





ActiveBase Art and Spectrum

The Spectrum: Technical Manifesto

  @ActiveBaseArt

Just as the constant increase of entropy is the basic law of the universe, so it is the basic law of life to be ever more highly structured and to struggle against entropy - Vaclav Havel

Creativity is our only weapon against entropy.
- Dean Cavanagh

We are living in a period when fast changes and a high density of information can place a large amount of pressure on us all. It is a great challenge, not only when thinking about the everyday decisions we make, but also in how we are be able to construct a dynamic, bigger picture of the world around us and find the right place for ourselves within it. We have a high level of abstract thinking in order to detect what is essential to us and, perhaps more especially, what is missing in our lives. We also need to find new sources of energy, inspiration and intrinsic rewards which can then lead to extrinsic rewards to help us find balance in our lives.

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Seven-Levels Archetype: General Thoughts

1. Personal Experience

I carried out research, digging into nature and the practical applications of the Seven Level Archetype to find a way to access its completeness as much as possible.

I can name several ways that I did this. I was 16 when I decided to become a neurosurgeon, thinking it could help people's development. To understand medicine more, I joined the Small Pavlov's school where selected pupils could partly participate in medical student's lectures, some labs and general morphology practice. I spent about six months in morphology with students of different courses, making human resections. It was a mind changing experience and included several adventures. It is incredible how such a blood freezing experience can sound funny when retold. I finished the Small Pavlov's school with the knowledge that human bodies are incredibly complex and vary in many forms, and also that the roots of my development lay somewhere else.

It was not the answer to my search, so I took the next alternative. Straight after medical school I started to increase my mathematics into a higher rate and won several math competitions. Even from this level of maths I experienced again my initial perception of what I later called the Spectrum.

I can describe the Spectrum as an extended mind state, bright and shining, with advanced perception in no-time space where possibilities are melted together, where past, present and future coexist as a single point. This multi-dimensional space is not the imagination; it is as real as a glass of water in front of me, that I can reach out and touch. There is no name for this as human language is not designed for it. That is the reason I named it The Spectrum, with the name attempting to highlight the complex nature above and beyond expectations and easy tags.

Some people could perceive the highest levels of the Spectrum as light or love. I can agree with this because of some aspects of my experience. However, being active myself, I perceive the Spectrum with a more practical idea and with three important tools: wide-open eyes, an open and structured mind, and hands ready to work and create.

The nature of the Spectrum is like space; it requires that you are stable, determined and skilful to be able to get into its depths and its core and to correctly transmit its energy out into the world.

The Spectrum is pure active information; it is the living power and driving force to motivate people. The information is layered from the shining core out to the crown and then becomes peripheral. The Spectrum's centre is a high-density energetic storm of information, silently howling and somehow louder than you could imagine.

Experiencing the middle of the Spectrum allows you to see as single projects all of the various aspects of what you experience: small details, life events, trends, history, all seem a great puzzle which the human mind desires to put together. You can perceive the future by understanding the meaning of the past and the driving forces in the present. Billions of steps weaved together in one path, directing towards the destination, and you can focus on your very own unique role within this.

I named it the ActiveBase Art Spectrum in order to highlight the irreplaceable role of an active and well-trained human mind to solve the puzzle and to bring the power from the most abstract Levels to nourish and change the world around.

Describing it in human mind terms, it is the process of gaining insight when, after years of work, suddenly an instant idea brings together distant and disparate things, creating a new synthesis which had never existed before. It is not choosing one decision from the past and combining it with another one; rather, the result is far away from a combination of previously known parts, but with clear foresight. It is a quantum jump to the new quality gained by gathering specific energy, and it creates a new knowledge. I see it as the vital quality for the turbulent times.

My personal experience with the Spectrum is only slightly shorter than my life experience. I was in search unconsciously, almost instinctively, before consciously exploring the ideas, and afterwards gaining success once I started to put it into practice.

Almost all my gains were powered by my connection with the Spectrum. It provides me with the pure vision and energy to begin, to continue and to complete meaningful tasks. It was often a kind of significant burden, stretching me far beyond my comfort zone, like a traditional Kung Fu training. With each project I undertook I gained a new clearness of mind, new skills and focus to move forward. The density and coherency of my tasks, created one by one, can be seen as the pieces of evidence showing how the Spectrum works in practice. You could count the success I have had since: about 32 books written, 28 published; scientific research in quite branches of the Natural, Social and Humanitarian sciences, music, martial arts.

Some of the branches I took part in are not so visible, but they play the essential background role in the others. For example, I continued my education in the human body in another direction, studying Eastern massage and one author's massage named "Flowing drop" as the language to communicate with the body's consciousness. Being too sensitive, later I narrowed this experience to very close circle of people. However, the most significant result of this exhausting training is to gain body intelligence, specifically of the hands, to become direct interpreters, conductors and transmitters of information while the mind, like a nail in scissors, plays the role of an observer. By the way, this result is also one of the aims in high level of Kung Fu.

I am writing this now, in the lockdown, because the world has changed at a dramatic rate of speed. It is no longer the order of stable niches; it is the melting mix of everything. Old possibilities are losing energy and future possibilities are craving to make themselves a reality. This time requires a new approach from people towards what they are doing and towards themselves. The energy of the Spectrum is bright, and it demands an embodiment for some reason, and I am sure there are already many people in the world who are ready to embrace it. The Spectrum should be a universal human practice and the power to drive them forward and take care of the world—my current role it to sort it and make it done.

2. Examples

People are naturally connecting with the Spectrum. Some of them have a strong vertical call from the upper levels. It is a universal rule that the Spectrum appears suddenly, as a

detailed and bright vision, and later overcomes any adverse circumstances to become real and make its influence on the world. One of the finest examples, according to my information, is how J. K. Rowling wrote the Harry Potter series. I read that J. K. Rowling had the initial vision of Seven (!) books at once when she travelled on a train. This vision drove her through the hardships of her life and eventually this idea became a shared dream of a generation.

There are some specific traits of the Spectrum here. First, it needs a particular person to see this vision. Somehow, they are ready for it. Having a movement combined with relaxation is a common thing to gain a connection with the Spectrum. It could be travelling, falling water in the shower, dance, running, walking, driving, watching river or sea waves, or clouds, or fire. You can recall meditation techniques (except guided meditation because there should not be guidance).

The initial vision of the part of the Spectrum is unforgettable, bright and very fast. It is also total, as though you have received the complete information in one impulse, sometimes with all of the details. The power provided by the Spectrum could overcome almost any hard issues of life, and sometimes could be even better manifested despite these issues. The vision is specific in essential details, the authors feel strong bonding to those details to keep the vision of the story. For example, among those details could be names of the main heroes, sounds of unknown language of writing on it, the number of the books or bright vision of some episodes. After the first secure connection, there will be many more as the work progresses and the author will feel it the same way as a compass feels the pull to true North, and how the stars and wind are felt in the sails of a ship. Working with The Spectrum is so satisfying and fulfilling so the authors could build their own ecology around ignoring external circumstances healing themselves from wounds and scars of their environment. I have to repeat, it is the active participation in creative experience. In my own case, if I feel sick or tired, I should rather go to paint than go to bed.

There are many other examples of the Spectrum. Many people have felt these connections in significant moments in their lives. It is the reason I attempt the explanation of the unexplainable using the Seven-levels Archetype.

We are human, and we are designed to do this.

3. What are Archetypes?

I craved and swallowed every available book of foreign fairytales around the world when I was a child. As libraries were closed for my age, my grandma Riva used her charm to borrow those books from her neighbours. I was incredibly lucky to drink in Indonesian, Greek, Czech, French, Indian, Chinese, Russian, North Americans Indians, Japanese, African, Korean and uncountable other fairy tales, legends and myths, both ancient and what seemed more modern. Not all of them were abridged to be more suitable for kids, so I learned both the sugary and bloody sides of them. What I perceived, despite the visible difference, was the strong similar base beneath, sometimes just decorated from another environment.

My deepest insight was when I read Japanese ancient novel "Ochikubo Monogatari" which was almost the same as Cinderella. You probably have the same feeling. If you

browse through any culture on the Earth and check what it contains in the deepest roots, you could find the same figures everywhere. It is the primary figures of the Hero or the Mother and Child and so on. Looking deeper you could find the Trickster and the Friend (supporter), in direct and hidden roles. On a more abstract level you could find ideas like the Road (or Adventure) the Call (or the Task). and many others. There is also the idea of steps of transformation taken by a Hero on the Road, if you carefully check longer stories. Obviously, the world before books was so separated so those stories could never have come from an external source. Instead, they originated from an internal source, from our deepest subconscious.

They are Archetypes. They are so recognizable so a story of an ancient Hero could be transformed into a movie about far future, like Avatar, and still have natural features of the story of Pocahontas. Please don't blame movies and animations for similarities, they are using the same base: our common base.

Generally, an Archetype is a collectively inherited unconscious idea or vision, that is universally present in individual psyches. Archetypes are pure forms which embody the fundamental characteristics of a thing. It is the one which is the source of many, the universal origin of any formula which split then into more detailed and personalised results. For example, you could feel the call to do something and be a Hero in your own story, with a Friend on the background as if you were Captain Solo with Chewbacca, even if your friend is not so hairy!

Science hasn't entirely understood how people use their brains, and this will likely be the same for the foreseeable future. However, even without fully understanding the brain processes, we know a lot about some aspects of thought and perception. Without knowledge of how Archetypes are settled within billions of neurons inside our brain, we are capable of tuning ourselves to the selected Archetype, like a Hero, and be driven by the strong energy from inside.

I could say, the Spectrum is one of the Archetypes itself. It is more abstract than a Mother, but if you tune yourself to it, the response will be as same powerful as with other Archetypes. I use an analogy about internet servers to describe the connection between brain processes and the Spectrum as the Archetype concept. To be connected with an Archetype is as if you are connecting with one large, distant server somewhere and, depending upon your connection, you are able to download a piece of information from it. If you connect with the Hero, you will gather the motivation of a hero, the pure perception of power to move ahead. If you connect with Cyan level of the Spectrum, you will be fulfilled with perception of causality around, reasons and replies formed an understandable order in which you could find your own way. The analogy is too raw, but almost everything in our language is too rough to describe the subtle nature of Archetypes. It is more apparent in the practical field.

Compared with a single Archetype such as the Hero, the Spectrum is more like a Road, more complex and less personalized. The Spectrum is not a person but more like a sort of natural law. In some fairy tales or myths, you can see a tree of Wisdom or something similar, with different branches. If you eat a fruit from the Wisdom branch, you start to see more and become wise. If you eat from the Power branch, your body can become stronger. It is like specific tasks and priorities, because you can eat a fruit and gain personal qualities from it, but also you can have a fruit and know more for your task, or about the world around. (For sure, you can't digest all at once.) Imagine that branches of each quality are at specific levels and you need a special attempt to gain another

level. Imagine also, you need to eat not just one fruit, it is a range of information spread inside them. Imagine this tree speaking with you, and this active dialogue is a meaningful and transformative connection. When you gain your own connection with the Spectrum and start to actively explore it, this is a process I call Prizming. It is the analogy with physical prisms of white light into the spectrum of colours, just I tend to make a difference putting letter "z" instead of "s" to highlight more abstract nature of the process.

One of the signs of genuine connection, experiencing this information as vital and changing, intimately rooted in a practitioner and bringing them insights, sharp vision, energy and a desire to experience it again and again. So, although the idea of an Archetype sounds too abstract and distant from everyday life, the purest and most exciting (or terrifying) human experiences are the result of the direct connection with them. You can think about it as uninterrupted energy flow which you can direct towards your research, aims and other activities.

4. Examples of Seven-Levels Archetypes

I have spent a lot of time considering the concepts of the Seven-level Archetypes to discover their properties, influences and the conditions under which people could maintain their connection with them.

Among the most well-known representatives is the seven colours of visible Spectrum which forms white light and can be seen when splitting a light beam through a prism. and the seven days of the week. Among newer theories is the seven main points in the uprising, developing part of Corporate Lifecycle by I. K. Adizes; these points are named "A Founder's Dream", "Courtship", "Infancy", "Go-Go", "Adolescence", "Prime", and "Stable". Thinking about our own human well being Lifecycle, all of us are trying to stay within the Stable stage as long as possible, attempting to prevent the aging of the body, and we all know how creativity and a positive outlook can help to stay healthy and active till the end.

Slightly less obvious is Maslow's hierarchy of needs, because he described five levels - however two of them are complex. It may sound a bit exotic, but the same archetype can be seen in the seven primary planets of classic astrology, the seven chakras in Yoga, the seven levels of personality development in Kabbala astrology, the seven levels of mindsets in Buddhist's theory of mind.

It is not a coincidence, but a system built in this way.



Examples of Seven-Levels Archetypes

	Visible spectrum	Days of Week	Basic Planets	Yoga Chakras
7	VIOLET Wavelength 380-450 nm Frequency 680-790 THz Photon Energy 2.95-3.10 eV	Sunday	Sun	Sahasrara
6	BLUE Wavelength 450-485 nm Frequency 620-680 THz Photon Energy 2.64-2.75 eV	Saturday	Saturn	Adjna
5	CYAN Wavelength 485-500 nm Frequency 600-620 THz Photon Energy 2.48-2.52 eV	Friday	Venus	Vishuddha
4	GREEN Wavelength 500-565 nm Frequency 530-600 THz Photon Energy 2.25-2.34 eV	Thursday	Jupiter	Anahata
3	YELLOW Wavelength 565-590 nm Frequency 510-530 THz Photon Energy 2.10-2.17 eV	Wednesday	Mercury	Manipura
2	ORANGE Wavelength 590-625 nm Frequency 480-510 THz Photon Energy 2.00-2.10 eV	Tuesday	Mars	Swadhisthana
1	RED Wavelength 625-740 nm Frequency 405-480 THz Photon Energy 1.65-2.00 eV	Monday	Moon	Muladhara



Examples of Seven-Levels Archetypes

Maslow's hierarchy of needs *

Corporate Lifecycle by I.K.Adizes** (Rising part)

7	<p>Self-actualization-2</p> <p>Essentially, self-actualization means feeling that we are doing what we believe we are meant to do. According to Maslow, achieving self-actualization is relatively rare</p>	<p>A Founder's Dream</p> <p>- is actually the initial point the same way as in some countries weeks start from Sunday.</p>
6	<p>Self-actualization-1</p> <p>refers to feeling fulfilled, or feeling that we are living up to our potential. self-actualization might involve helping others; for another person, it might involve achievements in an artistic or creative field.</p>	<p>Stable</p>
5	<p>Psychological needs: Esteem-2</p> <p>According to Maslow, esteem needs include two components. The second component involves feeling valued by others; that is, feeling that our achievements and contributions have been recognized by other people.</p>	<p>Prime</p>
4	<p>Psychological needs: Esteem-1</p> <p>Our esteem needs involve the desire to feel good about ourselves. According to Maslow, esteem needs include two components. The first involves feeling self-confidence and feeling good about oneself.</p>	<p>Adolescence</p>
3	<p>Psychological needs: Love and Belonging</p> <p>includes both romantic relationships as well as ties to friends and family members. It also includes our need to feel that we belong to a social group.</p>	<p>Go-Go</p>
2	<p>Basic needs: Safety</p> <p>Once people's physiological requirements are met, the next need that arises is a safe environment.</p>	<p>Infancy</p>
1	<p>Basic needs: Biological</p> <p>These refer to basic physical needs like drinking when thirsty or eating when hungry.</p>	<p>Courtship</p>

*Maslow's hierarchy of needs in original consists of 5 levels, but two upper levels are complex which is more visible in modern times

"Corporate Lifecycle" by I.K.Adizes

ActiveBase Art Spectrum (The Spectrum)

"Since the initial publication of the chart of the electromagnetic spectrum, humans have learned that what they can touch, smell, see, and hear is less than one-millionth of reality."

- R. Buckminster Fuller



1. What is the Spectrum?

The ActiveBase Art Spectrum (The Spectrum) is the name I invented to describe the Seven-Level Archetype and their applications. I named it ActiveBase Art because it highlights the significant role of people putting the learning into practise - to *actualise* the spectrum and the traits of the Archetypes (see ActiveBase Art Principles).

The "Art" in the title is attributed to the exceptionally delicate nature of this process. The Spectrum is built in the necessity and sufficiency order as the Seven Level Archetype, which means it could not be less or more levels without losing the whole meaning and the effect of the practice.

The Spectrum describes the entire range of life subjects, so I call this approach holistic.

2. Colours

I found it beneficial to apply seven colours of visible Spectrum from physics of light to describe levels of the Spectrum. It is also to visualise the fact of different properties of the levels.

In a rainbow we see the sequence of the colours from Red at the top to Violet on the bottom, it is a visual result of refraction. By organizing colours in the Spectrum, I aim to show the qualities of the levels themselves. We are working hard to climb up, but it is much easier to fall down, this is intuitively well understood. In practice, the energy of the highest levels of the Spectrum is significantly greater, with more in-depth knowledge than the lowest. The lowest levels are the result of inbuilt instincts which are automatic, but to gain upper levels with more abstract thinking and more energy always requires personal work. This is a philosophy of quantum jumps: they are not a shortcut. We need to collect and earn a certain amount of energy to be able to get into the upper levels. Thus, I put the colour identifications in a sequence of increasing frequency and photon energy. In these terms, when put the colours in a sequence, Red is the lowest Level, and Violet is the highest.

Yoga practitioners could agree with me as the colours of chakras has the same sequence.

3. ActiveBase Art Spectrum

The Spectrum is a sequence of different perceptual positions experienced by a practitioner. The first three levels could be gained instinctively or could be learned from personal life experience; the next three are much more abstract and require education

and practice to develop. The last Level is so high that a practitioner could gain it just once, and it is such a deep bright experience that can be one and unforgotten to the whole life.

The highest levels require more responsibility, ethics, professionalism and excellent skills in transmitting the Spectrum to the world. The Spectrum demands a dynamic equality between the idea and the action, the significant level of innovation and aesthetic intelligence.

You might be surprised, but the beauty of a solution is one of the criteria in a natural science like Maths.

Let's describe the Spectrum level by Level.

1st Level - Red

1	<p>1st Red Level</p> <p><i>This is the self-centred world, seeing, hearing and feeling the situation through your own eyes, ears and feelings.</i></p> <p><i>The environment exists only in terms of it producing pains or gains to the person. It is unbalanced and a dependant perceptual position where the Ego and personal needs are everything.</i></p>	<p>Self-centric frustrations and excitements</p>
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The environment exists only in terms of it producing pains or gains to the person. It is unbalanced and a dependant perceptual position where the Ego and personal needs are everything.

This is an automatic level based on instincts and is well classified in modern Psychology. The feeling that *I* am more prominent and of more importance than everything else is the main driving force of this level. More, everything else in the world exists only in terms of how it satisfies or frustrates "me". One of the clearest examples for the Red level is self-sufficient self-expression. If you become upset for some reason and feel the desire to choose dark colours describing your mood, then splash them over a canvas. During that process you could experience transformation of your mood and the release of your feelings. Speaking generally, Red level pays attention to things which come by themselves, without learning or adjustment, and for some reasons hardly recognize the other options. Our own frustrations or own excitements represent the Red level too when they become self-centric. If you see how people are taking from the environment what they want, without care of their impact on it, for example pollution, this can be seen as an example of the Red level too. In arts, when a person of Red Perception paints something, they actually paint themselves to a background, an empty screen of something or somebody else. The point is, in perception the Red Level somebody else doesn't exist.

I can give an example from our daily life. Actually, it starts from birth. New-born babies are extremely vulnerable and unstable. Nothing in the body works regularly, and the first several months all mothers and fathers are trying to deal with random cries, demands and refusals, health issues and body adjustments. This is struggle with the Red level life when everything goes just on demand and chaos (and not necessarily healthy as well).

When left to sleep when it wants, and eat when it asks, the next stages of development could be more difficult. So much of the parent's attempts focus on to make the baby proper schedule and regularity in sleeping and feeding and thus support healthy development.

Speaking about adult's daily habits, probably everyone struggled with deep wish to eat whatever you want at any time and quantity, and sleep randomly when you feel to. Personally, I used to swallow the biggest portions of Baskin Robbins ice-cream, deeply frozen, and for me it was the most desirable and delicious reward. Ironically afterwards I got a chronic sore throat which I could get from just one glance at an ice-cream. It affected my health and I stopped eating it when realised my brain slowed down drastically during this disease. It is not enough to have a mental decision to quit. I used to be a food-rewarded workaholic. For many years I found a huge bricks of chocolate ice-cream irresistible as I was tired when buying it. It is actually the part of our ancient brain inherited from reptiles which is in charge at a level like this. So, I bought a couple of bricks, put it into deep freeze and when open to it, just throw away into garbage. At this part of my writing I should probably cry! But all I want to say is, we all have those desires, and we all struggle with them. It is the double structure of human brain who leads it, driven by instincts, stuck with hormones being released - this is the circle. Let's learn about it and learn how to harness it.

It is the most common issue that following these desires we all have can destroy our health - our bodies cannot produce enough sleeping hormones because our circadian rhythms are in mess. Red level is the undeveloped shape of selfish demand, no matter to what it applied, causes problems more than solutions. It is quite expensive, and the price is always paid by somebody else. That's why it needs to be qualified and cured before consequences affect many others. The red level could be the actual driving force and the aim can sometimes be covered by nice claims. Every child could explain the reason of being free to eat junk food. The point is to understand it is the Spectrum behind any explanation, and with a logical description it could be easily be something is not pleased in the results.

It is an unbalanced perceptual position with unclear, subjective demands. They are very local. Red level's demands serve almost exclusively egoistic biological instincts which we inherited from our animal ancestors. They aimed to gain more food (money), more sex (reproduction) and more domination. This is the ultimate purpose and limit of instincts. If something doesn't satisfy immediate instinctive needs, it is not interesting for the Red level. That's why to be in_love frequently mean to enjoy our own feelings caused by somebody else and press that person to fulfil your expectations. This is definitely the example of the Red level.

Beware, despite looking nice sometimes, it tends to overwhelm and overtake without any concern for consequences. We should recognize Red stages clearly, especially when they are covered and wrapped to get the result. In this case, the only difference between cure and poison is the dose.

2nd Level - Orange

This level concerns the first recognition which is based on our feelings about the bigger scale of the reality.

2	2nd Orange level <i>This level concerns the first recognition which is based on our feelings about the bigger scale of the reality. The instinctive perception that the environment is more complex and could make an influence on people. Ego becomes smaller than the environment which influences it.</i>	Personal adventure <i>somewhere in nature alone. It might not be so far away, but the necessity is to get out of the common, everyday mindset and attitude and to face something massive by living an independent life.</i>
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The instinctive perception that the environment is more complex and could make an influence on people. Ego becomes smaller than the environment which influences it. The feeling that it is a big world where I, myself, could not be the biggest and most essential part. The best example is when people come to a challenging adventure somewhere in nature alone. It might not be so far away, but the necessity is to get out of the common, everyday mindset and attitude and to face something massive by living an independent life in an uncontrolled environment. Everyone has their own perception of size and wildness. One person may find it mind-blowing to go to a boat trip to see whales and have an extraordinary experience of a huge free creature in own environment, and dependence of their mood; another person, like solo-traveller Fyodor Konyukhov, could have the experience of a vast nature elements crossing the Atlantic Ocean in a row-boat.

It is an unbalanced perceptual position.

3rd Level - Yellow

This is the first more or less balanced perceptual position where reality is the playground for the searching experience.

3	3d Yellow Level <i>This is the first more or less balanced perceptual position where reality is the playground for the searching experience. It requires some knowledge; when people are browsing and experimenting, it is the last Level to be gained within a comfort zone. However, it brings the essential hints and tips to personal and professional growth.</i>	Personal Search of Unknown <i>in our internal call for something, searching, and sudden catharsis of understanding something more abstract than common life.</i>
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It requires some knowledge; when people are browsing from one subject to another and experimenting, where the process is more important than the result, this is the Yellow Level. This Level requires a balanced involvement in the environment, understanding its rules and fulfilling those requirements which allow the environment to help the practitioner.

It is mostly the sequence of local experiences which are not connected, and the engagement is not so strong. This Level concerns selective vision driven by the practitioner's own short-term curiosity.

It is the last Level to be gained within a comfort zone. However, it brings the essential hints and tips to personal and professional growth. The best example of the Yellow level is a sort of anxiety when you feel something unusual is missing, and you have a wish to

find it. I heard, in English there is a tradition that, after completing school, young people often decide to travel for their own experiences. I think, when they are driven by internal call to find something which is not trivial and is instead new and meaningful - this could be an example of Yellow level. I wish to have it too! The only requirement is to keep it safer. This type of travel is also a beginning of a plot for many fairy tales.

It is the root of natural science from the beginning, when a mathematician could spend years trying to prove what is sometimes called a "Math Mermaid", a theorem which looks simple and seductive, such as Fermat's Great Theorem. It is a moment when the impossible meets the possible in so intriguing a manner that it causes a personal insight and makes an impact. Yellow level manifests itself in our internal call for something, searching, and sudden catharsis of understanding something more abstract than common life. Meditation practices, some of the teachings of Karlos_Kastaneda and many others describe it as well.

I would add that Yellow level should be recognised well. It is so important, so it is a lot of fairy tales about it. One of the stories is about a father king who become sick and he asked two of his sons to bring him a magic apple to cure him. He didn't promise them that finding the apple would ensure that they were to be his heir so as not to affect their motivation; he also gave them a deadline of one month. Both sons took money for travelling. The first one decided the magic apple didn't really exist and that the king will wither die or cure himself. So, he spent his month in a remote taverna enjoying life with all of the travel money, then took a normal apple, painted it gold and took it to the king. (Probably you can easily recognize his Level.) The other son had no idea where the apple could be and recognised that his time was really limited. He travelled quickly to meet with wise people, visit libraries and gardens, spoke with magic creatures, helped some of them, received magical help and eventually he got the apple. He arrived back at the castle after the month deadline had ended. The King told them both that there was actually no need for the apple and that it had been a test to find which of the two was the best heir. I can tell many stories where it was clear which level people perform. For sure you can tell your stories too.

For a quick note, sometimes the same Yellow level looks differently while performed by different people. I clearly saw it in South Korean historical dramas 'The Jewel of the Palace' (about the first female court medical) and 'Hwang Jeon Yi' (about two competing artists). For sure you know examples from movies and books that are meaningful to you. The search is the driving force to sacrifice easy instinctive ways to gain something more.

The Yellow level is human curiosity which could be compared with some animals, but never aimed to satisfy instincts. Playful search, or serious travelling leads to more life experience and more self identification, with more time to search, might be supported by Red level, but never limited to it.

3	<p style="text-align: center;">3d Yellow Level</p> <p><i>This is the first more or less balanced perceptual position where reality is the playground for the searching experience. It requires some knowledge; when people are browsing and experimenting, It is the last Level to be gained within a comfort zone. However, it brings the essential hints and tips to personal and professional growth.</i></p>	<p style="text-align: center;">Personal Search of Unknown</p> <p><i>in our internal call for something, searching, and sudden catharsis of understanding something more abstract than common life.</i></p>
2	<p style="text-align: center;">2nd Orange level</p> <p><i>This level concerns the first recognition which is based on our feelings about the bigger scale of the reality. The instinctive perception that the environment is more complex and could make an influence on people. Ego becomes smaller than the environment which influences it.</i></p>	<p style="text-align: center;">Personal adventure</p> <p><i>somewhere in nature alone. It might not be so far away, but the necessity is to get out of the common, everyday mindset and attitude and to face something massive by living an independent life.</i></p>
1	<p style="text-align: center;">1st Red Level</p> <p><i>This is the self-centred world, seeing, hearing and feeling the situation through your own eyes, ears and feelings. The environment exists only in terms of it producing pains or gains to the person. It is unbalanced and a dependant perceptual position where the Ego and personal needs are everything.</i></p>	<p style="text-align: center;">Self-centric frustrations and excitements</p>

4th Level - Green

This level represents the first engaged steps out of the comfort zone.

4	<p style="text-align: center;">4th Green Level</p> <p><i>This level represents the first engaged steps out of the comfort zone. It brings an understanding of the complexity of the environment and initial ideas about more complex plans. It requires education, persistent study, analysis, constant feedback</i></p>	<p style="text-align: center;">Middle/Long term education</p> <p><i>resulting with an achievement. much personal work and less group work or help from the others.</i></p>
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It brings an understanding of the complexity of the environment and initial ideas about more complex plans. Here is the first feeling that curiosity and activity are not enough. To enter into the Green Level requires education, persistent study, analysis, constant feedback, skills for meaningful speaking with others, and a mental understanding of how different the world is from how it was originally perceived, and above any expectations. Here is the beginning of respect for the long-term experience, for example knowledge which could never be learned from your own circle and must be sought out. It is a very age-positive level. It is also the requirement to learn something from other's experience and use it as the base to move forward, instead of repeating the same mistakes on your own.

All of those qualities require a different mindset and a persistent depth of thought, which takes much more physical energy and time in practice. It could also be emotionally challenging while building a sufficient level of excellent skills and practising applicable knowledge.

It is a magnificent variety of forms in education. It could be education by looking at how a master works, a quiet observation, a formal study, or an active dialogue. For example, in Buddhist's practice two students should choose a subject, one is trying to defeat it, and the other to battle against, then they change roles. It is the Green level when a person follows their deep dream and suddenly realize that a lot needs to be learned just for the first steps. Emotional passion may fade, but this mindset is the one which drives people

forward. Education is always expensive, no matter if it is in terms of financial cost, or time, or attempts, or internal barriers to overcome. It is about admitting your own mistakes, and correcting them, then polish the result.

It seems, my own Green level would never end. I am always craving and thirsty to widen my horizon, it is a life requirement for me. When I was excited that I had finally learned English enough, it was a surprise that actually it is a new level in front of me. The gap between Upper Intermediate and Advanced levels seems to be as the distance from the Earth to the Moon. It is full of beautiful language constructions and delicate subtle meanings, like a lace of elf's architecture which I could never imagine before. I hope you don't think it is easy for me. Sometimes I want to scream. Most of the time I (hopelessly) want an ice cream. Losing focus in study? Yes. Many times. It is normal. But I get it back by making the study meaningful, so covered and funded from my upper levels of the Spectrum (Blue level of Big programs). And from an accidental late sandwich, but this one I definitely wouldn't recommend.

Green level is about overcoming the comfort zone and gaining a new level of personality in constant dialogue with the surroundings, having positive feedback. Green level requires much more personal work and less help from the others. If you like books and movies describing schools, universities and any sort of long-term education (including Harry Potter story), you can recognize Green level quite fast. It has nothing in common with passing tests for an official paper, but with meaningful transformation and growth.

It is the manifestation of the next levels where people start to feel the difference between their dreams and their plans.

5th Level - Cyan

It can be difficult to engage in actions on a scale wider than the everyday or household environment, especially when you put all of your mental resources towards it and are responsible for the results.

5	5th Cyan level <i>to engage in actions on a scale wider than the everyday or household environment, put all of your mental resources towards it and are responsible. People must learn to optimise the resources in order to get better results. This requires quite a detailed knowledge of the subject and continuous involvement with constant feedback.</i>	Middle scale/ Organizations <i>Businesses of different scales. Charities also represent Cyan level, from Friends of Trees, to cat's rescue and fostering.</i>
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As the personal resources are always limited, people must learn to optimise them in order to get better results. This requires quite a detailed knowledge of the subject and continuous involvement with constant feedback.

Cyan Level influence is what is required when the desire is to build a business which changes the life of customers, with great ideas and projects. It is what is necessary to make a meaningful career based on their attempts. The best example is about self-made people. They frequently start from a very vague idea, then develop it. It costs more and more time, there are risks, mistakes cost money, and there are obligations to pay for everything in time, while the hardest thing is just to have the first customer. Everybody who think entrepreneurship is about being a boss must see the opposite: the hustle, uncertainty, and it might be the case that almost nothing is earned for the first five years

or more. What is the driving force in this case? It is definitely not a profit, because it is possible that there could be no profit at all. For years it is less than a regular job income. There are extra responsibilities to the environment, to the customers, to the employees, to the bank, investors and so on. Circumstances are changing and you are constantly trying to predict it. Through many pains and gains, overwork, constant lack of sleep and loss of focus, trying to improve and adjust, sometimes not fit but change the environment for the better. Through the development they learned by life demand, what else they urgently need to do, to face or to battle. Sometimes, like in the case of Steve Jobs, you could be fired from your own company. Surprise! Why? Because it is a certain stage in Adzes's Corporate Lifecycle called Divorce.

All businesses and all great achievements are driven by the great ideas behind them, and this is precisely what Cyan level brings. However not only are businesses operating at this level, successful charities represent Cyan level as well, from Friends of Trees, to cat's rescue and fostering.

6th Level - Blue

This level is about large, long-term programs and those movements which concern the majority, with the widespread perception of reasons, post-reasons, abstract thinking and knowledge around how a big system works.

6	<p>6th Blue Level</p> <p><i>This level is about large, long-term programs and those movements which concern the majority, with the widespread perception of reasons, post-reasons, abstract thinking and knowledge around how a big system works.</i></p>	<p>Large scale organizations/ideas</p> <p><i>the future is built from the ground up, IKEA, Facebook, Instagram, WhatsApp, Uber. Global scale movements like Climate Change.</i></p>
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It is far from a mental model or opinion; it is a direct perception of large-scale movements and the hidden trends which drive them. This widespread perception, multiplied by personal actions, requires sacrificing one's own time and focus for the results. People become more interested in responsibilities, in understanding the big picture and trans-personal experiences. The perception and feeling of the desired results are self-beneficial, while the reward may not be immediately obvious.

It is the Level when the future is built from the ground up, and it is hard to believe in until it is done. IKEA is one of the examples; you can read how it started. Just from the fresh examples, Facebook started in 2004, and in 2007 Instagram, WhatsApp and Uber didn't exist. Individuals with great foresight ideas built these columns of today's world. Those people put in all of their resources with a determined persistence to make their ideas real. The ground-breaking movies, like the Lord of the Rings series directed by P. Jackson, those great books which cover thousands of years of details and intrigue, like the Dune series by Frank Herbert, are from the perception of the Blue Level of the Spectrum. The common pattern between all of these examples is that they started as a single-person project, but afterwards attracted more and more people naturally, and influenced them above any borders or language and created the different quality in many fields. Thus, IKEA connects ideas and production with logistic and customers; The Lord of the Rings books caused the great movies directed by Peter Jackson which not only gathered fans, but also influenced the whole style of film shooting. The Dune series by Frank Herbert was not only a successful book project but also allows his son to continue the

story. The initial series itself covered thousands of years in a detailed unbreakable story. It seems documental by the level of complexity and coherence, but actually is the high flight of a one single person's mind, connecting so high level of abstract ideas to the reality of our perception.

It is an unbeatable feeling, and vision leads those people all the time until it has the embodiment of the real result. You can see how those results change the world.

6	<p style="text-align: center;">6th Blue Level</p> <p><i>This level is about large, long-term programs and those movements which concern the majority, with the widespread perception of reasons, post-reasons, abstract thinking and knowledge around how a big system work.</i></p>	<p style="text-align: center;">Large scale organizations/ideas</p> <p><i>the future is built from the ground up, IKEA, Facebook, Instagram, WhatsApp, Uber. Global scale movements like Climate Change.</i></p>
5	<p style="text-align: center;">5th Cyan level</p> <p><i>to engage in actions on a scale wider than the everyday or household environment, put all of your mental resources towards it and are responsible. People must learn to optimise the resources in order to get better results. This requires quite a detailed knowledge of the subject and continuous involvement with constant feedback.</i></p>	<p style="text-align: center;">Middle scale/ Organizations</p> <p><i>Businesses of different scales. Charities also represent Cyan level, from Friends of Trees, to cat's rescue and fostering.</i></p>
4	<p style="text-align: center;">4th Green Level</p> <p><i>This level represents the first engaged steps out of the comfort zone. It brings an understanding of the complexity of the environment and initial ideas about more complex plans. It equires education, persistent study, analysis, constant feedback</i></p>	<p style="text-align: center;">Middle/Long term education</p> <p><i>resulting with an achievement. much personal work and less group work or help from the others.</i></p>

7th Level - Violet

The Violet Level is a totality.

7	<p style="text-align: center;">7th Violet Level</p> <p><i>The Violet Level is a totality. To be a part of a grand plan so deep as to become an ambassador on a global scale, with a life-long engagement, responsibilities and long-term influence.</i></p>	<p style="text-align: center;">Long term/global scale personal influence</p> <p><i>Nelson Mandela Jiddu Krishnamurti</i></p>
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To be a part of a grand plan so deep as to become an ambassador on a global scale, with a life-long engagement, responsibilities and long-term influence. It is so inclusive a person could dedicate their whole life to this task refusing easier (and sometimes much more rewarding) paths. This is actually one of the proofs that Violet level is real. One of the best proven examples is Jiddu_Krishnamurti. He was picked, along with some other candidates, by Theosophical society to raise a future World Teacher in a controllable way. People from that society dedicated their lives to study previous messiah and Teachers in order to be able to overcome the random nature of how they appeared in human history. They probably became annoyed by this fact, the most of those teachers made their own way apart of official institutions. So, they decided to raise one for themselves (and the rest of the world) and so build a strong background for their purposes. They put Jiddu, a child, into hardships of education and training, with philosophy, general study, hours of meditations, fasting and yoga. I read he was the one who survived, and the other children died. During those years the society advertised their project named Order of the Star in the East and gathered a lot of resources for it,

including high patrons, lands, authority and financial power. They built the perfect system of communications and prepared to make the own network in his name. Imagine an international project of this size before telecommunications and the internet! The point was, Jiddu did not just pass exams for the World Teacher job; his practice transformed him. He became enlightened in real life, as the others before him. And the same way as the others he surprised his curators. The day everything was prepared to entitle him to the leadership, he withdrew from the organization created in his name and returned all of the funds back to the donators. He claimed what they built in his behalf had nothing in common with the Truth he had gained, and he would not sacrifice it in order to participate in the false game. He had nothing personally before it and had nothing when he started his own journey. You could wonder why? Because he was an enlightened one and he had a clear vision, the enlightenment he had experienced was not what they claimed and expected from him. At this stage of the organization it did not matter what he wanted to teach and what actually the truth was. It was already built on biased expectations and was a monster sizes organization. In modern terms it was a brand which was supposed to be a tail, but by the size and nature this tail definitely would wag the dog and compromised his ultimate goal which fits the Violet level. Jiddu Krishnamurti spend the rest of his days travelling, speaking with people about the truth he had gained, helping those who wanted to listen. It is an interesting fact that it is the common action about the enlightened of the East. For example, Buddha was son of a king, the heir to the kingdom. He refused it because of his search, but when he became enlightened, he refused to get back.

Violet level is about a clear vision of big driving forces which make long term push forward in big scales.

Some people are investing in space projects, or in making the Earth a better place not for themselves, but for all. They are the driving force for generations in front of them which make them an example of the Violet level.

Violet level could be a permanent state, but this is extremely rare. In the majority of cases it is an exceptional experience which could never been forgotten and a driving force for change in a big scale with very far results. The difference between Blue and Violet level is Blue is more practical in common terms, and Violet seems more abstract. But, being abstract, it is the driving force which could move thousands and even millions. If you compare the [blue level](#) projects like IKEA or Facebook with ideas of, say, how to reach Saturn, or how to become enlightened, the border is visible. Violet level is more independent as well. It could come from nowhere, having no direct reason in the environment, and frequently against it, driving a person to the far horizons with inspiration for the others.



The ActiveBase Art and Spectrum (The Spectrum) as Seven-Level Archetype

The Spectrum is a sequence of different perceptual positions experienced by a practitioner.

ActiveBase Art and Spectrum levels of Perception

Examples

The next three are much more abstract and require education and practice to develop.

The first three levels could be gained instinctively or could be learned from personal life experience.

7	<p style="text-align: center;">7th Violet Level</p> <p style="text-align: center;"><i>The Violet Level is a totality. To be a part of a grand plan so deep as to become an ambassador on a global scale, with a life-long engagement, responsibilities and long-term influence.</i></p>	<p style="text-align: center;">Long term/global scale personal influence</p> <p style="text-align: center;">Nelson Mandela Jiddu Krishnamurti</p>
6	<p style="text-align: center;">6th Blue Level</p> <p style="text-align: center;"><i>This level is about large, long-term programs and those movements which concern the majority, with the widespread perception of reasons, post-reasons, abstract thinking and knowledge around how a big system works.</i></p>	<p style="text-align: center;">Large scale organizations/ideas</p> <p style="text-align: center;"><i>the future is built from the ground up, IKEA, Facebook, Instagram, WhatsApp, Uber. Global scale movements like Climate Change.</i></p>
5	<p style="text-align: center;">5th Cyan level</p> <p style="text-align: center;"><i>to engage in actions on a scale wider than the everyday or household environment, put all of your mental resources towards it and are responsible. People must learn to optimise the resources in order to get better results. This requires quite a detailed knowledge of the subject and continuous involvement with constant feedback.</i></p>	<p style="text-align: center;">Middle scale/ Organizations</p> <p style="text-align: center;"><i>Businesses of different scales. Charities also represent Cyan level, from Friends of Trees, to cat's rescue and fostering.</i></p>
4	<p style="text-align: center;">4th Green Level</p> <p style="text-align: center;"><i>This level represents the first engaged steps out of the comfort zone. It brings an understanding of the complexity of the environment and initial ideas about more complex plans. It equires education, persistent study, analysis, constant feedback</i></p>	<p style="text-align: center;">Middle/Long term education</p> <p style="text-align: center;"><i>resulting with an achievement. much personal work and less group work or help from the others.</i></p>
3	<p style="text-align: center;">3d Yellow Level</p> <p style="text-align: center;"><i>This is the first more or less balanced perceptual position where reality is the playground for the searching experience. It requires some knowledge; when people are browsing and experimenting, It is the last Level to be gained within a comfort zone. However, it brings the essential hints and tips to personal and professional growth.</i></p>	<p style="text-align: center;">Personal Search of Unknown</p> <p style="text-align: center;"><i>lin our internal call for something, searching, and sudden catharsis of understanding something more abstract then common life.</i></p>
2	<p style="text-align: center;">2nd Orange level</p> <p style="text-align: center;"><i>This level concerns the first recognition which is based on our feelings about the bigger scale of the reality. The instinctive perception that the environment is more complex and could make an influence on people. Ego becomes smaller than the environment which influences it.</i></p>	<p style="text-align: center;">Personal adventure</p> <p style="text-align: center;"><i>somewhere in nature alone. It might not be so far away, but the necessity is to get out of the common, everyday mindset and attitude and to face something massive by living an independent life.</i></p>
1	<p style="text-align: center;">1st Red Level</p> <p style="text-align: center;"><i>This is the self-centred world, seeing, hearing and feeling the situation through your own eyes, ears and feelings. The environment exists only in terms of it producing pains or gains to the person. It is unbalanced and a dependant perceptual position where the Ego and personal needs are everything.</i></p>	<p style="text-align: center;">Self-centric frustrations and excitements</p>

4. Prototypes of Art Projects based on ActiveBase Art Spectrum

I have detailed all of the levels of the Spectrum below in order to highlight its essential principles and technical requirements and to also show those projects as examples of how using the Spectrum could help the practitioner create pieces of visual Arts. All pieces of ActiveBase Art exist in the duality between the levels of the Spectrum and the art itself, equally presented, the build based on the Principles, transforming experience and aesthetic intelligence into artwork.

The connection with the Spectrum is so demanding that I was unable to stop until I had completed them, and the number of ActiveBase Art pieces is by definition limited by the demands of the Spectrum.

Red Level-

Express personal pains and gains based on local and everyday experiences.

I painted my instinctive reaction to my experiences of dealing with challenging and changing situations. It was suffering and struggle all the time, when my active nature overcoming depressive environment where there was literally no hope. Although it is frequently a challenging and frustrating level, some Red levels could be nice because of the amount of personal feelings being explored. Some of my paintings about Corfu represent these moments of pure childlike happiness, exploring this paradise in safety and with care. You can recognize this feeling from Gerald Durrell's books about Corfu and BBC series based on them.



ActiveBase Art and Spectrum

The ActiveBase Art Spectrum (The Spectrum) is the name invented to describe the Seven-Level Archetype and their applications. The Spectrum is a sequence of different perceptual positions experienced by a practitioner. The first three levels could be gained instinctively or could be learned from personal life experience; the next three are much more abstract and require education and practice to develop.

The Red Level is first perceptual position a fully associated with personal deep feelings or crisis that artists can't express in any other way. Their Art causes its audience to experience certain feelings.

Emotions, mood, temperament, personality, disposition, motivation, cognition are experience with a high degree of pleasure or displeasure.



Reuniting thoughts, emotions, pleasures and pains as fragments of personal experience to share

Creators have lived through those feelings to express them in specific way





ActiveBase Art and Spectrum

The Red Level is first perceptual position a fully associated with personal deep feelings or crisis that artists can't express in any other way. Their Art causes its audience to experience certain feelings.

The first level (Red) is level of personal opinion, of reactions which come from the instinctive level of perception. It is governed by fast-thinking brain processes with the author as a central figure and so leads to a variety of subjective interpretations. My paintings from the Red level described my attempts to deal with different situations.

The 2011 year was full of silent struggle with a blind alley situation. I already published my books and planned some educational steps, but it was no way to do it in my current environment. At the moment, I found it almost impossible to move somewhere else. It was no way to develop what I wanted to do, no matter how hard I am trying.

The 2012 year was much better. I decided which path I would not follow no matter what it promised. I was a Head of Management department in one of the private institutes. My concern was to make the process of education for students more creative, interactive and well understood instead of formal repetitive formulas. I was working transforming standard ways into ones suitable for future.

Glass Prison, 60 x 80 cm, 2011



Ascension, 60 x 80 cm, 2012



Orange Level-

I describe this as a specific feeling of a place, of a trans-personal perception of nature.

I developed and painted Genuine Profiles as an example of pieces of Art which can be created under the guidance of the Orange Level. Genuine Profiles is the name I give to one of my painting techniques where a specific place allows me to generate a specific image which cannot be repeated in a different place and will not be reproduced somewhere else.

I can make an example of how I made my first Genuine Rock Profiles. I had never done it before in my life. With my limited, one hundred metres from the seashore swims, I even cannot explain how I made the first swim. I looked at the scenery and from the first glance realized it was from my dreams. I started going to the sea in the morning for the whole day, having nothing except my snorkel, mask and flippers. No water and no food. I desired to be a complete sea creature, hanging in layers of crystal-clear waters. I was swimming along Liapades bay, Corfu, where there were no boats at that time, being literally alone in kilometres of wild rocks, exploring the incredibly diverse world of huge shapes with wide open eyes.

Sometimes I climbed over the rocks to have a rest, just slipping over sharp stones. Sometimes I felt like I was the first human on the earth, how distant and lonely those places were, and felt how giant volcanic power screwed and levelled rocks millions of years ago. I was totally mesmerised by colours and shapes, so when I was back after sunrise, I lost words and barely could tell who I was. I had never made something like this in my city-based life and desk work. The feeling of depth in the crystal-clear water felt as though I was flying over a landscape. I found several special places there. Later my friends persuaded me stop putting myself into danger of heat stroke and sunburn, not to mention dehydration, so I become civilized enough to take with me travel albums, and later canvas. If you look at my Genuine Rock Profiles, they are more anti-landscapes than a proper painting composition, because if you stand alone in front of a huge levelled wall of wild stone, built by ancient volcano, or touch hundreds of white rounded pebbles shaped by sea element, it is self-sufficient experience.

I would highlight the difference between Red and Orange levels in terms of Nature perception. Red level is to be in love and enjoy this feeling for you own sake - when you in love with the sea, you get excited by it and want this excitement (and holidays) to last forever. I personally disagree with any signs of autumn! In the case of love, it is a more extended feeling of the place above and beyond your personal things. It is curiosity plus amazement plus acceptance. It is breath-taking plus something... like English phrasal verbs: something more then the initial verb. I am trying to say, like a phrasal verb is bigger than the verb, Orange level is bigger than the personal Red. It is the moment when you lose your normal reaction self for a while. Why it is important? Because reactions come from the past, and you need a fresh bit of unknown. That actually what is the training in fundamental science, in meditations, in medicine. You should lose yourself with all of the opinions and reactions and have transforming experience of something else.



ActiveBase Art and Spectrum

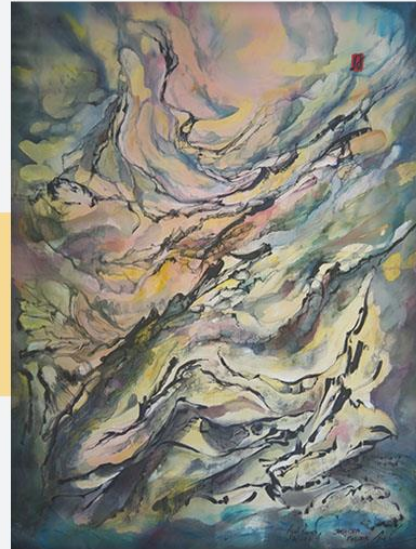
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The Orange level concern the first recognition which is based on our feelings about the bigger scale of the reality. The instinctive perception that the environment is more complex and could make an influence on people. Ego becomes smaller than the environment which influences it. The feeling that it is a big world where I, myself, could not be the biggest and an essential part. Leaving self-centered world, an artist at the Orange level is experiencing the nature by empathy, staying alone in a remote place to get the unique perception. This total feeling belongs to the place so the Art objects created has the geographical location.

ActiveBase Genuine Profiles prototyped in NatureIn Project 2014-2015



39°40'16.9"N 19°43'41.3"E



Yellow Level-

The Yellow Level is in search of Unknown.

Inspiration should be found somewhere around usual places with an openness to a degree of surprise. In my case, it was the Unidentified Stone Object (USO). This Object was a wholly natural item I found which looks like it could be part of an alien spaceship hidden inside a huge rock; this inspiration was found at the place where I swam on my first visit to Corfu and where I visited many times over the years before I discovered the USO. I painted USO Genuine Profile in my 2016 Naked Project.



ActiveBase Art and Spectrum

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3d Yellow Level -concerns selective vision driven by the practitioner's own short-term curiosity. It is the last Level to be gained within a comfort zone. However, it brings the essential hints and tips to personal and professional growth.

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Green Level-

Life brings tasks or confusions which feels like serious obstacles to the personal growth. Green level is about stretching own boundaries, not necessary within own plans, and getting educated about their matter. In my case, in 2013 I met new circumstances of virtual reality myself, then started to learn about it more. It was the period of short, easy to remember passwords and quite naive attitude to meeting people in Skype. It was the first time when I lost some passwords and met fake persons, which gave me an impulse to learn which problems it could cause. I decided it should be a specific sequence of pieces of arts, almost in comics style, describing well the whole processes. At the moment I hoped it could help people to get educated about it.

By researching and understanding contemporary issues caused by hidden identities on the Internet, based on my own personal experiences allowed me the inspiration to create the Cyber War I-II Project in 2013.



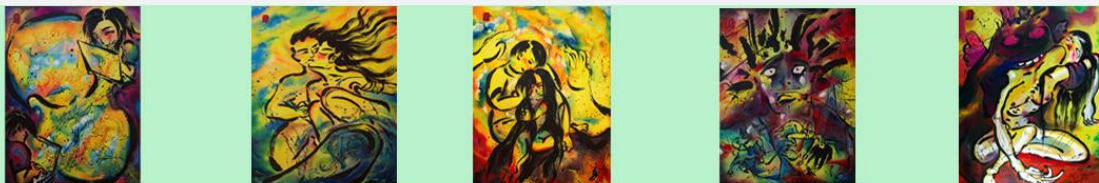
ActiveBase Art and Spectrum

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The Green level represents the first engaged steps out of the comfort zone. It brings an understanding of the complexity of the environment and initial ideas about more complex plans. Here is the first feeling that curiosity and activity are not enough. To enter into the Green Level requires education, persistent study, analysis, constant feedback, skills for meaningful speaking with others, and a mental understanding of how different the world is. All of those qualities require different mind set and persistent depth of thought, which takes much more physical energy and time in practice. It could also be emotionally challenging while building a sufficient level of excellent skills and practising applicable knowledge.

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Cyan level-

There are three forces behind the building of civilisation: Science, Culture and Business; these forces created the world that we have now.

Cyan Level requires a deeper effort to understand the world and a need to dedicate a sufficient time to study, research and experience. I personally studied many religions, cultures, natural and humanitarian sciences, and practice elements of them in my own life.

Based on own business experience, an academic degree in Economy, and accompanying lecturing and science work, I created the 2012-2013 Business Projects, dedicated to the development of business concepts through time (Great Silk Road, Marketing series) and a series based on the Corporate Lifecycle by I.K.Adizes in collaboration with the author.



ActiveBase Art and Spectrum

The ActiveBase Art Spectrum (The Spectrum) is the name invented to describe the Seven-Level Archetype and their applications. The Spectrum is a sequence of different perceptual positions experienced by a practitioner. The first three levels could be gained instinctively or could be learned from personal life experience; the next three are much more abstract and require education and practice to develop.

It can be difficult to engage in actions in scale wider than the everyday or household environment, especially when you put all of your mental resources towards it and are responsible for the results. As the personal resources are always limited, people must learn to optimise them in order to get better results. This requires quite a detailed knowledge of the subject and continuous involvement with constant feedback. Cyan Level influence is what is required when the desire is to build a business which changes the life of customers, with great ideas and projects. It is the necessary to make a meaningful career based on their attempts. Through many pains and gains, overwork, constant lack of sleep and loss of focus, trying to improve and adjust, sometimes not fit but change the environment for the better.



Cyan Level requires a deeper effort to understand the world and a need to dedicate a sufficient time to study, research and experience. I personally studied many religions, cultures, natural and humanitarian sciences, and practice elements of them in my own life.

Based on own business experience, an academic degree in Economy, and accompanying lecturing and science work, I created the 2012-2013 Business Projects, dedicated to the development of business concepts through time (Great Silk Road, Marketing series) and a series based on the Corporate Lifecycle by I.K.Adizes in collaboration with the author.



Blue Level-

I took a Sustainable Development online course led by Jeffrey Sachs and supported my African classmates in their projects of Earth Ships - I am still listed as an international mentor on their website.

To delve deeper into this movement, I became one of the administrators of a global "The Age of Sustainable Development" Facebook group and initiated many online actions. I was one from three people creating a document for a new sustainable development organization we wanted to create. I made mind maps and texts. Also, I supported discussions about the course meeting people from all over the world. One nice action I set was "A Global Soup" when I cooked it showing ingredients and people from many countries recognized their own brands or parts of recipes. Some of them cooked their own versions and posted it. I also set Sustainable Development open Forum as an event.

Based on all of the above, I made the 2014 Climate Change Project, which I started on the day when CO₂ levels surpassed the redpoint.

Continuing this research, in 2015, I prototyped the first five Genuine Profiles and the theories as to how this technique could benefit the movement for changes.



ActiveBase Art and Spectrum 6th Blue Level -

This level is about large, long-term programs and those movements which concern the majority, with the widespread perception of reasons, post-reasons, abstract thinking and knowledge around how a big system works.

To perceive the 6th Level, Global Problems, would require an understanding of the bigger picture, based on previous experience, monitoring the issues, detailed study, and long-term involvement and participation.

This deeper understanding comes from slower thinking brain processes, in contrast to the immediate and instinctive reactions which fit the earlier stages of the Spectrum.

In my case, I took the Sustainable Development online course, administrated an international Facebook group, initiated some online actions, as an international mentor supported my classmates from Africa in their project of Earth Ships. Based on all of this and the previous experience, I made 2014-2015 Climate Change Projects.

The Age of Sustainable Development online course



The map of participants of the Facebook group



Climate Change 2014 Project contains 11 ActiveBase Arts

Mindmaps made
for the Facebook group
and Start Living Green
project in Africa



Violet level-

In 2016, I fulfilled the last empty Level, Yellow, with USO Project, meaning all six levels of the Spectrum were prototyped. From 2017 until the Summer 2020 all genuine Profiles are at the Violet level as they serve the most significant purpose of bringing ActiveBase Art and Spectrum to the public.

Since that time, I have been working on the Violet level to make the Spectrum known and practised and developing pieces of arts and writing which belongs to Violet level. You may ask, why the 2017-2020 genuine profiles achieve the violet level. The reason is I am continuing doing them in a variety of forms to provide more examples of the whole Spectrum. My motivation is to make the Spectrum well-presented and to explore variations, not stick with only those I personally preferred: Rock Profiles. For example, I painted my Office Ships because in this place I feel the future pulsing. The technique is Genuine Profile, so they were definitely attached to the specific place. But the vision of the development was about ActiveBase Art and Spectrum. I painted the Green Man series because it is the amazing public artwork and the place together brought me into series of insights. The technique is Genuine Profiles, but my thoughts were about development. I painted several Genuine Tree Profiles to support Friends of Trees in their incredible work thinking it could help them in some point. I am continuing to paint Genuine Rock Profiles in Corfu because, not only it is meaningful place for me, but for a number of other reasons. First of all, I am keen to keep this incredible nature noticed, safe and preserved, as people tend not pay enough attention to keep this natural beauty clean. I would like to have a voice to protect public areas of seashore as they are, with virgin nature, available to people. The second reason is, I am covering the island with their coordinates of creation because I am thinking about (hopefully not so distant) future, where the locations of my Profiles could add the positive difference to local people's lives. The same way the place of Gerald Darrell's childhood in Corfu made the touristy attraction to the whole areas around. People might want to learn and care about places because something unusual happens there, and I am aiming to make a solid support for local people by my works. It connects with my PhD work dedicated to the social and economy development of regions. So, I am doing it consciously, for a purpose, based on education and experience, and for the hopefully long-term results. The current number of locations for Genuine Rock and Tree Profiles made in Corfu is around 20 all together.

The pure example of Violet level is my fresh work is 'Fotina. Facing the global COVID19 Pandemic'. Made during UK lockdown at home, this eight-metres long painting was created under the pressure of forced world changes and aims to hold a positive meaning.



ActiveBase Art and Spectrum

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The Violet Level is a totality. It means to be a part of a grand plan so deep as to become an ambassador on a global scale, with a life-long engagement, responsibilities and long-term influence. It is so much inclusive so a person could dedicate the whole life to this task refusing more easy paths.

Fotina. Facing the global COVID19 pandemic.

Made during UK lockdown at home, this eight-metres long painting was created under the pressure of forced world changes and aim to hold a positive meaning. The most essential thing was it came alive from more close perception of the Spectrum. This painting is a symbol of overcoming tough obstacles by creativity, and ability to think about world changes.



The left part is about three metres long. It symbolically represents the history of global pandemic and analysis based on social, economical and humanitarian monitoring since January 2020.

The three metres long right part of the painting dedicated to a human reaction to the global event and general overview of evolution of world's structures.

It was made using ActiveBase Art Spectrum approach.

The central part of the painting is about two metres of length. It contains forecast of the world development in nearest future.



ActiveBase Art Spectrum: Prizming

I developed the ActiveBase Art Spectrum (The Spectrum) philosophy as a prizm for seeing the ways that the seven various forms of signals are operating together and how they impact in the real world.

Prizming as a new language is free of negative connotations of the past. Thus, it is a useful tool to discuss difficult situations or sensitive subjects. It frequently happens that it is difficult to make associations in native language, and different taboos to use it in some situations. However, instead of describing as usual, it is possible to Prizm a situation and after it speak about how different levels coexist in it. This approach is more depersonalized and neutral which could be easier for the other people to contribute the subject.

It is an uncountable application of prizming. I would like to name several of them.

There are two specific categories in Prizming: vertical and horizontal. In basic terms, vertical Prizming is movement through all levels one by one, in sequence, from Red to Violet. It is not necessary to reach the Violet, but it is essential to live on the lowest levels before graduating to the higher levels. Sometimes life requires you to pay attention in different sequences, you may be more vigilant to a particular level. However, the essence of Vertical prizming is the big picture of who you are in total, holistic, a puzzle without missing pieces. The same look founders of a company have to their business and loving parents look to their child. You are your own child and you own project to care about, to determine what is necessary to fix and develop.

Horizontal Prizming means working in-depth on a particular level. It is like a specialisation when you have a certain long-term interest and find it more beneficial as long as you practice, not limited by your own case.

Although Vertical and Horizontal prizming do have elements in common, they have different purposes. Horizontal Prizming focuses attention on the chosen level and makes it the priority and the aim is to fully embody that level. Vertical Prizming attempts to widen perspectives, including unknown areas and possibilities, by embodying and developing all of the levels within the Spectrum. The aim is the search of the horizons and integrating your personality to the process to develop the most powerful version of yourself. People could start with Horizontal Prizming and, if they have an internal call, start the same development in Vertical Prizming. I could say, today's life is so demanding for change and new perspectives that life itself could push a person to the Vertical path. Due to the universality of the Spectrum, a practitioner can apply it to themselves, to the others or other subjects or multiple abstract categories, individually or in groups.

1. Vertical Personal development Prizming

Vertical personal development prizming is going through and analysing personal experiences and developing the personality through it. It has the same meaning as to grow and keep healthy. If you want to be healthy, you should take care of the whole system, because weak parts for sure affect strong parts. The weaker part is the limit. When you want to live happy and productive, it is very natural to check yourself if

everything is fine. Yes, it is not a common thing to do it for ourselves, but every good driver keeps checking their cars!

Individual levels of the Spectrum are the physical body, the senses, emotions, and mindsets, recognisable events, big life programs and understanding some aspects of Infinity. Vertical Prizming could be a quick check, a sort of what we are doing with productivity and wellbeing apps. They can show if you have life-work balance, or sport-leisure balance. Vertical Prizming in terms of getting better results and opening new horizons means long-term persistent work and self-analysis. As the result you may find which levels are not developed enough and definitely need your attention. Remember, you are a complex system, not a simple thing. All of the energies add on to happiness, success, stability and ability. The aim of Vertical Prizming is to work through and develop the whole personal Spectrum as it is, to its best version for you and to gain more power from it. It may not always bring much fun; it even could be painful - the same way that physical training could be painful and difficult. However, all of this serves the future. It brings energy, motivation and more power in many ways, so it is a practical thing. If you feel that some of the levels you have worked on your levels need further work, you can fix them using what you have learned from the other levels, like how mental understanding of emotions in psychotherapy could help to fix past traumas.

For example, for some reasons I have quite low developed Yellow level. I made a conscious attempt to manage it to the healthy size. I can't say that I developed my emotional level in depth as some people have. Recently I saw a poster about possible emotional states, and it made me shocked how reach it could be. My emotional part of the Spectrum is closer to British green fields and hills, and definitely not a jungle full of wildlife. I worked on the need to manage toxic emotional areas caused by situations and people, but it was not through emotional approaches like forgiveness and sending love. I understood and reviewed these things using mostly my Green level (intellect), my Blue level (life programs) and some Violet as I am Buddhist. It caused a detoxing process and revitalized some of the Emotional parts. But it is still not a jungle. It will never be. I can't develop its depths like many people naturally have. All I need is to keep my hills green and treasure a couple of daisy flowers I have, and constantly learn a lot from the others. Sometimes I force myself to have an emotional response to simple things in life. It is definitely not enough to say I am having Emotional level in depth, but I keep it healthy and understand the rest. It brings me back the energy which was previously wasted by negative memories and frustrations. Most of my allergic reactions which bothered me from since childhood never appeared again. Like in sustainable houses, you need to find and fix any energy losses and make everything effective and efficient, the same you can do to yourself. As the direct result it will be a huge amount of energy ready to use, extended possibilities and shining personality ready for opportunities of life. Your internal work not only self satisfying, but also leads to extrinsic reward.

It is for sure that what I am capable of doing now is the direct result of my hard work of vertical prizming. I am constantly monitoring weak parts and push them for a while. I can't say it is a significant achievement in those fields, but it is exactly what is needed to develop the whole system to the best and more productive state.

Vertical Prizming creates information exchange and interaction between levels of your personal Spectrum. The ultimate criteria of a successful vertical Prizming is feeling more energy, more precise understanding and more power to work on and complete projects.

Vertical Personal Prizming could be done alone, as it was with me, with my experiences written in my books. It is also possible with the help of a life coach, a therapist, in a

group, by using methods and practice of modern psychology, meditation and other practices. It is useful to describe someone's Spectrum by putting levels in a sort of bar graph. It shows what a person could find interesting to develop, and which levels could not be experienced at the moment, with their potential to each individual.

To sum up, vertical prizing means you are a CEO of your own unique being represented in your own unique Spectrum. That is the source to avoid pressure of stereotypes of any sort, building of who you are in true self, and performing the shining being in your own unique place.

2. Vertical Prizing

Vertical Prizing as a concept is the ability to describe in-depth the Spectrum of a category. What is the reason to do it? In a modern fast changing world, it is not enough to navigate by own preferences, because they are profiling and could be used. It is also not enough to navigate by a custom, because customs are all about the past, and the world is bringing new challenges every day. I am going to explain the benefits of Prizing designed to give clarity to the complex world demanding reactions and actions. Clarification brings much energy because it decreases uncertainty and helps to filter information on daily basis. Prizing delivers a variety of benefits, including more clear navigation through life because of more clear understanding about levels of development.

Individual Human Spectrum
Violet level :
aspects of Infinity

Individual Human Spectrum
Blue level :
big life programs

Individual Human Spectrum
Cyan level :
recognisable events, causality

Individual Human Spectrum
Green level :
mindsets, thoughts, intellect

Individual Human Spectrum
Yellow level :
emotions

Individual Human Spectrum
Orange level :
the senses

Individual Human Spectrum
Red level :
the physical body

You can choose almost everything for Prizming. For example, let's Prizm two concepts: a celebration and the general idea of Yoga.

A celebration is closer to everyday life, Yoga is a bit more abstract, but both of them could be Prizmed by the same rules. It helps to understand the world better, especially to identify your hidden needs, to search something different from your usual choice.

Celebration

Red Level: it is a physical rest from usual activities, a sort of day off from hard work without anything else. It might also be a diet day. If you experience lack of energy, and your usual celebrations are different, it could be beneficial trying to enjoy this one. Celebrating silence and stillness is refreshing for the body and mind.

Orange Level: It requires plenty of food, more quantity and sometimes a bit more quality than in the other days. Stress eating could play this role. If you feel this level is overused, you can try to imitate quantity of food reducing calories or use food with more unusual and complex taste.

Yellow Level: It demands emotional contact with people together, or a sort of excitement alone. In many cases celebration means a standard circle of people and it might lose emotional connections with time. If you use this level without feeling fulfilled, you might make the other choice.

Green Level: Intellectual excitement when finding a good book, or a good interlocutor. You might not feel it as a celebration, but it could be a source of energy too. Choosing special books, or special people you might celebrate it more.

Cyan level: Changing place, participating or watching an event, something which brings the feeling of movement in life. This level of celebration is frequently overused. If you experience lack of energy or interest, it is worth to check, maybe it is necessary to choose another type of celebration.

Blue Level: Sincere and deep involvement in a big scale celebration like historical events. Some people still hold this feeling for Christmas. However, it seems to be becoming rarer to feel this sort of attachment. To indicate your own Blue level, you can browse history and find the event which make a positive response to you. For example, during UK Lockdown on Thursday evenings people applauds to NHS workers, and they felt connected and excited by this synchronized action.

Violet Level: on the Violet level, it is no celebration at all. The reason is everything becomes equally important or unimportant. A person experiencing constant positive feeling towards everything and feels every moment. You can meditate for this effect and get an exceptional refreshment of mind through it.

People get the energy of each Level when they are genuinely involved in it and feel that the experience is meaningful. Formal participation or mixed Levels do not bring so much energy, so the critical point is an Active, engaged participation.

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Celebration

Red Level: it is a physical rest from usual activities, a sort of day off from hard work without anything else. Celebrating silence and stillness is refreshing for the body and mind.

I am going to explain how you can prism the concept of Yoga. The benefits of Prizming is understanding the vertical development of personality you can experience, no matter which branch of yoga you are practicing. Sometimes people feel a lack of progress just because they are ready for one of the upper levels of the spectrum, but without understanding this they frequently try to change the yoga branch for the practice. Remember, the level of the Spectrum are quantum changes of the quality and extended experience, in comparison with more intense practice at the same level. Yoga was initially designed to be a perfect vehicle to gain this quantum jumps, just have a look at the Prizming.

Yoga

Red Level: At this level Yoga is a physical activity, a sort of replacement of aerobics, trendier with possible social benefits. There are plenty of branches of yoga nowadays, probably even more than a number of tastes in capsule coffee. Most of them have easy access and easy practice. They could be taught online when you are repeating the movements of the flow. The wonder of yoga is, with any physical level you can benefit from it from repeating the course on your own understanding.

Orange Level: At this level you could have an insight that sometimes your practice becomes more beneficial with longer effect. It happens because asanas in Yoga are containers for a specific feeling of balance and mindfulness to the body, but to gain this feeling it is necessary to become more aware about your body states. It is the reason to practice the right alignment in asanas and spend more time on each, trying to perceive it in pure form. Yoga splits into different well-described branches like Iyengar Yoga, Vinyasa Flow yoga, Yin Yoga and many others with different feelings during flow, and you might want to learn more about them in depth. You might want to read books about anatomy of yoga, how the human body is designed and each of it brings new self-reflection and nourish your practice.

Yellow Level: Let's make the next step in yoga. Now Yoga use asanas and breathing to control their own emotions and make the emotional state better. It is a good approach as it is the beginning of holistic approach to yourself. It means you gain calmness, fulfilment and strength which is a wonderful complex feeling. It is amazing how an asana you practice before could transform the way you feel life. If you practice yoga for a while, you might realize you own emotions interrupt the practice and experience how breathing could control them, bringing new dimension to your perception. It feels like a discovery and brings new energy to your life exactly because it is the next level of the development. A practitioner could start to speak with their own body and have response.

Green Level: Yoga is a complicated thing to experience and go into depth, and it feels like it is worth continuing. At the Green Level you might realise that the mind state and especially internal dialog is the obstacle preventing from happiness and building your dreams into reality. If you catch yourself proceeding internal argument as if it were a third person, and start to witness it, the magic happens. The mind become silent and calm and rests. You might decide to read some books with medical researches around which describe attempts to control a chatty mind. Internal dialogue is much worse than controversial emotions. At this stage, people start to read about it on the Internet and could find a reasonable translation of Yogasutra, which leads to more. The subject

became self-beneficial and prioritised in time because now you are managing own life making choices, using yoga as a tool for it.

Cyan level: When the mind become silent, and emotions are calm, with breath control your feeling of the body changes. The body becomes a union which produces the performance of mind-blowing asanas, or you could focus to apply the new knowledge to your career or family life. At this stage self-development is required. Some people, who found Patanjali, learn that Yama and Niyama, types of mindsets and personal evolution were inbuilt in Yoga. Yoga is the holistic system designed for exciting improvement for all parts of human life.

Blue Level: You might perceive that physical parts of Yoga are not as important as the upper parts. Jnana yoga, Bhakti yoga, Karma Yoga are life-changing, and needs to be searched and practiced in self-awareness. At this level you start to see how to organise your own life better, more naturally and in a more effective and efficient way. The result is much more energy in form of physical, emotional, mental and even financial capital because you are capable of doing projects which were postponed for a long time. You earn the energy to making a free choice.

Violet Level: This is the highest aim of meditations. Shining mindset with silent mind and fulfilled state, which brings so much peace, power, satisfaction and feeling that you are truly, completely, entirely alive in every moment of life. Reunion with Brahman is how it traditionally called in Yoga, and it is not about religion. The point is you perceive the source of any religion inside. There are a number of examples in human history like Buddha, Krishnamurti, Osho and others who gained it permanently, and all of them eventually performed a mission to help other people. We can learn the exact conditions and traits of this state to separate it from spontaneous and accidental insights, but it is the subject to another prizing. The most important, while practicing the Blue Level, you may experience dots and splashes of the Violet level as the reasonable result of your own path. Once again, it is not a religion of any sort. It is the potential of human being themselves.

YOGA

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Cyan level: When the mind become silent, and emotions are calm, with breath control your feeling of the body changes. The body becomes a union. At this stage self-development is required. Learn Yama and Niyama. Yoga is the holistic system designed for exciting improvement for all parts of human life.

YOGA

Green Level: You might realise that the mind state and internal dialog is the obstacle preventing from happiness and building your dreams into reality. If you catch yourself proceeding internal argument, and start to witness it, the magic happens. Read Yogasutra by Patanjali for more.

YOGA

Yellow Level: Let's make the next step in yoga. Now Yoga use asanas and breathing to control their own emotions and make the emotional state better. It means you gain calmness, fulfilment and strength. Breathing could control emotions, bringing new dimension to your perception.

YOGA

Orange Level: you could have an insight asanas in Yoga are containers for a specific feeling of balance and mindfulness. It is the reason to practice the right alignment in asanas and spend more time on each, trying to perceive it in pure form.

YOGA

Red Level: Yoga is a physical activity, a sort of replacement of aerobics, trendier with possible social benefits. There are plenty of branches of yoga nowadays. They could be taught online when you are repeating the movements of the flow. You can benefit from repeating the course on your own understanding.

I prized many subjects and still wondering if there could be a limit. You could Prizm your relationships, your past, present and even future; your habits, your research, your boss, your dog, your meal, name the subject. It is both beneficial to find an answer or to find a gap which you could not fulfil by yourself. ActiveBase Art is about the search.

The answer to the question about how to prizm comes from your experience. In our complex and diverse world, you might meet different variations of how different people make choices or encounter various life experiences. Prizming starts when you feel that there could be a system behind these differences. It might look artificial from the first glance, but it is exactly the way of science. When ancient people experienced phenomena, they often thought that there was a personal will behind it; they often invented a figure to represent natural elements- a specific god who controls the driving lighting, the waters, rains, droughts and so on. However later human became more rational and started to discover, that it is not the personal will of a deity, but rather it is a natural law, or something similar. When they learned this, it was the beginning of progress. You can overcome gravity when know how it works. You might predict trends when you know that people are not so free in making economic choices, and they don't need a formal agreement or plot to behave in similar way.

The Spectrum is a sort of natural law. When you sort your experiences and thoughts about a subject into the levels of the Spectrum, you might experience how clear your mind and emotions could be. The colours of the Spectrum seem to be more neutral descriptions to use in difficult and sensitive cases, and eventually you might organize your own experiences and find the gaps within them.

I should repeat again the benefits of it. Prizming brings a coherence of an internal psychological climate- the ability to evaluate and absorb your own experiences. In addition, your future experiences will be able to be prized much easier.

The best analogy to describe it is Marie Kondo's method of tidying. If you see her show, she comes to houses which are messy, with plenty of memories frozen in old things, with hard circumstances and the owners typically are not able to harness it. Marie Kondo highlights the methods how to absorb positive energy of the house, and it is not just an exotic ritual - it is the real physical energy we designed for, the Yellow level of the Spectrum. Then Marie lead the owners into emotional revision about their things and suggests that they select only things with sparks of joy, while getting rid of the other things while expressing gratitude to them. The same method is in Carlos Castaneda system of remembering, and also within Buddhism and Zen from where it was adopted by Eastern psychological practice. All of those things are from one root. With the mental process of evaluating objects, the owners of the house sort their possessions and their life experiences as well. It is important that it comes simultaneously. This is how the Spectrum works when we are prizming. After making things clear and sorted, Marie Kondo explains how to tidy it up to get the most of them effortlessly. As the result, everyone feels fulfilled and free of obstacles, ready to set in own life. I could say, Marie Kondo's method is the perfect example of prizming - tidying homes as a way of tidying life.

If you imagine your life as a house, and your experiences and memories as things in it, you are ready to prizm them and put all of the knowledge into just Seven Levels. If you touch a complex experience, you could prizm it separately and find out how it works and, most importantly, what life is telling you with it. Imagine how it could speed up your perception of the world, and how clear you can choose your reaction to it. The amazing

thing about Prizming is, when you just start, it becomes easier, and it starts around you as well. People are changing towards you; life is changing. The tidier you become, the more effective and efficient your life turns. It comes both from inside and outside as all the people are so much connected.

The condition to successful Prizming is that it is not a mind play. Prizming is a two-way street; it is the dialogue between you and something else with the answers which you could feel as a response. The subject should be essential for you, otherwise, like speaking with a mirror, it would not be recognisable response from the Spectrum.



ActiveBase Art and Spectrum

Examples of Vertical Prizming

Vertical Prizming is movement through all levels one by one, in sequence, from Red to Violet. Sometimes life requires you to pay attention in different sequences, you may be more vigilant to a particular level. However, the essence of Vertical prizming is the big picture of who you are in total, holistic, a puzzle without missing pieces. The same look founders of a company have to their business and loving parents look to their child. You are your own child and you own project to care about, to determine what is necessary to fix and develop.

Development	7	<p>Celebration Violet Level: on the Violet level, it is no celebration at all. The reason is everything becomes equally important or unimportant. A person experiencing constant positive feeling towards everything and feels every moment.</p>	<p>Individual Human Spectrum Violet level : aspects of Infinity</p>	<p>YOGA Violet Level: This is the highest aim of meditations. Shining mindset with silent mind and fulfilled state, which brings so much peace, power, satisfaction and feeling that you are truly, completely, entirely alive in every moment of life. You perceive the source of any religion inside.</p>
	6	<p>Celebration Blue Level: Sincere and deep involvement in a big scale celebration like historical events. Some people still hold this feeling for Christmas. You can browse history and find the event which make a positive response to you.</p>	<p>Individual Human Spectrum Blue level : big life programs</p>	<p>YOGA Blue Level: You might perceive that physical parts of Yoga are not as important as the upper parts. Jnana yoga, Bhakti yoga, Karma Yoga are life-changing, and needs to be searched and practiced in self-awareness. At this level you start to see how to organise your own life better way.</p>
	5	<p>Celebration Cyan level: Changing place, participating or watching an event, something which brings the feeling of movement in life. This level of celebration is frequently overused.</p>	<p>Individual Human Spectrum Cyan level : recognisable events, causality</p>	<p>YOGA Cyan level: When the mind become silent, and emotions are calm, with breath control your feeling of the body changes. The body becomes a union. At this stage self-development is required. Learn Yama and Niyama. Yoga is the holistic system designed for exciting improvement for all parts of human life.</p>
	4	<p>Celebration Green Level: Intellectual excitement when finding a good book, or a good interlocutor. You might not feel it as a celebration, but it could be a source of energy too. Choosing special books, or special people you might celebrate it more.</p>	<p>Individual Human Spectrum Green level : mindsets, thoughts, intellect</p>	<p>YOGA Green Level: You might realise that the mind state and internal dialog is the obstacle preventing from happiness and building your dreams into reality. If you catch yourself proceeding internal argument, and start to witness it, the magic happens. Read Yogasutra by Patanjali for more.</p>
	3	<p>Celebration Yellow Level: It demands emotional contact with people together, or a sort of excitement alone. In many cases celebration means a standard circle of people and it might lose emotional connections with time.</p>	<p>Individual Human Spectrum Yellow level : emotions</p>	<p>YOGA Yellow Level: Let's make the next step in yoga. Now Yoga use asanas and breathing to control their own emotions and make the emotional state better. It means you gain calmness, fulfilment and strength. Breathing could control emotions, bringing new dimension to your perception.</p>
	2	<p>Celebration Orange Level: It requires plenty of food, more quantity and sometimes a bit more quality than in the other days. Stress eating could play this role.</p>	<p>Individual Human Spectrum Orange level : the senses</p>	<p>YOGA Orange Level: you could have an insight asanas in Yoga are containers for a specific feeling of balance and mindfulness. It is the reason to practice the right alignment in asanas and spend more time on each, trying to perceive it in pure form.</p>
	1	<p>Celebration Red Level: it is a physical rest from usual activities, a sort of day off from hard work without anything else. Celebrating silence and stillness is refreshing for the body and mind.</p>	<p>Individual Human Spectrum Red level : the physical body</p>	<p>YOGA Red Level: Yoga is a physical activity, a sort of replacement of aerobics, trendier with possible social benefits. There are plenty of branches of yoga nowadays. They could be taught online when you are repeating the movements of the flow. You can benefit from repeating the course on your own understanding.</p>

3. Horizontal Prizming

Horizontal Prizming means finding examples in one's own or in another's experience to understand and perceive the chosen Level of the Spectrum. The closest example for it is to become a specialist in a specific area: starting from basic knowledge about the subject and how it is connected with the nearest areas, a specialist is working to make their experience and knowledge by other's example and put it on a sort of internal system of expertise. They are craving for more examples and cases to learn more fine shades of their subject. Let me make a couple of examples.

If, when you are Horizontal Prizming, you are focused on the physical perception of colours (Orange personal level), you are trying to determine as many as possible and to train your brain and eyes to perceive them more clearly from any picture or view. It might be useful to have a look to tetrachromat test from Professor Diana Derval <https://winkgo.com/diana-derval-color-cones-test/>. But another way to expand your experience could be to look at how impressionists painted and try to find as many shades and unusual complex colours in any scenery. Then try to think how to mix and apply them.

When focused on the Yellow (Emotional) level, have a glance to a poster about possible emotional states. How many of them you can detect in other people and own experience? How they could be expressed? Where is the border between healthy and unhealthy states? How about possible amplitude? At this point I have to leave you for your own adventure, because my Yellow level is naturally not so deep and all I could do with my boring Capricorn life is to keep it healthy and clean.

Horizontal Prizming means you are doing this job using the Spectrum seven levels of perception. The difference between professional specialization and Horizontal Prizming is the first is for making living, and the second is to live the full life making the best of it, including professional success.

It could begin from individual experience and, like all research, go in more general formulas until you get the insight of understanding how the subject is breathing in time. I think about horizontal prizming as the way to explore each level of the Spectrum.

You might start to feel really fine, that, for example, Red level behaviour of a three-years old, demanding attention, has similar nature with a pet tearing your pillow at 4 am, and with a boss shouting at employees just because they have lack of knowledge and self-confidence. Situations could be also on the Red level. Sometimes it is just the whole day or week full of Red Level events or situations.

Red level is not constructive, no matter what was expressed in words, and you can explore the time it occupies in comparison with the other levels. You could find how your own Red level appears and what it brings into your life, with this experience you could learn more from other people faster and without repeating mistakes.

When your library of understood experiences grows, no matter which level you are exploring, it provokes the self-organizing processes on all of the other levels of your own Spectrum. You could experience that a pure level is quite rare, and mostly life represent mixture of levels. It means you are the one to choose how to come through every life event, by a pure automatic reaction (Red), or through emotional reflection (Orange), or

maybe as a lesson to learn (Green), or it is an important sign to your forward steps (Blue). You could explore your own values and separate those with no energy given out from them, which you absorbed as a part of your history, from ones which are motivating and driven. Collect the driven motivations to reinforce your Blue level, and qualify ones which just look like values, giving nothing in fact. It is as a part of horizontal prizing in Blue level.

I should repeat again that prizing is not an entirely mental process. You will experience it deeply, and the positive response to prizing will be fast. As the result, life becomes clearer and more organized by itself. Suddenly you could find new sources of energy and bright insights, less worries and misunderstanding, more clear vision of the next steps, and so feel easier in life.



ActiveBase Art and Spectrum

Example of Horizontal Prizing

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Horizontal Prizing of Yellow level (Emotions in individual Spectrums)

3

Some studies described 27 discrete emotions named as in the following list: Admiration, Adoration, Aesthetic Appreciation, Amusement, Anger, Anxiety, Awe, Awkwardness, Boredom, Calmness, Confusion, Craving, Disgust, Empathetic pain, Entrancement, Excitement, Fear, Horror, Interest, Joy, Nostalgia, Relief, Romance, Sadness, Satisfaction, Sexual desire, Surprise. However you can make own list. Some of them are complex. They could be mixed. It could be different amplitude. Learn as much as it possible. Perceive as more as it possible.

Conclusion about Prizing

It seems a variety of results of Prizing. It could be an instant intrinsic reward when somebody is resolving internal contrarities so feel more energetic with more confidence, managing own energy in a more efficient way. It could be a collective process of Prizing in groups. It could be individual Prizms of any sort, published within ActiveBase Art and Spectrum Principles. It could also be pieces of Art created during the process with an explanation. It could be combinations of all of the above, individually or in groups, and many other possible variations. One of the important criteria is the actual duality and equality between the claimed Prizing and the actual result.

Prizing is constantly growing experience in which with practice a practitioner could gain exceptional insights, ideas, energy, ways to live life in a better way, inspiration, communication, better filters to absorb information and many others. Connecting people, Prizing give them an ability to dig into a collective experience, then collective subconsciousness. I believe this Prizing could correct many of the past mistakes leading to a new look to the modern world.

Prizing is intended to become a flexible solution to fix those modern contrarities which are caused by applying stereotypes and limitations of organic languages.

No matter what language you use, all of them were developed from past times and are full of simplified terms which used to work but today may create more problems for complex people. And this complexity starts so early, so nobody could deny it.

I would like to tell a short story to highlight the danger of stereotypes. It is an ancient Greek myth about one strong bandit who blocked a road. He claimed that his aim was to make people ideal. Probably it was an echo of how ancient Greeks treasured physical

beauty. The bandit forced passers-by to check if they are ideal (in his terms) and he put them to his ideal model which was his bed. In some variations of the myth he had two beds to be sure nobody could fit. If a passer-by was shorter than his bed, he stretched their legs; if they were taller, he cut their legs. The story is not clear about if he robbed them afterwards as a fee for the adjustment. The main point for those people it was quite sensitive unwilling procedure and probably they would never recover. The name of the bandit was Procrustes and the procedure of applying his own vision of truth became known as a Procrustes bed.

The culture of quick reactions based on well known tags has two sides. On one hand it organizes people in big scale into common activities which is one of the most significant positive changes in human history. On the other hand, it is based on stereotypes and an extraverted approach which might cause more uncertainty, especially to the younger generations. _Young people who just started to identify the world around, searching of their place, and willing to know who they are, could feel not so simple to fit the loaded descriptions. Our bodies are the results of millions of years of evolution, it is still meaningful. But how frequently we disagree with the ways our bodies develop and especially the social framework for them. I had been coming through those hardships myself and perfectly know how much energy it wasted and how it can spoil life.

No wonder, as it comes from the organic structure of human brain! It consists from two parts with frequently opposing activities. One is limbic system which was inherited from our reptile ancestors - this produces instincts and is very powerful due to the hormones released. It consumes 10% of the body's energy budget or less and aimed to find the way to consume even less. When it shortens activity, it releases a number of internal narcotics. That's why focus on following instincts seems so easy and pleasant but causes the spiral of chemical dependence. From ancient times it was well known by the consequences. Most of the religions knew that, following limbic system cause lots of human threats, that's why they have specific parts described it as a devil or so.

The other part, the neocortex, is truly human and perform a complex function. It is even more individual than fingerprints, and everyone has own hidden talent. Unfortunately, the neocortex is energy consuming, in the case of hard tasks it requires up to 30% of the whole body's energy. This is the reason we a getting so tired in education. The contrarities of self-identification, of losing focus, of forgetting, having obsessions and struggling against it, all of this is the result of how our solid material part meet our ideas and how these two interact. In terms of the Spectrum, the Red (physical body), Orange (senses, including unusual reactions, hormones) and Yellow (emotions) levels belongs to the material part. Our thoughts, motivations and mindsets could come from Green (mentality), Cyan (causality), Blue (big life programs and missions) and Violet (our perception of divinity). How individual the personal Spectrum could be, and how it is interesting to visualize it, exploring this way. You can determine and evaluate the certain levels and their individual behaviour, you are capable of pumping weak areas and cure destroyed parts, fulfilled them with fresh energy. I could compare it with light. Coherence is the power which create the huge difference between laser and common light waves. When you master your own Spectrum, you become a coherent joined power from all of the parts avoiding energy losses caused by messy dualities and contrarities. The Spectrum is a short, understandable and easy developing model of how to do it.

Everyone is built differently. We are Universes. This is the reason for thinking about ourselves as the Spectrum, not a controversial binary system. Let's learn about it more.

Further Reading

Here are some quick references to the other important parts of ActiveBase Art and Spectrum approach.

For my personal reasons, experience and the importance of this time to launch new ideas [read ActiveBase Art and Spectrum Personal Manifesto.](#)

ActiveBase Art Painting is an activated painting style and technique to fulfil my connections with the Spectrum. The idea behind ActiveBase Art is the symmetry between the Spectrum and the created pieces of Art, which is the reason I created my own Activated painting instead of using previously learned techniques and styles.

Please read [ActiveBase Art Painting Personal Manifesto](#) for the details.

Every person who agrees with ActiveBase Art Principles and puts their understanding of the Spectrum into practice could be called an ActiveBase Artist. [Read ActiveBase Art Principles](#) for the details.

Conclusion

For tens of years I had been researching and experimenting. My research started from my own perception and they led me to explore the Seven-Levels Archetype which I found full of potential as a new generation of common language for people. I also found that one of the most dangerous mistakes still appears behind blind alleys, struggle and suffering is artificial dividing between material and abstract things, including mess in recognizing how they interlaced in different cases.

I described how Archetypes are inbuilt in human nature and gave some examples of Seven-levels Archetypes. I also wrote the detailed descriptions of ActiveBase Art and Spectrum, with examples and prototypes of how to apply it. In this text I highlighted one of the Spectrum's purposes to fix contrarities and give clearer picture to describe and manage complex concepts and cases. I hope in future other people will be using the Spectrum as the way to understand each other, and the way describing, exploring and developing yourself. It made the Spectrum possible solution to many struggles, especially for young people, and bring support to coaching procedures. I know it by my own experience, especially as the Spectrum model was the solution in my case. It shown how you can present yourself as the whole Spectrum instead of a number of separated bits or exclusive binary approach.

Because of the challenging times, it is essential to overcome entropy and find more effective and efficient ways to manage uncountable issues of the world crisis. In post-industrial time creativity is the way to make significant changes in life, I described the unity of material and concepts focused on ActiveBase Art and Spectrum approach. I prototyped each level of the Spectrum with my projects to give the examples of the path, the ideas and the result. For the sake of future sustainability, I would like to mention the priority to establish a constructive way for human activities, where the level of projecting and the level of results are equally important.

I am launching ActiveBase Art and Spectrum now due to the strong demand of the time. My hope is to make it available as a tool for a wide range of specialists and individuals and educate them how to use the in our complex Information age. Although ActiveBase Art and the Spectrum are based on a logical principle, it is open for collaboration and development from a wide range of participants. I believe that more then twenty years of my work become in reality now, and Spirit of Time gathers the right people to make it work.

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