

## **Introspective behavior.**

The first key indicator of, an introspective behavior, is a conscious awareness. This arrives normally, by simple observation. And by comparisons. With the intention to examine yourself. Achieving a better understanding of self. Your surroundings. And how you interact with your environment. And other intelligent beings.

A subtle change to one's behavior. Requires small mental adjustments, in inclusive thought, and perception patterns. And learning a new skill.

However, should your choice be to change the nature of your intelligence. And decide either to advance, or regress. The requirement determines your own thoughts, emotions, and behaviors. Based on every aspect of your existence so far. Like education, religion, environment, geographic location, social activities, personal and family history, etc.

However, one needs to evaluate the necessity, the desire, or the reason for a particular choice. Is change required out of a need, or a desire to improve. Or in plain terms, purely coveting a lifestyle, someone else has.

Such as an emotional longing, to belong to, or be part of something. These choices, often are associated with self-interest, goal orientation, commitments, or social behaviors.

Then to establish the alternative. Requires just as much research and careful thought. Unbiased from your desire. And objectively. You might end up discovering certain aspects, you did not expect, or do not like. Or, that does not suit your choice. Or your status.

You would need to set a program. That is easy to follow, requires sparse time management. And is based on a repetition, that forms the accepted habits. That give result. And reward. According to what is determined. These newly acquired skills, help change the nature of intelligence, over time.

The self-paced program splits into two phases, or more. Depending on intent. Over longer periods. Such as 20 years. And this is dependent on, part planning. A change of activities. A change of geographic location. Including the time spent within the current social circle

Thereafter, a person can decide on the period needed, to complete such a task. Setting realistic paced goals, and acting declares change. A new form of energy-related force sets in motion the new reality. That ensures outcome. The shift, into a different environment, has costs associated with it. Time spent, the money it takes, and change of lifestyle.

It is a good idea, that before you embark on, such a change in nature. To note, some considerations. Family first. That means spouse and children. Should be

the first people you consult with. When you change, they will also change alongside you. These relationships are delicate, and need nurturing.

Finding a mentor in the chosen direction helps. Or associating with other likeminded people. Including of a set number of individuals. Like a close friend, or a few, that you call family. Or even a related family member, can be a close friend.

These people can give you valuable insights, guidance, and criticism. And give you encouragements. And be your support system.

One skill that, a person learns quickly is, to let go of most relationships, and move on. And accept new relations. And always thank people for being part of your life. For a time, a period, a season, or a lifetime spent together.

It is part of the journey. Part of the process. Part of the program. If you do not, you will hold yourself back. And your projected resonant frequency, will not match your surroundings. Causing a mismatch, and disruption, and clashers.

You cannot start an introspective behavior change. Without these considerations. Changing your behavior, requires effort, dedication, and time. You must be honest to your-self, and your choices. Then you have permitted the change, and embraced it with a deep-rooted faith.

By

Raymond Peter Luke

[www.qibp.co.za](http://www.qibp.co.za)