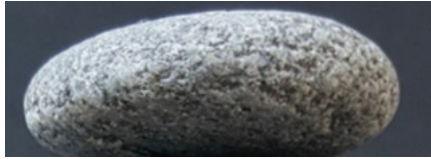
human beings deal with experience by constructing stories and listening to the stories of others

theoretical harms

- telling other people's stories (versions) Vs own e.g. MSM mono-narrative
- tailoring the story to the audience
- lack of a joined up narrative (fragmented)
- struggling to make sense of experiences
- rigidity in story
- not sharing because don't hold master narrative because of the risk of stigmatisation/rupture / conflict
- 'flabby' narratives, missing important plot points

- identity crisis
- lacking in a frame for the complexity and chaos
- lack of rehearsal weakens connection between some pieces of information in the mind and diminishes others
- missing out on the enrichment of a back-and-forth conversation
- memories less flexible, less chance for growth
- 'contamination' stories bad for mental health (unhappy ending)

theoretical

- reducing overwhelm, finding a model to frame the complexity and chaos
- doing sufficient emotional processing (grieving) to soften the organism, loosen up the narrative and embed the memory
- getting exposed to a wide variety of narratives (alternative media)
- creating opportunities for rehearsing, embellishing and enriching narratives with non-judgemental others
- putting the pieces together
- creating 'redemptive' narratives (happy ending)
- reducing fear about sharing non-master narratives
- constructing growth narratives

transpersonal harms

spiritual resources can help us cope with life's stresses and grow

- fear ruptures the spiritual connection
- battle of good and evil
- places of worship closed, deprived of in person group worship
- less support from the spiritual community
- lack of belief, hope peace, purpose, meaning, forgiveness and inner strength
- emotionally vulnerable, more easily exploited and to be addicted
- nightmares / night terrors
- fierce inner critic

- loss of that loving feeling / gratitude / joy / wonder / meditation / prayer / rituals / appreciation of the sublime
- doubts and pessimism
- loss of contact with nature
- less likely to question authority
- more likely to struggle alone
- codependency; overly dependent on others/state instead of self and the divine
- overly independent
- altered perspective; loss of we are small, the divine is big

TRAUMA

transpersonal

- tackle the fear
- set your intention
- be aware of your heart
- seek to recognise the power that is greater than yourself
- dedicate quiet time to yourself for reflection
- make time to go outside
- read inspirational literature/ poetry / listen to music
- experiment to find out what makes you feel peaceful, loved, strong, and connected
- ask for guidance / support

- cultivate gratitude / acceptance / hope / forgiveness
- identify meaning and purpose
- dedicate part of your day doing community service
- be still / meditate everyday
- laugh
- pray – alone or with a group
- interact with like minded people
- practice yoga / chi gong
- practice kindness to self and others
- unpack your dreams
- make spiritual connection a routine

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