The Parable

An Interactive Introspection — Print Version

A free companion worksheet from Reflection Recovery — by R. W. Dixon

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Pick one moment or memory — not your whole life, just one scene. Walk through it step by step, in order. Write in the spaces, or use the interactive HTML version with type-in boxes and a Print / Save as PDF button. There are no precise answers required.

0. The moment you are working with

Describe the moment, briefly — just enough to locate it.

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1. Locate it — where are you standing?

Stage (circle one): Life · Death · Heaven · Rebirth / Resurrection · In between

Which tense self is speaking — past, present, or future — and is that tense true?

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_____

Time, place, environment, context — what actually happened, in plain terms?

_____

_____

What is ambiguous here — what do you not know?

_____

_____

1B. SA/SA+ Mapping and Foundation

SA/SA+ is the context, events, time/place and ambiguity of an event. SA is the physical experience — it exists within Cosmology, the physical realm, most often our primary observation. SA+ is what we experienced and why we think that is — ontology, how we interact with it, the interrelationship of it, most often our secondary observation. The Foundation is Life, Death, Heaven, and Rebirth/Resurrection (LDHR), four equal slices of a circle you stand on — and your temperament: the juxtaposition from which your perspective influences what you notice, retain, and apply. The Four Point Foundation is time/place, context, ambiguity, and conscious.

SA — Time / Place:

SA — Event, in plain terms:

SA — Context and environment around that event:

SA — People, places, and things in this scene — which ruptured your foundation, and how?

SA+ — What did you experience, and why do you think that is? (Secondary observation — observing your interaction with the event, not just the event itself.)

SA+ — Past tense self: how did this matter look then, with what you knew and didn't know at the time?

SA+ — Present tense self: how does the same matter look now?

SA+ — Future tense self: how is this matter being forecast — as a fact, or as a verdict not yet decided?

Ambiguity — What is still unknown here, and what are you filling in without knowing?

Conscious — What do you consciously know about this scene?

Subconscious — What cues, urges, or rationalisations are running underneath, that you may not have named yet?

Foundation — Slice (circle one): Life · Death · Heaven · Rebirth / Resurrection

Foundation — How far from the centre are you? Outer fringe, moving inward, or centred?

Foundation / Temperament — How does standing here influence what you notice, what you retain, and what you apply?

Foundation — What ruptured it in this scene, and what was the why behind the way of thinking that followed?

2. The characters — master, student, philosopher

Where are you the student in this scene?

Where are you the master — or where did you accept someone (or something) as master?

Where is the philosopher — the part of you that knows what to do with the light?

Did you accept the student as the master, simply because you didn't know the difference?

3. The cave

What movie is playing back on the wall of your cave in this memory?

4. The shadows

What beliefs in this scene are shadows — held as true, but never yet seen in direct light?

5. The candle — turn toward the light

In direct light, what is true now that was not true in the shadow?

Is the substance powerful, or only strong — and who holds the power when you hold the candle?

6. The three pillars, in this scene

Knowledge — What do you know? What do you not know?

Acceptance — What are you willing to hold steady, without flinching, running, or self-loathing?

Humility — What would it take for this to reach your future self?

7. Coalesce — what changes now?

What does your present self need to hear from your past self?

What will your future self decide differently?

One sentence to carry forward:

From Reflection by R. W. Dixon. Available for pre-order, with ePub delivery on November 11, 2026, and paperback shortly after. More free resources at reflectionrecovery.org.