

# *Proper Working of Centers*

CAD- Personal & Professional Development

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AIM:

- To understand and become self-managing of the aspects of one's self as a being in navigating life in social settings.



## Opening exercise

- Think of a recent event in which you were, deeply, on automatic, in carry out some task or engagement.
- What are the indicators that this was the case?
- Articulate the puppets , and name them, that seem to be in charge? They were acting as though they were you.
- What is the impact of these resulting actions and the effects?
- Contrast this event, to one where you believe you were able to be purposeful and contribute in meaningful ways?



# Living Systems Framework Thinking

- Next Pre-thinking...
  - If you look at that event, what do you see as the aspects to be managed in us?
  - If you contrast to the event in which you feel your contribution was meaningful, what was being managed?
  - What was key to the management of self? (avoid you first automatic answers for which you already have *formatory* language – work words- and image it it work.



## Right (& wrong) Working of Centers

- Premises— Work Ideas
  - We are composed of Four Actualizing Centers and two Realizing Centers
  - Actualizing Centers are: Intellectual, Emotional, Moving and Institutive Centers, each with their own work to do on behalf of our Essence's.
  - Realizing Centers are Higher Emotional Centers of Compassion and Caring.
  - We most often, since our centers are undeveloped, have the wrong working of centers in play. That is, that one center is doing the work of another out of mechanical cross-over processes and are therefore unable to have our Essence expressing itself into self-actualizing in contribution to systems actualizing
- How do these ideas enable your exploration?



# Intellectual Center

- Purpose of Intellectual Center's Work:  
To direct attention and evoke Will  
when it is required
- The subcenters of Intellectual Center are  
activated based on the degree of attention  
called for: High or Limited Attention. Or  
would be non-contributive



## Attention Required of Intellectual Center

- High Attention— as in Ideation that is for Creativity, inventing, imaging the working of life.
- Adaptation of existing ideas is made possible
- Development of Consciousness and evolution of systems); access higher influences wisely, discernment regarding working of life and appropriate actions.
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## Attention Required of Intellectual Center

- **HIGH ATTENTION- Intellectual Aspect of Intellectual Center**
    - as in Ideation that is for innovation, creativity, inventing, imaging the working of life.
    - Evolution of existing ideas is made possible
    - Development of Consciousness; access higher influences wisely, discernment regarding working of life and appropriate actions.
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- **Formatory, Wrong Working:** : segmentation, fragmentation, mechanical thinking, single-minded knowledge “acquisition”





## Attention Required of Intellectual Center

### LIMITED ATTENTION- Emotional aspect of Intellectual Center

- Managing relevance and significance
  - Where the desire to know and learn, lives
  - Discover, behind the surface
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### **Formatory, Wrong Working:**

- small talk: quarreling, gossip, inner judgmentalness of self and others. Inner murder



## Attention Required of Intellectual Center

Limited Attention is needed or helpful—Moving/  
instinctive aspect of Intellectual Center

- Choosing language, engaging complex movement;  
Registers memory, impressions accessably
- No decision-making involved

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**Formatory, Wrong Working:**

- stereotyping, jargon, clichés, automatic-talking

# Exercise

- Examine of the two events from early in this session—, contributed and not- meaningful contribution—for the working of centers.
- Where was intellectual center doing is right work? Where was it in formatory processes?



# Emotional Center

## Purpose of Emotional Center's Work:

To engage our being in W/work  
simultaneously

- The subcenters of Emotional Center –  
Involved when the work of intellectual  
center is at little attention.



## Attention Required of Intellectual Center

### **LIMITED ATTENTION-** Intellectual Aspect of Emotional Center

- We take the Work into our Being, manage and Evolve our “I’s”
- Artistic expressions
- Seat of Magnetic Center where we access and act from, as well as transform, higher impressions
- Seat of Higher emotions: caring/compassion

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- **Formatory, Wrong Working:** Attachments. Polarities, two term noticing



## Attention Required of Intellectual Center

### **LIMITED ATTENTION-** Emotional Aspect of Emotional Center

- Religion/spiritualism, athleticism
- Moral conscience, ethical internalization
- Muses, aspiration
- Community building
- \_\_\_\_\_
- **Formatory, Wrong Working:** attraction and repulsion, like and dislike, Knowing rather than understanding, enhancement and exhibition.



## Attention Required of Intellectual Center

### **LIMITED ATTENTION-** Moving/Instinctual Aspect of Emotional Center

- Small desires, daily “wills”
- Personal preferences in ligr
- Physical express of emotions (hugs, sex)
- \_\_\_\_\_
- **Formatory, Wrong Working:** Skin and other afflictions,  
social pain



# Reflection

- Again, reflect on your two events and the work of emotional center.
- What are situations where intellectual center and its sub-centers are routinely needed?
- What are the situations where emotional center is recurrently demanded?
- What work do you see needed in yourself? What is your Aim for the overarching work?