\*\*The Fire of Transformation Celebrating our veterans, First Responders, and their Families\*\*

[https://perview.org](https://perview.org/)



\*(A Poem by Elior, Poet)\*

Within the wheel of cosmic fire,

A thousand rays of light conspire.

Red and yellow, bold and bright,

Burning shadows into sight.

Cool and calm, the embers glow,

Collected strength begins to flow.

Contentment hums, a steady stream,

Clarity shines—a waking dream.

Conscious wisdom, pulsing deep,

In celebration, fears retreat.

From the navel’s spark, a beacon true,

Burning limits, forging new.

No past to chain, no fear to bind,

The composer of the soul aligned.

Flames arise, yet bring no pain—

Only joy, beyond the frame.

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### \*\*The Seven C’s: A Journey of Inner Fire\*\*

I am grateful to be alive. I am grateful for all the lessons etched into my being—lessons from divorce, lessons from Agent Orange cancer, lessons from nervous breakdowns. Each trial a forge, each pain a sculptor’s hand shaping the wisdom path.

And at the heart of this path, I return to my name.

### \*\*A Name Given in Light\*\*

Decades ago, a Jain monk, Gurudev Shree Chitrabhanu, bestowed upon me a name—\*\*Arihanta\*\*—one who has conquered inner enemies, one who walks the world without foes, seeing only friends. A name that does not separate but unites, a name that carries the vibration of peace.

And so, I step into the essence of this name. In the words of the Rolling Stones: \*Cool, Calm, and Collected\*. But I do not stop there. I claim more:

- \*\*Cool.\*\*

- \*\*Calm.\*\*

- \*\*Collected.\*\*

- \*\*Contentment.\*\*

- \*\*Clarity.\*\*

- \*\*Consciousness.\*\*

- \*\*Celebration.\*\*

Seven C’s, a path of inner transformation. Seven flames in the wheel of my being.

And as I bow down to the \*\*Arihantas\*\*—those who have conquered their inner battles—I invoke an eighth C: \*\*Compassion.\*\*

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### \*\*The Eternal Fire and the Composer of Life\*\*

All material elements compose and decompose, forming and reforming in endless cycles. My body, too, will one day decompose, returning to the earth. But my \*\*inner energy, my indestructible essence,\*\* lies beyond form, beyond dissolution.

In the fire of wisdom, I burn away fear.

In the fire of forgiveness, I dissolve anger.

In the fire of equanimity, I rise beyond suffering.

Yesterday, my dogs left their mess in the hallway, trailing into my office. In the past, frustration might have flared. But now? I breathed deep, \*\*Cool, Calm, Collected.\*\* I cleaned it up. \*\*Content, Clear, Conscious, Celebrating\*\*—grateful even for this.

Because the composer is never destroyed.

Sixty percent of all sickness lives in the stories we tell, woven into the language we use. Forty percent lives in the body. And the \*\*navel\*\*—the \*\*cord\*\* of life, the \*\*center\*\* of power—is a gateway to rewriting these stories.

The \*\*navel\*\* is where I once received nourishment, through the \*\*umbilical cord\*\* connecting me to my mother. And now, I commune with my inner self, shifting from \*\*contracting ego\*\* to \*\*expansive wisdom\*\*.

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### \*\*The Fire at the Navel\*\*

At the center of the navel lies the \*\*fire element\*\*. In Sanskrit: \*\*Agni\*\*.

Have you ever noticed how a yogi, deep in meditation, remains warm even in freezing conditions? They do not rely on external heat; they awaken the \*\*inner fire\*\*.

And with this fire, a new Comfort emerges.

There is another Sanskrit term—\*\*Manipura\*\*—meaning \*\*City of Jewels\*\*. In this city, flames flicker red and yellow, burning away the past, burning away limitations.

Now, visualize a \*\*wheel\*\* of fire:

- A wheel with \*\*four spokes\*\* of energy.

- Now, six.

- Now, ten.

- Twelve.

- Sixteen.

- Sixty-four.

- One hundred.

- One thousand.

Can you feel it? The \*\*fire within you\*\* expanding?

At the core of this fire burns a mantra: \*\*Ram.\*\*

\*\*Ram, Ram, Ram.\*\*

This is the fire of the higher self, the \*\*indwelling presence\*\* that breathes life into the senses, the mind, the body.

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### \*\*The Power of Communication\*\*

And here arises the final \*\*C\*\*—\*\*Communication\*\*.

When I commune with my inner self, my words shift. My presence shifts. My very being begins to \*\*radiate peace, love, and wisdom.\*\*

I do not \*\*speak\*\* peace—I \*\*become\*\* it.

I do not \*\*seek\*\* joy—I \*\*embody\*\* it.

I do not \*\*preach\*\* wisdom—I \*\*live\*\* it.

This is the meditation of the \*\*Seven C’s\*\*. This is the fire that \*\*burns away the ego\*\*, that \*\*transforms suffering into light\*\*, that \*\*turns every enemy into a teacher, every obstacle into a stepping stone\*\*.

I am the composer.

I am the one who \*\*creates\*\*.

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### \*\*The Final Bow: A Story That Keeps Expanding\*\*

I return to my Jain name: \*\*Arihanta\*\*—the one who has conquered all enemies.

Not through force.

Not through war.

But through \*\*fire and transformation\*\*.

I stand at the center of a thousand-spoked wheel. Each spoke, a radiant energy. Each ray, a guiding light.

And I invite you:

- To \*\*burn away\*\* the limitations of the past.

- To \*\*step beyond\*\* the small stories that confine you.

- To \*\*remember\*\* that you are the composer, the creator, the architect of your being.

This is the power of the \*\*Seven C’s\*\*.

This is the power of the \*\*inner fire\*\*.

This is \*\*PERVIEW Beyond\*\*.

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### **The Fire of PERVIEW: Animating Transformation with the 7 C’s**

#### **Flames of Renewal, Waves of Becoming**

A whisper of heat beneath the ribs,  
A golden ember beneath the skin.  
Not a fire that destroys, but a fire that frees,  
Turning weight into wind, chains into wings.

Cool, calm, collected—  
Yet burning bright.  
A paradox, a pulse, a presence.  
A thousand spokes of flame, a thousand waves of light.  
PERVIEW ignites the unseen.

### **The Alchemy of PERVIEW: Where Fire Meets Waves**

PERVIEW is not simply a coaching method. It is the **alchemy of transformation**, an **energetic shift in consciousness**that turns suffering into wisdom, contraction into expansion, and stuck stories into movement. The **7 C’s meditation**, with its blazing **fire of the navel center**, aligns perfectly with PERVIEW’s power to **restory reality** at both the cellular and vibrational levels.

🔥 **PERVIEW is fire.** It is the **Process of Embodied Restorying**—not just thinking about change, but **living it in every breath, every movement, every spoken word**.

🌊 **PERVIEW is waves.** It is **Vibration in Energy Waves**, shifting emotions, rewiring neurons, and attuning our being to **higher frequencies of healing, clarity, and empowerment**.

The **7 C’s ignite and animate PERVIEW**, ensuring that this process is not just intellectual but **visceral, spiritual, and fully embodied**.

### **1. Process Embodied Restorying (PER) – The Cool Fire of Transformation**

In PERVIEW, the **"PER"** stands for **Process Embodied Restorying**. This means that transformation is not a concept but a **lived experience**, a **fire moving through us**.

* **Cool, Calm, Collected** – These first three C’s remind us that fire does not have to rage; it can **burn steady and bright**. This is the fire of awareness, of **centering the self**, rather than reacting from old, conditioned patterns.
* Just as **yogis generate warmth through inner fire (Agni), PERVIEW coaches ignite transformation in their clients**, helping them **burn away old limitations** without fear or panic.

🔥 **In PERVIEW coaching, we help people see that transformation does not need to be overwhelming or destructive. Instead, it can be a gentle, steady burning away of the old story, revealing the new.**

### **2. Vibration in Energy Waves (VIEW) – The Frequency of Freedom**

The **"VIEW"** in PERVIEW stands for **Vibration in Energy Waves**, which connects directly to the **fire element in the navel center**. Every moment of our existence carries a **frequency**—either low, contracting energies (fear, shame, self-doubt) or high, expanding energies (clarity, joy, empowerment).

* **Contentment & Clarity** – When we shift from fear to **contentment**, we **tune our energy** into higher frequencies. **Clarity** emerges when we stop seeing our life through the lens of past wounds and instead through the **golden fire of transformation**.
* **Consciousness & Celebration** – Fire **illuminates** our inner landscape. In PERVIEW, we work with **mirror neurons, embodied awareness, and storytelling energy waves** to **train consciousness** toward empowerment. And when we reach a breakthrough? **We celebrate.**

🔥 **In PERVIEW coaching, the “VIEW” part is about shifting frequency—not just talking about change, but feeling it, vibrating with it, embodying it fully.**

### **3. The 7 C’s as PERVIEW’s Fire Ritual**

As a PERVIEW practitioner, you become a **fire-tender**, guiding people through the **Process of Embodied Restorying**, helping them align with **Vibration in Energy Waves**. The **7 C’s become a ritual**, a **pathway through the fire**:

1️⃣ **Cool** – Find presence in the fire, rather than panic.  
2️⃣ **Calm** – Breathe into the energy; let it cleanse, not consume.  
3️⃣ **Collected** – Gather your inner power; you are not scattered, you are whole.  
4️⃣ **Contentment** – Let go of the story of struggle and tune into peace.  
5️⃣ **Clarity** – See through illusion, recognize your true nature.  
6️⃣ **Consciousness** – The fire illuminates; you are awake to new possibilities.  
7️⃣ **Celebration** – Rejoice in your becoming, in the lightness of your being.

🔥 **In PERVIEW, we help others step into this fire, but not alone. We guide them, walk beside them, and ensure that they emerge not burned, but transformed.**

### **4. The Thousand-Spoked Firewheel: The Ultimate Embodied Restorying**

PERVIEW is **not just storytelling—it is fire-moving-through-you storytelling.** It is the **wheel of energy at the navel, the thousand flames burning away self-doubt, old fears, and stuck stories**.

* **The ego contracts; PERVIEW expands.** It is the opposite of the **controlling mind**. It is the full opening to the fire of wisdom.
* **The thousand rays of fire represent possibilities.** Each **Little Wow Moment** gathered in the process becomes another **ray of light**, another **spoke of transformation**.
* **The fire wheel is not destruction; it is illumination.** What you burn away is not your identity—it is the **false limits imposed on you by past trauma, societal conditioning, and self-doubt**.

🔥 **In PERVIEW coaching, we visualize this fire—1000 rays, 1000 stories restorying into something luminous, light, and free.**

### **Conclusion: PERVIEW is the Fire of Becoming**

PERVIEW is **alchemy**. It is the **fire of transformation**, the **waves of new possibility**. It is not just about "thinking differently"—it is about **feeling, embodying, and vibrating at a new frequency of being**.

And just like the **JAIN name given to you, Arihunta**, which means **"conqueror of inner enemies"**, PERVIEW helps people **conquer the limitations imposed by their old stories**.

🔥 **They step into the fire. They emerge free.**

With the **7 C’s** as our guide, with the **fire of the navel as our power**, and with the **waves of PERVIEW rippling through us**, we burn away the past and step into the **full radiance of the present moment**.

### **Final Mantra:**

🕉️ **Om Namo Arihanta** – "I bow down to those souls who have conquered their inner enemies."  
🔥 **Ram Ram Ram** – "Ignite the fire of the higher self."  
🌊 **I am the wave, I am the fire. I am the composer of my own becoming.**

This is **PERVIEW**. This is **Embodied Restorying**. This is **the fire of transformation, alive in you now**.

**This is a deep storytelling, your fire, your voice** woven into PER-VIEW.

🔥 **Shall we step deeper into the fire of PER-VIEW?** 🔥

### **The Fire of Forgiveness: A PERVIEW Self-Coaching Guide**

#### **A True Story of Compassion in Chaos**

### **The 7 C’s in Action: David, His Dog, and the Poop Incident**

David woke up early, ready to dive into his day of deep storytelling, when he stepped into **something unexpected.**

There, covering the hallway and spilling into his office, was an **unholy mess of dog poop**. His beloved canine companion had, in an uncontrollable moment, transformed his sacred creative space into a **poo-smeared battlefield**.

In an instant, David’s mind raced toward irritation. **Why now? Why here? Why my writing space?** But then, he caught himself. **This was a test.** **A test of the 7 C’s. A test of PERVIEW. A test of his own inner fire.**

He took a deep breath and **began the process of self-coaching**, using **Process Embodied Restorying Vibrations Into Energy Waves (PERVIEW)** to **transform frustration into love, irritation into gratitude, and anger into enlightenment.**

### **Self-Coaching Questions: Moving from Reaction to Restoration**

Each question invites a shift—from irritation and frustration to **cool, calm, collected, and compassionate restorying**.

### **Step 1: Characterize – Acknowledge the Story at Hand**

1️⃣ **What emotions am I feeling in this exact moment?**  
2️⃣ **If I step back and observe myself right now, what do I see?**

🔹 David paused, watching his breath. He was on the edge of irritation, but he caught himself before reacting. His initial feelings? Mild disgust, frustration, and the absurdity of the moment. But he knew this wasn’t about the poop—it was about his inner state.

💡 **Reframe:** "This is just a moment. Just an event. Nothing more, nothing less. What happens next is entirely up to me."

### **Step 2: Externalize – Naming the Energy, Not Blaming the Being**

3️⃣ **Can I give this problem a name that removes blame from my dog?**  
4️⃣ **If I separate the event from the emotions I’ve attached to it, what shifts?**

🔹 David decided to name the situation, not the dog.

💡 **Reframe:** "This is ‘The Unexpected Cleanup Ceremony’—a sacred moment to practice patience and care. My dog didn’t betray me; he simply had a physical need. There is no enemy here."

### **Step 3: Sympathize – Finding the Unexpected Good**

5️⃣ **What is one positive thing that comes from this experience?**  
6️⃣ **If I imagine my dog’s perspective, what do I feel?**

🔹 David realized his dog must have been scared or unwell. His dog probably felt bad about the mess, and David had the power to either add to the stress or bring comfort.

💡 **Reframe:** "This is an opportunity to express unconditional love. My dog gives me love every day, and today, I can return the favor through patience and care."

### **Step 4: Revise – Seeing the Larger Consequences**

7️⃣ **What happens if I react with frustration? What happens if I respond with peace?**  
8️⃣ **What is the true lesson hiding in this moment?**

🔹 David realized that how he responded here wasn’t just about this moment—it was about shaping the kind of person he was becoming.

💡 **Reframe:** "Every moment is a moment of creation. I am composing my reality, right here, right now. Will I write a story of frustration, or will I write a story of kindness?"

### **Step 5: Rehistoricize – Finding the Little Wow Moments**

9️⃣ **Have I ever responded well to something like this before?**  
🔟 **What past moment of patience and understanding can I bring into this situation?**

🔹 David recalled times when he stayed calm in difficult situations—times when he chose to respond with wisdom instead of irritation. He knew he could do it again.

💡 **Reframe:** "This is just another opportunity to choose peace over chaos. Another moment to live the story I want to tell."

### **Step 6: Strategize – Choosing the Story Moving Forward**

1️⃣1️⃣ **If I were writing this story about someone else, how would I want it to end?**  
1️⃣2️⃣ **What is the one action I can take to make this a moment of transformation?**

🔹 David decided to clean up the mess **with gratitude**—not resentment. He **thanked his dog** for teaching him patience. He **thanked the universe** for another lesson in love. He even **thanked the mess** for reminding him that control is an illusion, and the only real power lies in our response to life’s unexpected surprises.

💡 **Reframe:** "I choose to clean with **love, not resentment**. I choose to restore **harmony, not amplify stress**. I choose to **compose this moment beautifully**."

### **Step 7: Publicize – Sharing the New Story**

1️⃣3️⃣ **Who can I share this insight with, so the lesson expands beyond me?**  
1️⃣4️⃣ **How does this moment ripple outward into my relationships, my work, my world?**

🔹 \*David knew this wasn’t just about a dog and a mess. It was about **forgiveness, patience, and love**. So, he shared his story—not as a complaint, but as a lesson in **how we transform irritation into grace, one breath at a time.** \*

💡 **Reframe:** "I share this story not to vent, but to teach. Because every small act of patience, every moment of choosing kindness, **shifts the energy of the world**."

### **Expanding Beyond the 7 C’s – More C’s for Growth**

David didn’t stop with the **Cool, Calm, Collected** framework. He found **even more C’s** to deepen his PERVIEW transformation:

✔️ **Compassion** – Recognizing the suffering in others and responding with kindness.  
✔️ **Composure** – Remaining **centered in chaos**, rather than being thrown off balance.  
✔️ **Connection** – Seeing the **bigger picture** of how all beings—human and animal—are interconnected.  
✔️ **Curiosity** – Asking, "What does this moment want to teach me?" instead of reacting blindly.  
✔️ **Creativity** – Finding a way to turn even **poop-cleaning** into an act of **artful presence.**

### **Final Reflection: The Fire of Joy, The Wave of Peace**

As David scrubbed the last spot clean, he **smiled**.

He realized that the **fire of transformation** isn’t just for the big, dramatic moments of life. **It’s in the small, everyday experiences where we are given the chance to choose who we want to be.**

PERVIEW had transformed this **mundane, messy incident into a moment of love, wisdom, and clarity**.

🔹 **The fire of the navel burned away frustration.**  
🔹 **The vibration of energy waves carried him into peace.**  
🔹 **And the story he told himself shaped the man he was becoming.**

And **that** is the essence of PERVIEW. **It’s not just about grand transformations. It’s about choosing, moment by moment, to live at a higher frequency—where every experience, even a mess, becomes an opportunity for enlightenment.**

### **Closing Mantra:**

🕉️ **Om Namo Arihanta** – "I bow down to those who have conquered their inner enemies."  
🔥 **Ram Ram Ram** – "Burning away limitation, expanding into peace."  
🌊 **I am the composer. I am the wave. I am the fire of transformation."**

💡 **What story will you compose today?**

### **The Next Step: Integrating PERVIEW into Daily Practice**

🔮 **The Poetry of Living Transformation**  
Each moment is an ember,  
Each breath—an unseen wave.  
A choice, a shift, a whispered rhythm,  
To burn away, to rise, to save.  
The fire knows no judgment,  
The wind holds no regret,  
In stillness, wisdom sparks anew,  
A lesson we must not forget.

🔥 **The Fire in the Navel, the Wave in the Heart** 🌊  
PERVIEW is **not just a method**, it’s a way of being. It is the process of becoming attuned to the **energy of your own consciousness**, recognizing the **fire within you that transforms**, and allowing that transformation to ripple outward, just like a wave.

Now that we have seen how the **Seven C’s** integrate with **self-coaching and forgiveness**, let’s **take the next step**:

* How do we **practice PERVIEW daily**?
* How do we **guide others into it?**
* How do we **turn this knowledge into embodied wisdom?**

## **1. DAILY PRACTICE: LIVING IN PERVIEW**

How can we take these insights beyond one moment of cleaning up dog poop, beyond one singular event of transformation, and **live it as a state of being?**

### **A Morning PERVIEW Ritual: Centering the 7 C’s**

💠 **Step 1: Set the Fire (Naval Center Activation)**

* Stand still. Close your eyes. Breathe deeply into your **naval center** (manipura).
* Visualize the **flames of transformation**—a wheel of energy with **seven spokes, then twelve, then sixteen**, burning away self-doubt, past regrets, fear, and limitation.
* Say to yourself: **"I am the composer. I am the wave. I am the fire of transformation."**

💠 **Step 2: Activate the Vibration (Energy Expansion)**

* Bring awareness to your entire body.
* Feel the **vibrational frequency of gratitude** moving outward from your center, through your limbs, and radiating into the space around you.
* Whisper: **"I align with the highest frequency of love, joy, and clarity."**

💠 **Step 3: Embody the 7 C’s in Thought & Action**

* Ask: **What story am I composing today?**
* Move into the day with the **seven guiding C’s as your compass**:  
  ✅ **Cool** (Pause before reacting)  
  ✅ **Calm** (Breathe into stillness)  
  ✅ **Collected** (Gather your awareness)  
  ✅ **Contentment** (Recognize abundance)  
  ✅ **Clarity** (See the truth beyond illusion)  
  ✅ **Consciousness** (Observe rather than react)  
  ✅ **Celebration** (Embrace every moment as sacred)

✨ **Bonus Reflection:** Keep a journal titled **"The Fire & The Wave"**, where each morning you write:

* One limitation to burn away
* One frequency to activate
* One moment to celebrate

## **2. PERVIEW AS A COACHING PRACTICE: GUIDING OTHERS INTO TRANSFORMATION**

🔥 PERVIEW is not just for personal insight—it is a **coaching framework** that can guide others into **narrative transformation**.

To coach someone through **PERVIEW** is to:  
1️⃣ Help them externalize their limiting **story filters**  
2️⃣ Guide them to shift into **higher vibrational states**  
3️⃣ Support them in creating **a future-focused, empowered narrative**

### **A PERVIEW Coaching Framework**

🌀 **Step 1: Fire of Awareness**

* "What story are you telling yourself about this moment?"
* "If this story were a physical shape or object, what would it look like?"

🌊 **Step 2: Wave of Rewriting**

* "If you could rewrite this story—keeping the lessons but releasing the pain—what would it become?"
* "What frequency of energy do you choose to shift into now?"

✨ **Step 3: Conscious Embodiment**

* "What small daily action will make this new story feel real?"
* "Who can witness and support your new way of being?"

💡 **Transformational Prompt:**  
"Let’s name your old story, and let’s name your new story.  
Now, imagine placing the old story into the fire, and watching the new story rise like a wave.  
What do you feel in your body as this shift happens?"

## **3. MOVING FROM KNOWING TO BEING**

Knowing PERVIEW is powerful. **Living it is transformational.**

### ****🔥** Daily Integration Practices:**

✔ **Before reacting, take a ‘Cool, Calm, Collected’ breath**  
✔ **Before judging, ask: "What story am I filtering this through?"**  
✔ **Before assuming, pause and shift into higher vibration thinking**  
✔ **Before worrying, ask: "What energy am I choosing to hold right now?"**

💡 **Reflection Question:** What would your life look like if you **fully embodied** the 7 C’s every day?

## **4. EXPANDING INTO THE COLLECTIVE: MAKING PERVIEW A MOVEMENT**

PERVIEW **is not just personal**—it is a movement toward **healing collective narratives**.

* Imagine **leaders using PERVIEW** to transform their teams.
* Imagine **families using PERVIEW** to rewrite generational trauma.
* Imagine **entrepreneurs using PERVIEW** to build businesses from a place of integrity, clarity, and heart-centered action.

🔹 **What if the way we tell stories could heal society?**  
🔹 **What if shifting into higher vibrational states could change the course of history?**  
🔹 **What if each of us, today, chose to be the fire and the wave?**

💡 **CALL TO ACTION:**  
📖 **Read the PERVIEW Book**: [[Kindle Version $7.77](https://www.amazon.com/dp/B0F14XX62Q)]

Or Order Hard Cover and Give it to a Veteran, or First Responder [[$250 per book](https://www.amazon.com/dp/B0F18PCQGW)]  
🎤 **Join the PERVIEW Movement**: [[https://perview.org](https://perview.org/)]  
🔥 **Apply for PERVIEW Coaching Certification**: [[Certification Details](https://perview.org/contactBOJE.html)]

## **FINAL MANTRA:**

🔮 **I am the composer. I am the wave. I am the fire of transformation.** 🔥🌊  
**What story will you compose today?**