

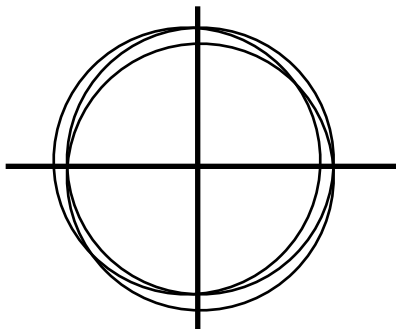
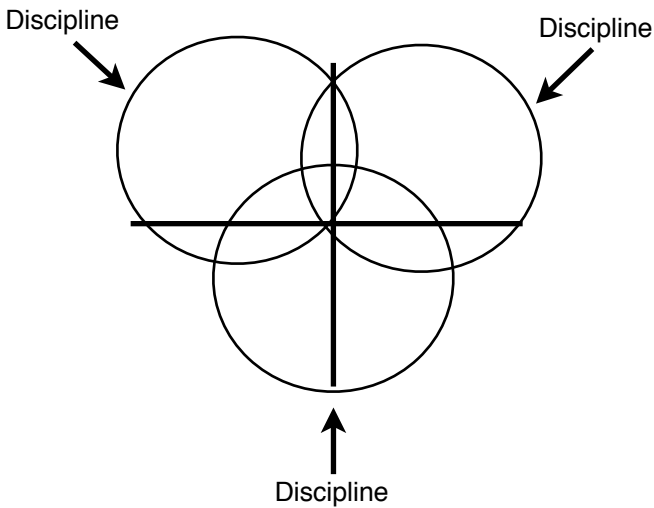
## Understanding Trioptos

The circles represent the three elements of Being - Body, Mind and Spirit (Soul).

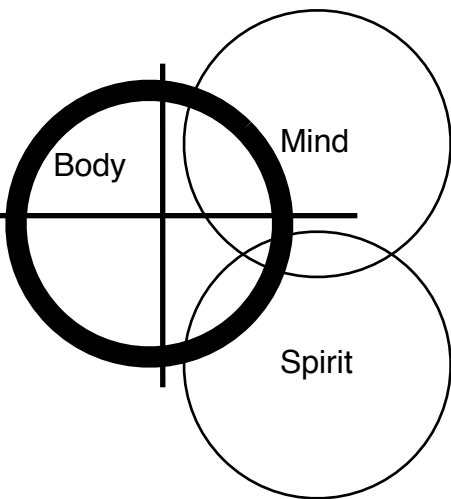
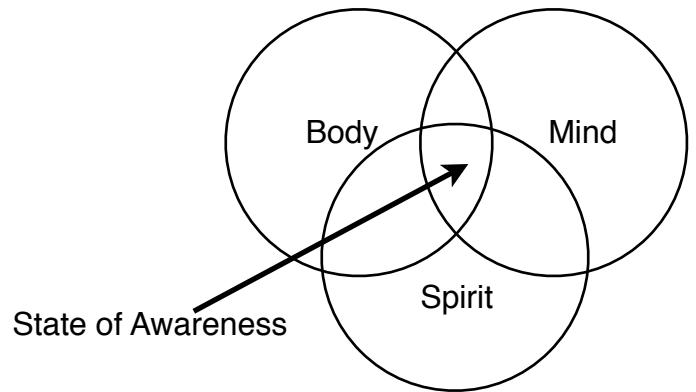
Strength is illustrated by the circles' thickness.

Discipline is represented by the circles' position towards the center point. The closer aligned with the center, the more the individual has discipline over this element of Being.

Trioptos Enlightenment is represented by the alignment of the three elements. The more all three elements are aligned over the center point, the deeper the Enlightenment.



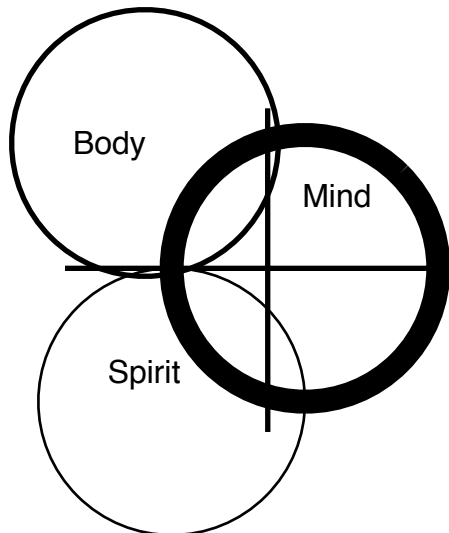
Highly Disciplined State of Trioptos  
(Alignment of all three circles over center point)



Powerful Body (thickness of circle)  
Discipline Body (position over center)

Poor control over mind and Spirit.

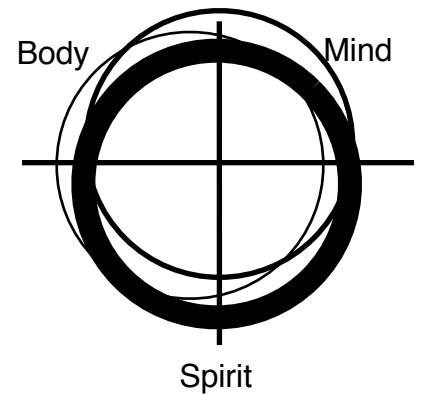
Summary: Individual highly prone to vices of the flesh, especially arrogance based on physical vanities.



Powerful Mind  
Discipline Mind

Poor control over Body and Spirit.

Summary: Individual highly prone to vices of the mind, especially arrogance based on intellectual vanities.



Powerful Spirit  
Discipline Spirit, Mind and Body

Summary: Individual with a strong and discipline Spirit has great control of the mind and body, enabling the reception of wisdom from the spiritual to manifest into the physical. Also powerful seer abilities.