Grant Bentley
Soul and Survival - The Common Human Experience

Reading excerpt
Soul and Survival - The Common Human Experience
of Grant Bentley
Publisher: Grant Bentley Australia

http://www.narayana-verlag.com/b5221

In the Narayana webshop you can find all english books on homeopathy, alternative medicine and a healthy life.

Copying excerpts is not permitted.
Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany
Tel. +49 7626 9749 700
Email info@narayana-verlag.com
http://www.narayana-verlag.com
### Contents

Chapter 1  THE GREATEST EXPERIMENT IN HISTORY  9

Chapter 2  THE POLITICS OF SURVIVAL  34
  - The survival instinct  34
  - Learning and ability  36
  - The opinion of others  38
  - Appearance  39
  - Personality  39

Chapter 3  REFLECTIONS ON THE SOUL AND THE SURVIVAL INSTINCT  41
  - The survival instinct  41
  - The soul  44

Chapter 4  THE MATERIAL UNIVERSE  48

Chapters  THE SEVEN TRADITIONAL ROLES  51
  - Traditional roles  51
  - Colours, forces and roles  52
  - The trader  54
  - The farmer  54
  - The shepherd  55
  - The warrior  55
  - The priest  56
  - The hunter  56
  - The craftsman  57
  - The life experiences of the roles  57
  - Different responses  58
  - Reading a force or instinct  59

Chapter 6  BALANCING SOUL AND SURVIVAL  60
  - Balance  60
  - Following our soul  61
  - Self-denial  62
  - More energy equals less stress  62
  - Energy and memory  62
  - Opposites and similars  63
SOUL & SURVIVAL

Chapter 7 INDIVIDUAL REACTIONS TO STRESS
- Reaction
- Under stress
- Contribution
- Frequency of stress

Chapter 8 HEALTH AND ILLNESS
- Energy levels and the survival instinct
- Trauma and disease
- Triggers for the survival instinct
- Immunity and defence
- Breaking habits
- The mind not the brain

Chapter 9 TIME CYCLES AND EPIDEMICS
- Space
- Time

Chapter 10 LIFE THEMES
- Frequency
- Repeating circumstances
- Distinctiveness
- Impact
- Examples of life themes
- Yellow
- Red
- Blue
- Orange
- Purple
- Green
- Brown

Chapter 11 UNDERSTANDING COLOUR GROUPS
- Colour groups help us understand ourselves and others
- Colour groups help us acknowledge the effects of stress
- Traits in balance and out of balance
- Variations in colour groups
- What is in the colour chapters?
- What colour group are you in?
- Traits of colour groups
- Summary of the colour groups
THE GREATEST EXPERIMENT IN HISTORY

Chapter 12 THE FACE 108
Chapter 13 YELLOW — OUTWARD MOTION 117
Chapter 14 RED — CIRCULAR MOTION 161
Chapter 15 BLUE — INWARD MOTION 199
Chapter 16 ORANGE — OUTWARD MOTION AND CIRCULAR MOTION - RESISTANCE 239
Chapter 17 PURPLE — INWARD AND CIRCULAR MOTION - SPACE 273
Chapter 18 GREEN — OUTWARD AND INWARD MOTION — REACTIVITY 313
Chapter 19 BROWN — OUTWARD, CIRCULAR AND INWARD MOTION - UNITY 349
Chapter 20 HISTORY 383

The cycle of colour periods

Acknowledgements 400
Chapter 5

THE SEVEN TRADITIONAL ROLES

Everyone alive today, exists because of the success of the survival instinct they have inherited. No-one will ever know how many prototypes have come and gone through history. All we know is that each of us has beaten the odds and is a survivor.

Human beings have been in competition with each other since communal living began. The key to surviving is to provide the group with a service it needs. Working with our natural talent makes a gift out of character.

If a person is born with naturally acute senses and quick reactions, then hunting is a task they will be good at because their natural talents are suited to the role. As a result, provided they are not lazy, they will become a successful hunter, live out their life, reproduce and pass on their skills.

Every person belongs to a single colour group and has the memories and reactions of a traditional role as part of their survival instinct. The colour group we are born into is the group we belong to for life. The survival instinct of each colour group is a predictable response to stress. It does not represent a person's soul or their creative potential.

Traditional roles
For civilisation to flourish, diverse tasks must be performed by different people simultaneously. Some build houses while others gather food, some hunt while others scavenge. In this way the whole tribe gets food and shelter. These are the traditional roles vital to every society. Traditional roles have evolved from the ways in which fundamental needs have been met by using natural skills.

It is important to understand the traditional roles, not just because they were essential for personal and group survival, but because they form the base of unconscious reaction. Traditional roles are based on natural talents and attributes that extend from their dominant force.

Everyone has a dominant force that comes from one of the three primary motions, outward, circular or inward motion. A dominant force can also result from the interaction of two primary motions. These interactions are resistance, separation and reaction. Unity is the dominant force that comes from the interaction of three primary motions.

Traditional roles are stress reactions based on repetition. Traditional roles share common goals and experiences and employ common skills and ways
of thinking. Inside the brain of every human being is the ability to learn and adapt and combined with this capability are the survival tactics gained through repeated experience. When we are born a large part of our brain is ready for the experiences new life will bring, but there also exists an even larger part with remembered reactions to the past. Here, neurons are already assembled to make responses and talents instinctive.

The more we practise a topic or activity the more intrinsic that activity becomes. In time if we practise enough we can perform even complex actions automatically with a limited amount of concentration.

The human brain is wired to learn. However like everything material, its capacity is finite. While the brain has billions of cells, it also has billions of activities and thoughts to process. When we focus on something continuously, the brain begins to re-channel itself, creating deeper and stronger pathways. The brain is like every other system in the body; the more we use it the stronger it becomes.

When we focus on the same task consistently, it is equivalent to exercising the same muscles every day. The brain is governed by the same rules as the body; both are transformed by routine.

Survival reactions are gained and stored in response to attack and famine and because stress is how they are acquired, stress also triggers them. The more we become embroiled into a dangerous or stressful moment, the more we return to our inherited reactions lying ready for us to draw upon. This can be seen as a part of the unconscious mind; a collection of neurons already in place, based on the frequent events and dangers acquired while performing a traditional role in the past.

**Colours, forces and roles**

As with many concepts, simple analogies can be used to convey complicated messages. Each primary force has been given a primary colour. Outward motion is yellow, circular motion is red, while inward motion is blue; three primary colours to represent the three primary forces. Each primary motion through dominance or interaction will either remain independent and dominant, or be forced to interact with another primary motion of equal but opposite strength. A small amount of blue mixed into a canvas of yellow, is not enough to turn the entire canvas green. In order to turn a backdrop from yellow into green, enough blue must be added to change the yellow.

All the seven forces of motion result in natural talents, which are employed as specific traditional roles. The dominant force together with the memories and responses of the traditional role is collectively called the survival instinct. Each dominant force is separate and distinct and creates skills and attributes that are utilised by human beings into valuable traditional roles. There are
seven traditional roles that come from the seven dominant forces, creating seven distinct types of survival instinct. Each of us has one of these survival instincts as a natural response to stress.

The primary and combination forces of motion and their associated traditional roles are represented by the following colour groups.

**The forces of motion**

<table>
<thead>
<tr>
<th>Type of motion</th>
<th>Energetic purpose</th>
<th>Natural skills and attributes</th>
<th>Traditional role</th>
<th>Colour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single motion</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outward</td>
<td>Progress</td>
<td>Opportunity</td>
<td>Trader</td>
<td>Yellow</td>
</tr>
<tr>
<td>Circular</td>
<td>Growth</td>
<td>Productivity</td>
<td>Farmer</td>
<td>Red</td>
</tr>
<tr>
<td>Inward</td>
<td>Stability</td>
<td>Support</td>
<td>Shepherd</td>
<td>Blue</td>
</tr>
<tr>
<td>Interaction of two motions</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outward - Circular</td>
<td>Resistance</td>
<td>Determination</td>
<td>Warrior</td>
<td>Orange</td>
</tr>
<tr>
<td>Circular - Inward</td>
<td>Separation</td>
<td>Creativity</td>
<td>Priest</td>
<td>Purple</td>
</tr>
<tr>
<td>Outward - Inward</td>
<td>Reaction</td>
<td>Perception</td>
<td>Hunter</td>
<td>Green</td>
</tr>
<tr>
<td>Interaction of three motions</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outward - Circular - Inward</td>
<td>Unity</td>
<td>Equality</td>
<td>Craftsman</td>
<td>Brown</td>
</tr>
</tbody>
</table>

Colour groups incorporate the dominant force together with the memories and reactions of their own traditional roles. Yellow for example represents the force of outward motion, combined with the responses to life events throughout history of people fulfilling the traditional role of the trader. The dominant force combined with the reactions of the specific traditional role of the trader is summarised as 'yellow'. Similarly, 'red' embodies the results of the historical role of the farmer interacting with the dominant force of circular motion.

Every developing group or society relied on the functioning of the seven traditional roles. Each role performed a vital task upon which everyone else in the group relied. Each traditional role has existed in some form for thousands of generations. The skills, traits and dangers faced by each traditional role, have been engrafted into the survival instinct. These traits can be employed in a variety of different ways. What profession a person chooses is not as
Grant Bentley

**Soul and Survival - The Common Human Experience**

400 pages, hb
publication 2008

More books on homeopathy, alternative medicine and a healthy life [www.narayana-verlag.com](http://www.narayana-verlag.com)