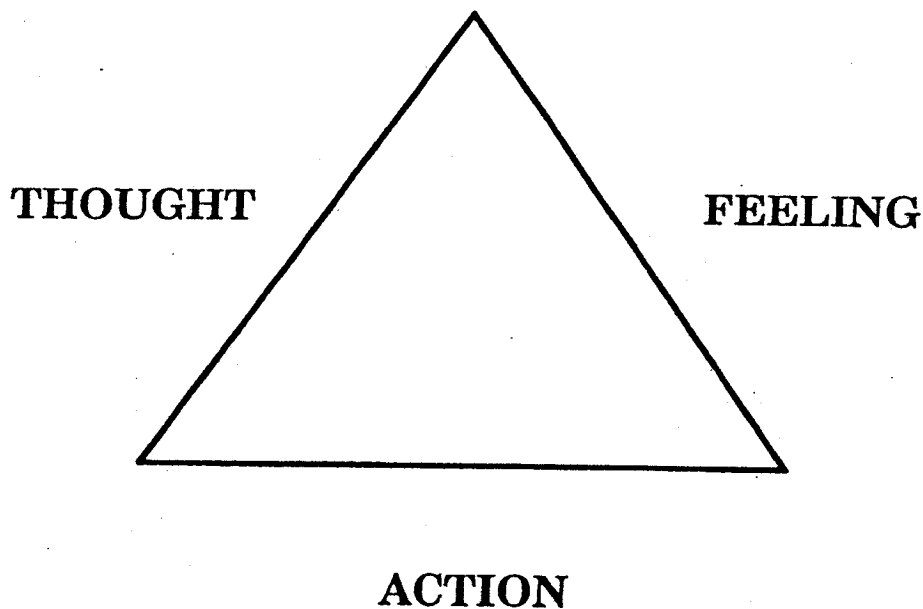


# The Thought-Feeling-Action Pyramid

In order to make progress in the physical world, three things are necessary—a thought, a feeling and an action (directed activity). They form a pyramid:



If we have a thought and a feeling to match it, but no action, we're just spinning our wheels. If the thoughts and feelings are negative, this usually becomes worry, depression and "stewing in our own juices." If the thoughts and feelings are positive, it's often just unproductive "positive thinking." (Doing meditation, contemplation, visualization or spiritual exercises does not fall in the "unproductive" category.

Education is not the filling of a pail,  
but the lighting of a fire.

--William Butler Yeats

Education is what survives when what has been learned  
has been forgotten

-- B. F. Skinner

It is the mark of an educated mind to be able to  
entertain a thought without accepting it.

Clue: He had a great "eureka moment"...

[I actually gave the wrong clue. Archimedes  
was the "Eureka" philosopher...not Aristotle.  
Sorry for misleading you folks.]

Author: Aristotle

It is in fact a part of the function of education to help  
us escape, not from our own time -- for we are bound by  
that -- but from the intellectual and emotional  
limitations of our time.

--T.S. Eliot