

Stage5.

Ok first a couple of things to remember here. As per official CRV teaching when doing S5 or P5 in Lyn's CRV you are not getting data from the signal line target – its data that has already come in as is locked inside of you.

Now the military format of this had you divide the page into columns like in S4 P4 – sub dividing the columns into;

- Objects emanations
- Attributes emanations
- Subjects emanations
- Topics emanations

To be honest I found this cumbersome and distracting as I would wander into thoughts of 'is this a topic or a subject' and hence would lose the momentum. Also it took me forever to write out 'emanations' over and over. So one day I had my own idea – why not break the data down as I do when involved in creative projects and in a method that is commonly taught in most schools now 'mind map'.

*A **mind map** is a diagram used to represent words, ideas, tasks, or other items linked to and arranged around a central key word or idea. Mind maps are used to generate, visualize, structure, and classify ideas, and as an aid to studying and organizing information, solving problems, making decisions, and writing.*

The elements of a given mind map are arranged intuitively according to the importance of the concepts, and are classified into groupings, branches, or areas, with the goal of representing semantic or other connections between portions of information. Mind maps may also aid recall of existing memories.

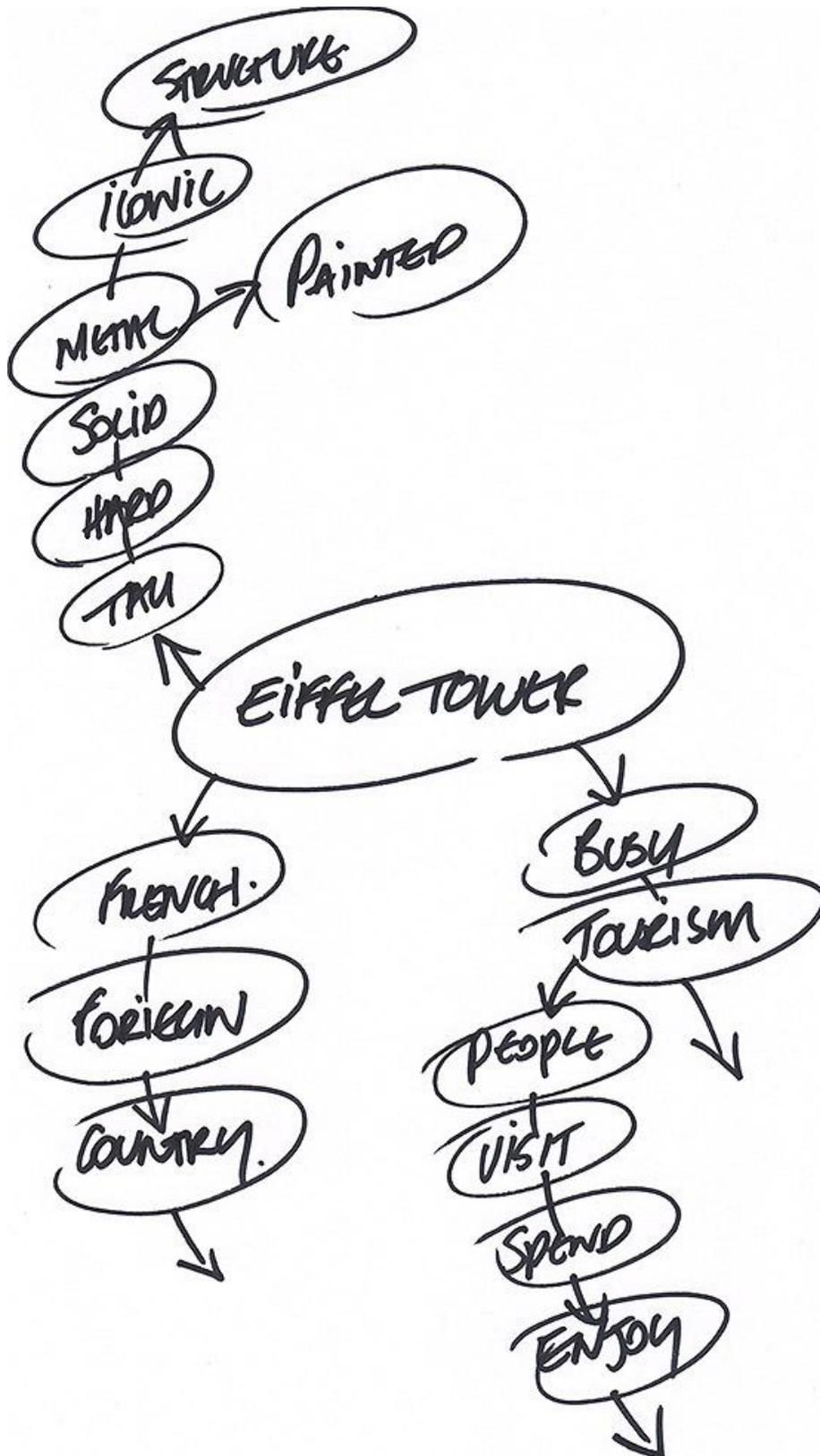
Source: Wikipedia

How to use it and stage5

When I go thru my RV session in my normal way I make notes to myself when a piece of data emerges that is unusual for me. Most of the time this comes in the form of a word that I know isn't one from my common day-to-day usage. When this occurs I underline this word – which is a visual note for me when going back thru the session to maybe take this into S5 P5 and to interrogate it for further information.

Also take AOLS (SC's) into S5/P5 and do the same – this breakdown then will allow you to find the real data in the AOL and the 'guess' data.

Here is a typical S5/P5 in my format:



I start by writing the AOL or word in the middle of the page and encircling this. Then I move outwards one leg at a time writing down any and all words that come into my mind when thinking of the AOL/Word.

In this example the first leg was: Tall, Hard, Solid, Metal, Iconic.

The second leg started with the word 'French' I started a new leg with this word because although it was the next word in my mind – it wasn't a S2/ sensory impression like those in leg one – so I started a new leg for it. Like the way data clusters when in the previous stages of CRV I find it also does the same when I'm doing S5 P5.

I add arrows later to make it clear where my thought pattern happened. And when new data emerges like when I thought about the word 'Tourism@ I start a sub-leg off of this word and write any new data that bubbles up from the mind.

That's pretty much it.

Now you could have some fun or even develop new things here within this stage – most mind maps can and do include sketches and colour elements – see here for real world examples:

http://en.wikipedia.org/wiki/Mind_map

It's a versatile tool and it's up to you how to develop it to work with you really.

I have found though that it does produce very interesting and accurate data.

Further Links and info:

http://www.mindtools.com/pages/article/newISS_01.htm

<http://www.youtube.com/watch?v=MlabrWv25qQ>

<http://www.youtube.com/watch?v=wLWV0XN7K1g>

<http://www.novamind.com/mind-mapping/>