

Master Meta-Meta-Framework Chart V 10.1 Olly Alexander 23rd May 2026

Master Chart

Architectural Category	Component	Function	Alternative Formulations	The Kinetic Action / Movement	Governing Paradigm & Grammar	The Restored Sequence (BE → DO → HAVE)	Psychological Impact	Philosophical & Scientific Witness
Meta-Framework	Unified Field of The Human Condition	The total, continuous map of the human journey from the unconditioned child, through adaptation and fragmentation, across the Bridge, and into BEing-led wholeness.	The Architecture of the Cathedral; One Root, One Route, One Road; the whole map rather than another tool.	Contains the whole terrain so the reader can see their life as lawful, intelligible, and capable of crossing rather than as random failure.	Integration, sovereignty, Truth, love, and the Will to Love as the organising grammar of the whole system.	Restores the broken sequence into an organic progression: BEing becomes source, doing becomes expression, having becomes consequence/capacity.	Provides intellectual and emotional safety: the life is a map, not a mistake; the suffering has structure; the crossing has a route.	Jung: transcendent function / individuation; Gabor Mate: trauma, attachment and authenticity; Michael Singer: witness-consciousness and release.
Map / Atlas	The Map / Atlas / Map-System	The positive cartographic layer: a set of maps that show landscape, psyche, paths, thresholds, Bridge, and Field of BEing.	The Atlas of the Human Condition; the landscape map; the maps are the treasure; the map that shows the way home.	Orients the person from confusion into terrain. It shows where they are, where they have been, and where crossing begins.	Orientation rather than diagnosis; seeing rather than blaming; map-literacy in service of lived movement.	Lets BEing become the point of origin by showing that the route cannot be solved by more having or more doing.	Relieves bewilderment and self-blame; gives a panoramic sense that there is a route, not just a problem.	William James: noetic recognition; Blake/Huxley: doors of perception; contemplative map traditions.
Meta-Theory	The Triadic Model	Reintegrating and reconciling the Inner Child, the True Self, and the Shadow so that inner civil war becomes wholeness.	The psychological secular holy trinity; the inner architecture of Re-Collection.	Reintegration and synthesis: the child is honoured, the shadow is included, the True Self is restored as organising reality.	Sovereign wholeness, not inner domination; love holds the wounded, defended, and luminous parts without reducing the person to any one of them.	BEing is restored by honouring the child and integrating the shadow before outward action is asked to carry identity.	Reduces shame. The reader sees defensive armour as survival architecture to be thanked and released, not a defect to hate.	Assagioli: psychosynthesis; Richard Schwartz: Internal Family Systems; Jung: shadow and Self.
Path / Orientation	The Path of Authenticity / Left-Hand Path	The positive route where attachment is not purchased by self-abandonment and life begins to be organised around authenticity, truth, and love.	The route home; the authenticity path; the path where love does not require self-betrayal.	Turns the person away from external validation and toward the lived recovery of the real Self.	Authenticity, unconditional love, truthfulness, vulnerability, and inner authority.	BEing is no longer traded for belonging. Doing becomes faithful to the Self rather than a strategy for attachment.	Creates relief and dignity: the reader does not have to abandon themselves to remain connected.	Gabor Mate: attachment versus authenticity; Winnicott: true self; Jung: individuation.
Schema	The Restored Sacred / Re-Collection Sequence	The natural, un-inverted order of existence: BE → DO → HAVE. It is the restored sequence after identity fracture is seen.	Re-Collection Sequence; Sacred Sequence; BE-DO-HAVE; the launch sequence; restored natural order.	Reverses the drag of trying to use achievement or possessions to force BEing into existence.	Alignment, Wu-Wei, lived truth: reality is no longer pushed uphill by hustle, proof, or grim determination.	This row is the sequence itself: BEing as source, doing as expression, having as capacity and consequence.	Removes the endless pressure of the performance treadmill and gives the reader the relief of starting from reality rather than chasing it.	Dao De Jing: effortless action; Matthew 6:33 as witness-language; Maslow: B-values and growth motivation.
Method	Prefigurative Re-Collection	Enacting the qualities of the whole, healed Self now, within the encounter, rather than postponing wholeness until external evidence arrives.	Living the destination now; seeing the highest and whole in someone until they can see it; the method of arriving at Truth must be true to Truth.	Immediate enactment: future wholeness is brought into the present tense so the old bargain with time loses authority.	The present tense of love; service as prefiguration; the destination appears in the method.	Fully operationalises BEing as the experiential anchor before outward action is asked to prove anything.	Breaks "I will rest when..." logic and gives a taste of freedom before the old proof-system authorises it.	Thomas Merton: True Self; Alice Miller: enlightened witness; David Yaden: self-transcendent experience.
Engine	The 'Will to Love'	The named Will that reorients psychic energy away from survival, proof, and substitution, into love-as-action, truth, relationship, and BEing.	Self-sustaining fusion reactor; Love as BEing's verb; the new source; the vertical source of lift.	Redirects energy from egoic striving into clear, fearless movement; it releases the old combustion engine rather than asking it to work harder.	From the Will to Power / will-to-strive into the Will to Love. Love is not softness; it is the organising law of the crossing.	Ends the transactional hunt to buy attachment by selling authenticity; action begins from BEing rather than from lack.	Reframes love as exact, strong, and practical; gives the high-flying reader a new source rather than another demand for hustle.	M. Scott Peck: love as will/action; Beauregard: unconditional love networks; Maslow: metamotivation.
Concept / Hinge	The Helipad Pivot	Repurposing success by seeing that the penthouse was not the destination; it was accumulated altitude and launch-position.	The penthouse was a helipad; success as altitude; the launchpad of success; you built the helipad.	Transmutes static achievement into take-off readiness. The wrong building becomes useful without becoming Home.	Non-renunciatory abundance: success is neither worshipped nor shamed; it is functionalised.	Everything already done and gathered becomes provision for BEing-led lift rather than evidence in the old trial of worth.	Converts "I wasted my life" into "I built the height from which I can now leave."	Maslow: transitional self-actualisation / self-transcendence; physics of potential to kinetic energy; Jung: life's afternoon.
Framework / Parable	The Double Slingshot	The psychospiritual law of life's two halves: the first half stores tension; the second half releases that stored force into lift.	The high-tension pullback; the two slingshots of evolving souls; pullback as preparation for flight.	Tension release: the first-half strain becomes kinetic movement when the person stops identifying with the strain itself.	Teleological evolution: painful adaptation can become stored potential when love reorganises the system.	Recognises that much HAVE/DO strain stored the potential energy later released by BEing.	Legitimises the early pain, adaptation, and drive without making the first-half strategy the destination.	Michael Singer: resistance as curriculum; Jung: afternoon of life.
Concept / Parable	The Gantry & The Skyrocket	The strategic ego-identity, scaffolding, and success-tower are recognised as launch-support, not a home. The skyrocket is the True Self taking off.	The scaffolding falls away; the retraction sequence; the mechanical necessity of letting go.	Quick disconnect: clamps and umbilicals of proof, performance, and self-surveillance release at ignition.	Surrender as evolution: the tower remains on the ground while the living essence lifts.	The scaffold of doing is no longer inhabited as identity; doing becomes launch-support for BEing.	Reframes letting go as advanced engineering, not weakness or collapse.	Transient hypofrontality / flow; Jung: persona as necessary but not ultimate; aerospace metaphors.
Concept / Entry Point	Success as Base-Camp	Reframing achievement as a magnificent, well-provisioned starting line for the real ascent, not as the summit.	Success is just the beginning. But what a start; seven-year-old-you made it to base-camp; success as floor / launchpad.	The great handover: success is relieved of the impossible burden of supplying meaning, worth, love, or Home.	Integrated dignity: honour what was built, then invite the adult Self into a bigger mountain.	External outcomes become provisions for the true expedition of BEing rather than the manufactured basis of identity.	Validates competence and courage while waking the reader to the fact that the real mountain begins now.	Maslow: self-actualisation as transitional; Jung: morning of life; Hagberg: achievement before reflection/wisdom.
Concept / Hinge	Dethroning Success	A non-renunciatory re-centring: success, money, title, role, Ferrari, awards and visible signs can remain, but they leave the throne of identity.	The Ferrari remains, but it no longer gets to be God; anti-substitution, not anti-abundance; reverse coronation.	De-identification and centre-shift: the object/role slides off the internal throne while remaining available as capacity, play, or expression.	The wound no longer drives. Abundance is restored to right order and no longer asked to do love's job.	Breaks the loop where the person must HAVE the symbol to prove that they ARE enough.	Liberates the reader from false asceticism and from luxury-as-identity at the same time.	Jung: persona integration; Fromm: having versus being; Dittmar et al.: materialism and well-being.
Concept / Threshold	The Handover / Baton Pass	The threshold where the tools of the first half admit their limit and pass the movement to agency, love, Truth, BEing, and the Bridge.	Success is knowing the limits of success; baton at the cell door; success can carry you to the helipad but cannot fly the helicopter.	Structural transition: achievement stops trying to complete the soul and becomes provision for the crossing.	From Will to Power / hustle / proof into the Will to Love; from knowledge to wisdom; from looking at the door to taking the first step.	The survival-driven machinery steps aside so BEing can become the source of the next movement.	Gives high stakes and mercy together: the old tools are honoured, but they cannot cross the Bridge.	Janet Hagberg: achievement to reflection/purpose/wisdom; Thomas Merton: wrong ladder/wall; Maslow: self-transcendence beyond self-actualisation.
Tool	The Helicopter / Cosmic View	Immediate vertical perspective over the landscape of life, revealing loops, terrain, and doors not visible from ground-level fear.	Cosmic view; panoramic flight; satellite view; altitude over the maze; the temporary wider view until inner guidance is trusted.	Vertical elevation: moves the person from narrow ground battle into a multi-dimensional view of terrain.	Witness-consciousness and perspective: not rescue, but seeing from a higher vantage.	Provides enough spaciousness for BEing to be felt before the person rushes back into doing.	Creates breathing room and relief; the reader feels less trapped in the short-ladder trance.	Contemplative psychology: observing self; neuroscience: DMN quieting / attentional shift; Simone Weil: higher perspective.
Tool / Agency	The Cockpit / Sovereign Pilot Seat	The return of agency: the person is not a passenger, client, price-tag, or role, but the pilot of the life already built.	The empty cockpit; become the pilot; the Ferrari changed drivers; money can upgrade the passenger cabin, but not buy the cockpit.	Agency reclamation: the adult Self takes the seat from the frightened success-system without shaming what it built.	Sovereign agency through love-led discernment; guide as witness, not pilot.	BEing occupies the cockpit first; doing follows from the person rather than driving the person.	Gives the high-flying reader dignity and responsibility; the Bridge is not rescue but return to the pilot seat.	Harry Frankfurt: second-order volition; Jung: ego/Self relation; Frankl: response and meaning.
Method / Movement	Unboxing	The sideways step out of inherited identities, boxed paradigms, disciplinary dogmas, and roles that had been mistaken for the Self.	Sideways step; inhabiting the role without surrendering BEing; unboxing consciousness.	Disengages the psyche from structural containment so the person can re-enter role consciously rather than choicelessly.	Radical freedom and authentic autonomy: no institution, profession, or role owns BEing.	Identity is established in BEing, so professional doing becomes a role or game rather than survival costume.	Frees the reader to remain excellent in the world without being owned by the box.	Shakespeare: refusal of single box; Keats: negative capability; Kuhn/Foucault as witnesses to paradigm boxes.
Transformation	Unlidding	The vertical breakthrough where the pressure-seal of fear-based knowledge lifts and the sky of Truth becomes available.	Vertical rupture; lifting the lid; the ceiling of the library torn open; blazing blue sky of Truth.	Pierces the upper boundary of calculation so direct seeing, intuition, and wisdom can appear.	Radical humility before Truth: the ego-mind does not own the horizon.	Moves beyond frantic "how do I get it?" calculation and into contact with source.	Turns the over-optimised tactician into a more spacious, wise, un-lidded human being.	Zen: no-mind / satori; Blake/Huxley: doors of perception; Thomas Kuhn: gestalt shift.
Tool	The Paradoxical Query	A precision linguistic doorway: "Who would I need to BE to know how to answer: What would love do now?"	The sovereign koan; language scalpel; identity relocation technology; the question that moves from doing to BEing.	Bypasses the calculating mind and relocates the person into the state from which true action can be known.	Truth-language: exact words that strip away substitute questions and return the person to BEing.	Forces BEing to come first by making action depend on who is present to answer.	Creates a pause, silence, and felt reorientation; the frantic "how-to" mind can no longer lead.	Zen koan; Kierkegaard: truth through becoming; Frankl: space between stimulus and response.
Tool / Voice	The Velvet Sledgehammer	Love with clarity: the precise, sometimes comic incision that reveals Truth without humiliation.	Comedy of Truth; incision speaks volumes; loving hammer of Truth; insolent compassion.	Sudden recognition: wit and exactness cut through the ego's solemn theatre and release the obvious truth underneath.	Clarity in service of love; seriousness with humour; truth that serves rather than shames.	Interrupts performance and returns the person to the reality from which true action can arise.	Creates an "aha" without collapse; the person can laugh, wince, and recognise themselves in the same movement.	Shakespeare: comic/tragedic truth; Wildean wit; psychodynamic insight through humour.
Internal Satnav	The Satnav Home	Internal guidance, rooted in love, that interrupts fear's old routes and returns the person to Self.	One button: HOME; internal compass of true seeing; Global Re-Positioning System; love as navigation.	Magnetic realignment: at each fork, the person senses the route home rather than repeating the route of fear.	Unconditioned relational safety and inner discernment: the crowd no longer supplies direction.	Anchors the person in BEing so action no longer chases external milestones to feel safe.	Builds trust in the quiet internal signal over the loud habits of proof, comparison, and old navigation software.	Thomas Merton: inner centre; attachment neuroscience: safety networks; polyvagal / parasympathetic regulation.
Stage	The Bridge of Awakening	The lived movement from compulsion to choice, from proof to love, from knowledge to wisdom, from the cell door into agency.	Gateway of Re-Collection; corridor of Truth; span of choice; the lived crossing.	Crossing: the person untethers from survival loops and begins walking from BEing rather than fear.	Agency, love, clarity, courage, and true seeing. The Bridge is practice, not metaphor alone.	The Bridge is the workspace where the inverted sequence is restored through lived steps.	Restores responsibility without blame and hope without fantasy; the reader feels route, not just diagnosis.	Hagberg: wall/passage; Bruce Perry: movement from threat to safety; contemplative praxis.

Architectural Category	Component	Function	Alternative Formulations	The Kinetic Action / Movement	Governing Paradigm & Grammar	The Restored Sequence (BE → DO → HAVE)	Psychological Impact	Philosophical & Scientific Witness
Method / Release	Armour Removal / Disarmouring	The gradual removal of ego-defences, one clasp at a time, so the adult Self no longer has to live inside childhood protection.	Removing the armour; one clasp at a time; disarmouring; releasing what once protected but now weighs.	Release: proof, self-surveillance, grim determination, and defensive performance are laid down as safety increases.	Courage plus safety: the armour is thanked before it is released.	BEing no longer needs defensive costume before action can happen.	Reduces shame and fear: the reader sees the armour as old intelligence, not moral failure.	Trauma-informed somatic work; Jung: persona/shadow; Winnicott: false self protecting true self.
Stage / Choice-Point	The Choice of BEing	The late-stage living choice where the person stops making identity from external proof and chooses BEing as source.	Choosing who is choosing; second fork, first choice; the inward door; the one choice after the choiceless choice.	Identity re-location: the person steps out of automatic survival and into conscious source-alignment.	Freedom as BEing before action; love-led discernment before strategy.	Marks the actual restoration of BEing as the first term, not a hoped-for future reward.	The reader feels agency return: not another goal, but a different chooser.	Frankl: response and meaning; William James: will/attention; existential choice traditions.
Insight / Healing Principle	Seeing the Mechanics Is Healing	The recognition that when the hidden mechanism becomes visible, compulsion begins to loosen and agency can return.	True seeing; mechanism becomes map; recognition as the first relief; the lights come on in the room.	Illumination: what lived as fate begins to be seen as pattern, and pattern can be crossed.	Clarity before action; love makes reality bearable enough to be seen.	Seeing stops the frantic doing long enough for BEing to become accessible.	Reduces panic and self-blame; the reader recognises a lawful pattern rather than personal defect.	Psychoanalysis: making unconscious conscious; Buddhist insight; Maté/Perry: understanding adaptation.
Framework / Trust	One Hand in the Earth, One Hand in the Sky	The dual-register method: grounded enough for trust and evidence, visionary enough for lift and transformation.	Earth and sky; soil and altitude; evidence plus vision; grounded ascent.	Stabilises the reader before lift: the earth-hand grounds the nervous system; the sky-hand opens possibility.	Rigour and vision together. No beige coaching; no ungrounded metaphysical mist.	BEing is held safely enough that action can lift rather than compensate.	Builds trust in high-flying readers who need evidence and know evidence alone is too small.	Bruce Perry / trauma evidence; William James / noetic experience; contemplative witness traditions.
Tool / Practice	The Three-Minute Silence / Held Pause	A practical pause in which the old route is interrupted, and the person can listen before doing.	Held silence; pause before proof; the quiet before the true answer; the room in which the Satnav can be heard.	Stillness: creates enough inner quiet for love-led discernment to become audible.	Presence before performance; listening before action.	Reinstalls BEing before the next doing by refusing the reflex to rush into solution.	Gives the reader an immediate way to feel the difference between old urgency and new guidance.	Contemplative practice; attentional regulation; mindfulness and interoceptive awareness.
Bridge Integration	Flow Transfigured / Regenerative Flow	The high-achiever's capacity for intense flow is not discarded; it is re-sourced from safety and love rather than used as analgesia.	Flow without ego-friction; doing in flow, BEing in love; analgesic flow becoming regenerative flow.	Re-sourcing: elite focus stops being a hiding place and becomes creative expression from a safer baseline.	The skill of self-transcendence in doing is integrated with love as BEing.	Doing becomes flow because BEing is no longer starving underneath it.	Honours the reader's excellence and lets them keep their brilliance without using it to run away from pain.	Csikszentmihalyi: flow; transient hypofrontality; Beaugard: unconditional love networks; Berridge: wanting vs liking.
Verb / Praxis	Love as BEing's Verb	Love is the action of BEing: not sentiment, but the way BEing moves, chooses, serves, and relates.	Love as action; love as the verb of truth; what love does now; the operative frequency of the Bridge.	Embodiment: love moves from idea to action at the fork in the road.	Love is not ornament to Truth; it is a condition of true seeing and true doing.	BEing becomes love-in-action before any outcome is sought.	Makes love exact, strong, practical, and non-fluffy; it becomes how the reader knows the next true step.	M. Scott Peck: love as will/action; MLK: love as method; Iris Murdoch: attention as love.
Relational Method	Guide-Not-Guru / Held Witness	The guide lends presence, altitude, and recognition until the client can hear their own guidance and become their own guide.	Flight companion, not pilot; guide-not-guru; I see the highest until you can see it; witness, not rescuer.	Co-regulated recognition: the person is held in their highest possibility without being instructed into dependency.	Service, humility, agency, and relational truth. The guide points back to the internal Satnav.	The encounter prefigures BEing by refusing to make the client into a better client or dependent follower.	Creates safety, dignity, and trust; the reader can begin crossing without surrendering agency.	Alice Miller: enlightened witness; therapeutic alliance; attachment repair / co-regulation.
Threshold / Conversion	First Contact as Crossing	The first message is not a transaction but the first held movement from recognition into agency.	Recognise, write, be seen, speak, begin; the first message is already part of the crossing.	Threshold action: private recognition becomes witnessed movement rather than another hidden insight.	The website prefigures the work; contact is not a sales funnel, but a Bridge step.	BEing begins to act before the old proof-system has secured certainty.	Makes reaching out feel like agency, not consumption or dependency.	Praxis traditions; relational repair; Kierkegaard: truth as subjectively lived.
Goal / State	Totality / Re-Collected Psyche	The reconciled whole: Original Innocence, adult responsibility, shadow, wound, role, and True Self held without fragmentation.	Re-Collected Psyche; the Reconciled Whole; avec everything; the end of inner division.	Harmonisation: refuses to reduce the person to the loudest part, whether wound, role, symptom, or title.	Unconditional inclusion: love holds the perfect and the petrified without conflict.	The Sacred Sequence is no longer a technique but a condition: BEing is integrated enough for life to move from it.	Brings peace and wholeness; the internal war against history loosens.	Jung: conjunction of opposites; Maslow: self-transcendence; trauma integration research.
State	Radiant Sovereignty	A state in which wellbeing is generated within BEing rather than invoiced from titles, applause, rank, or external judgement.	Endogenous wellbeing; radiant inner authority; no longer a price-tag; sovereign without throne-performance.	Self-sourcing: the person ceases to ask the world to return the Soul by invoice.	Inner authority, not domination; radiance without performance; sovereignty without King Baby logic.	BEing becomes sufficient ground. Doing no longer begs to prove reality.	Releases comparison, self-surveillance, and the need to stay impressive.	Fromm: having versus being; Frankfurt: caring about what one wants to want; contemplative non-dependence.
State / Field	The Field of BEing	The spacious, unconditional field after enough crossing has occurred: love, clarity, joy, peace, service, and reality-contact as lived ground.	The living field; BEing-led field; Home to Self; the far side of the Bridge.	Arrival into presence: the person no longer has to manufacture identity from external proof.	Love, Truth, clarity, service, and fear-less presence.	All doing and having are re-contextualised by the field they arise from.	The reader senses that the way out is larger, not smaller: more alive, more peaceful, more spacious.	Maslow: B-cognition; James: noetic experience; contemplative non-dual traditions.
State / Result	Aero-Plenitude / Superabundance	Fullness after take-off; the post-Bridge state in which success has served its floor/helpad function and life moves from BEing.	Aero-Plenitude; Stratospheric Superabundance; Cathedral Abundance; Light Abundance; fullness after take-off.	Lift and radiance: value, creativity, love, and action emanate from source rather than being dragged from lack.	Source-abundance: from limelight to sunlight; from trophies to life; from proof to expression.	BE → DO → HAVE is mastered as living physics. Abundance is no longer armour or substitute.	Replaces success-fatigue with spacious possibility, joy, and material non-renunciation in right order.	Maslow: metamotivation / transpersonal growth; von Hildebrand: superabundance; neurobiology of safety and connection.
Wisdom Hinge	Knowledge to Wisdom	The movement from knowing about the mechanism to living from the wider consciousness that can cross it.	Knowledge plus journey; knowledge becoming embodied; the bridge from information to transformation.	Embodiment: concepts become lived discernment, not merely clever explanations.	Wisdom is not more information; it is enlarged consciousness in service of truth and love.	BEing digests knowledge before action, so action is no longer a reflex of fear or expertise.	Protects the high-intellect reader from mistaking insight for crossing.	Socrates; William James; Jung; contemplative practice traditions.

Appendix A — Diagnostic / Non-Positive Holding Ledger

These items are useful as diagnostic contrast, shadow-side mechanics, and later Human Condition material.

Held diagnostic term	Why it is not in the positive master chart
The Right-Hand Path / Path of Attachment	Diagnostic route of fear, attachment over authenticity, and external validation. Useful as contrast, not a positive destination.
Identity Fracture / HAVE-DO-BE	Negative/inverted sequence. Included only as contrast to Re-Collection Sequence.
The Petrified Child / Armour	Diagnostic structure of ego/adaptation. The healing movement is Triadic integration and Armour Removal.
Imitation Love	Diagnostic/substitution economy. The positive correlate is Love as BEing's Verb and the Will to Love.
The Temple of Emotional Anaesthesia	Diagnostic anaesthetic/prison structure. The positive correlate is the Bridge of Awakening.
Pre-Truth	Diagnostic state of disciplines/paradigms under lids. The positive correlate is Unliding / Truth.
The Joke-In-A-Box	Diagnostic civilisation-prison metaphor. Not part of the positive master chart.