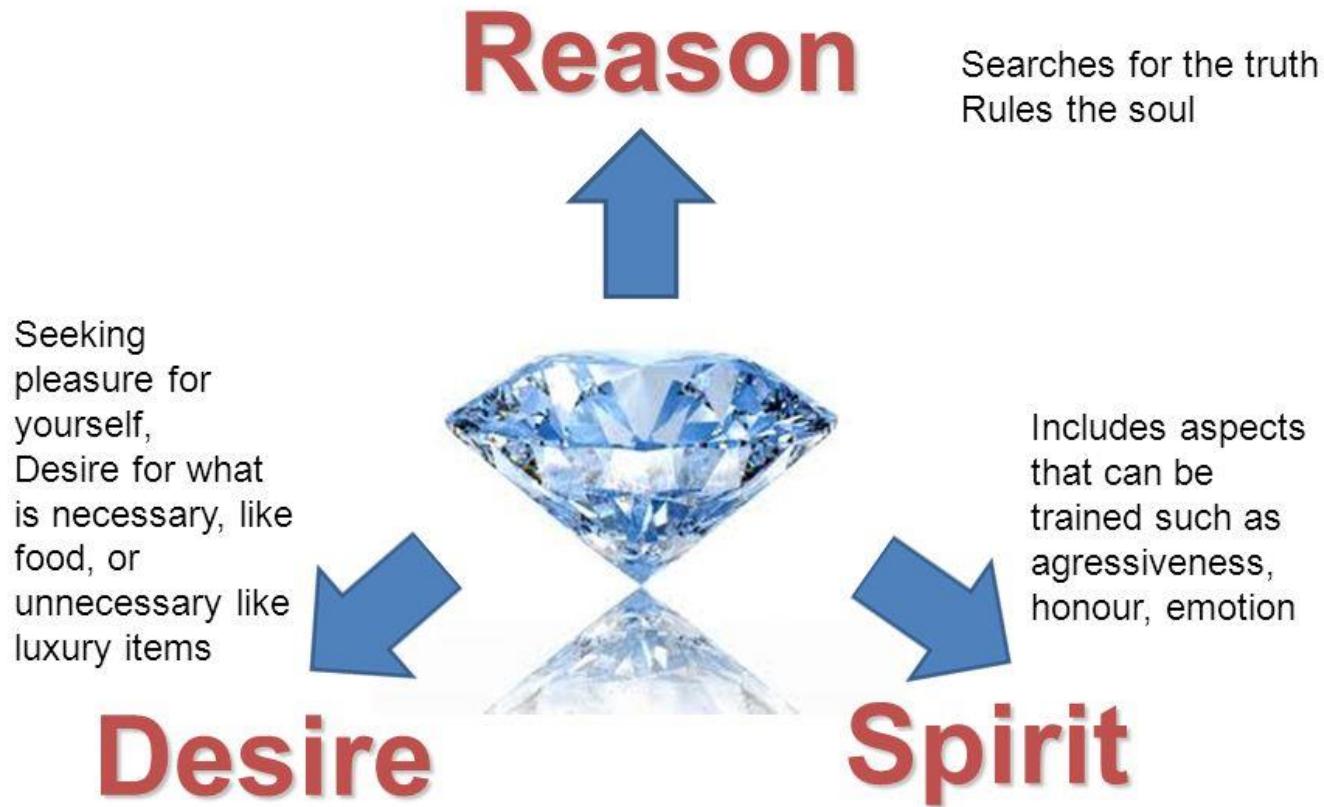


# Centers

THE JOURNEY SCHOOL

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# Plato (423 – 347 BCE)

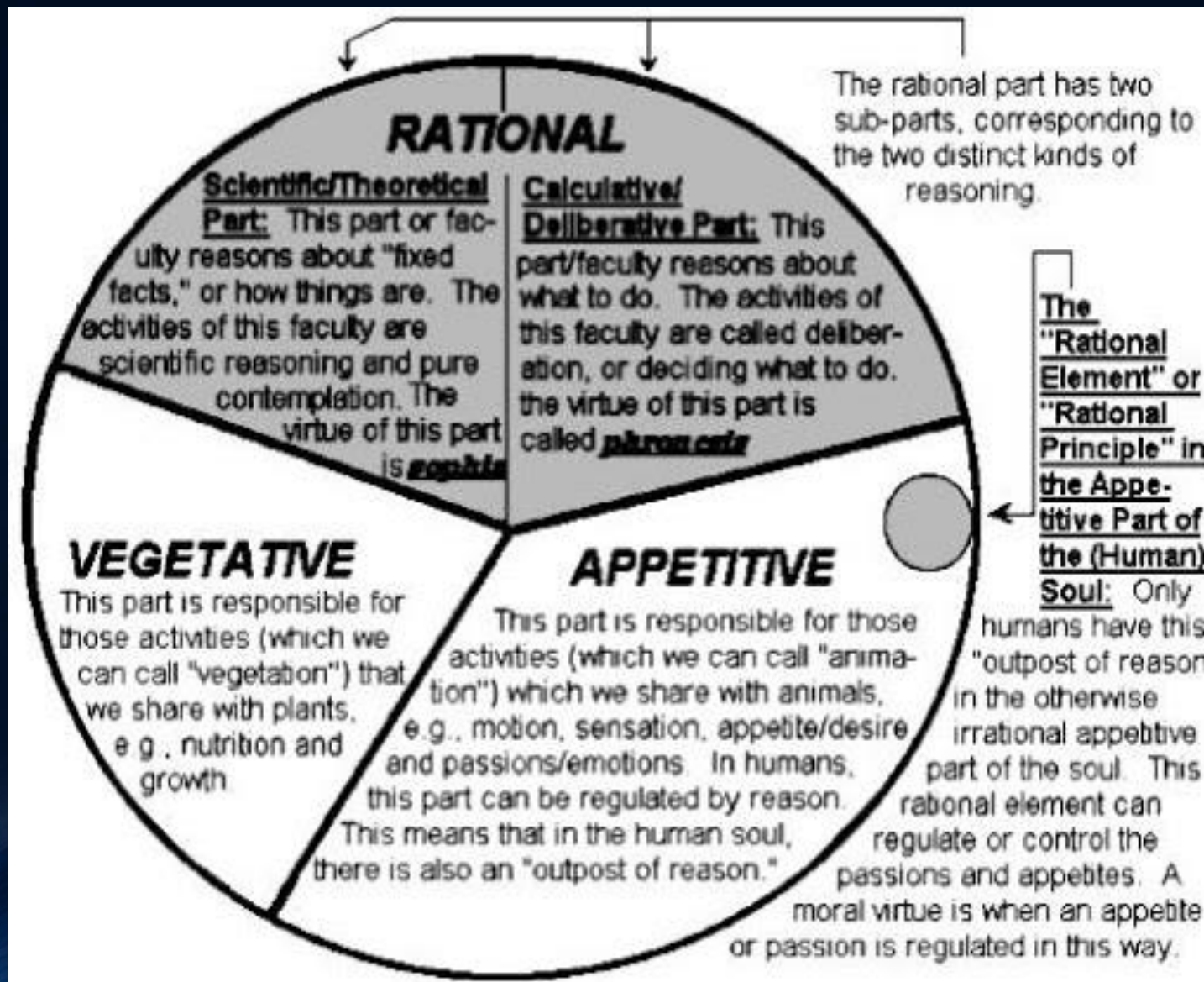


Plato's Chariot

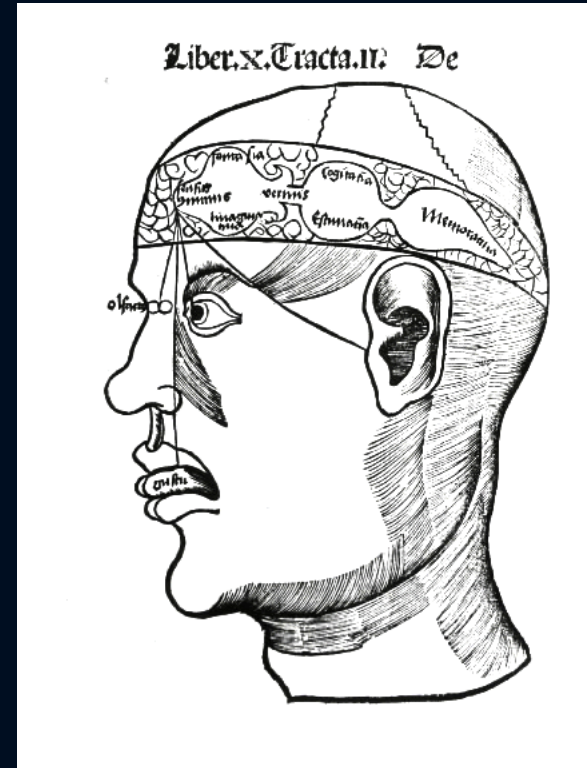


In the Republic, Plato describes the soul as 'simple' and without parts'. This means that it cannot be divided or split into different sections. However, he also described it as complex. If you think of a diamond, it is simple and without parts, yet still complex. Plato identified three parts of the soul.

# Aristotle (384 – 322 BCE)



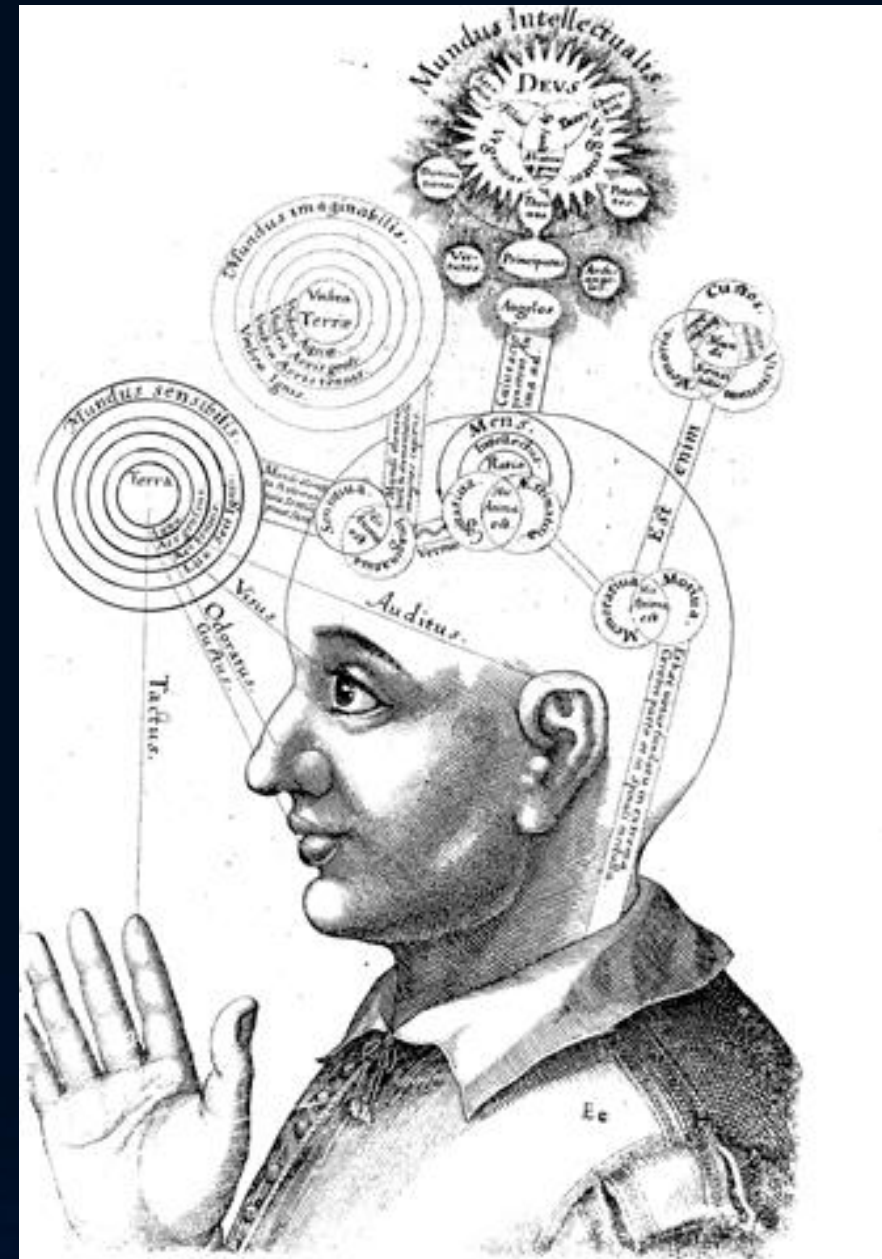
# The Ventricles Albertus Magnus (1200 – 1280 CE)



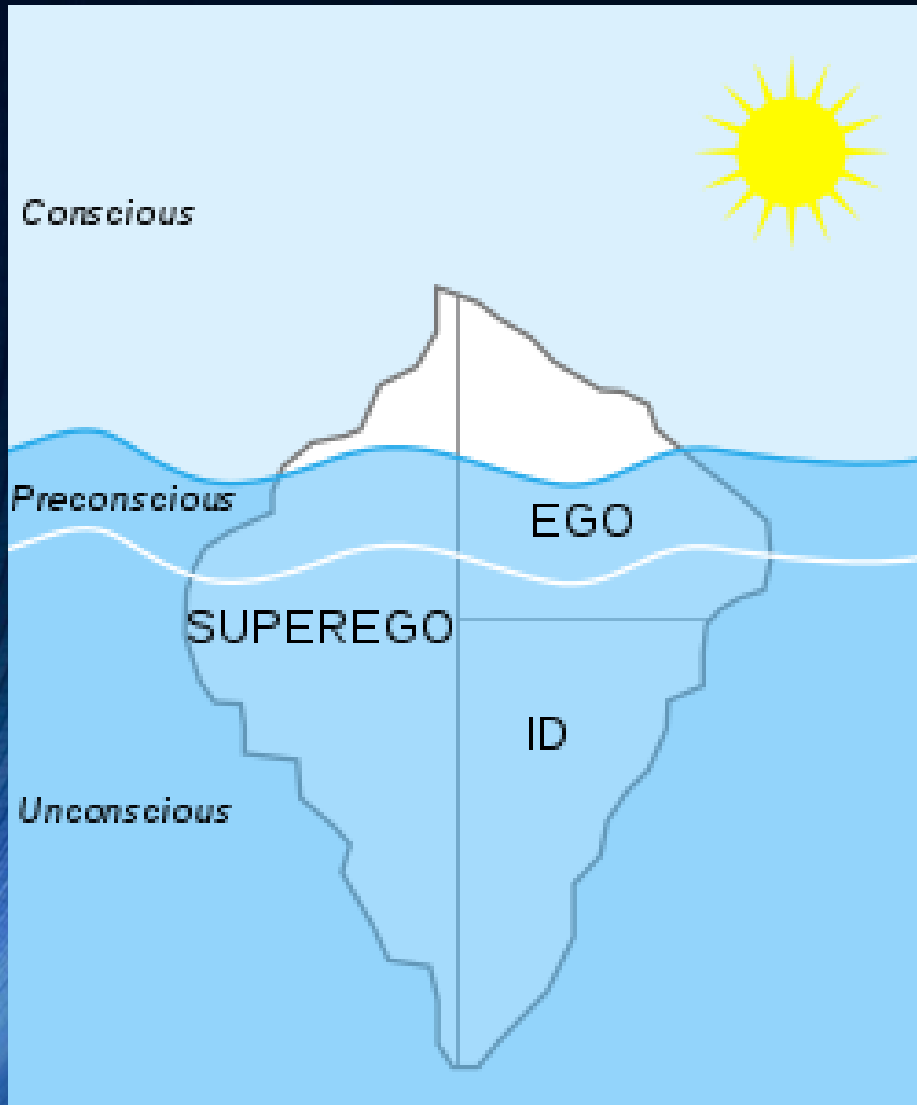
Gregor Reisch  
(1467– 1525 CE)

# Mundus Intellectualis

Robert Fludd (1574 – 1637)



# Sigmund Freud (1856 – 1939 CE)



Carl Jung  
(1875 – 1961 CE)

Figure I — Intellectual Centre

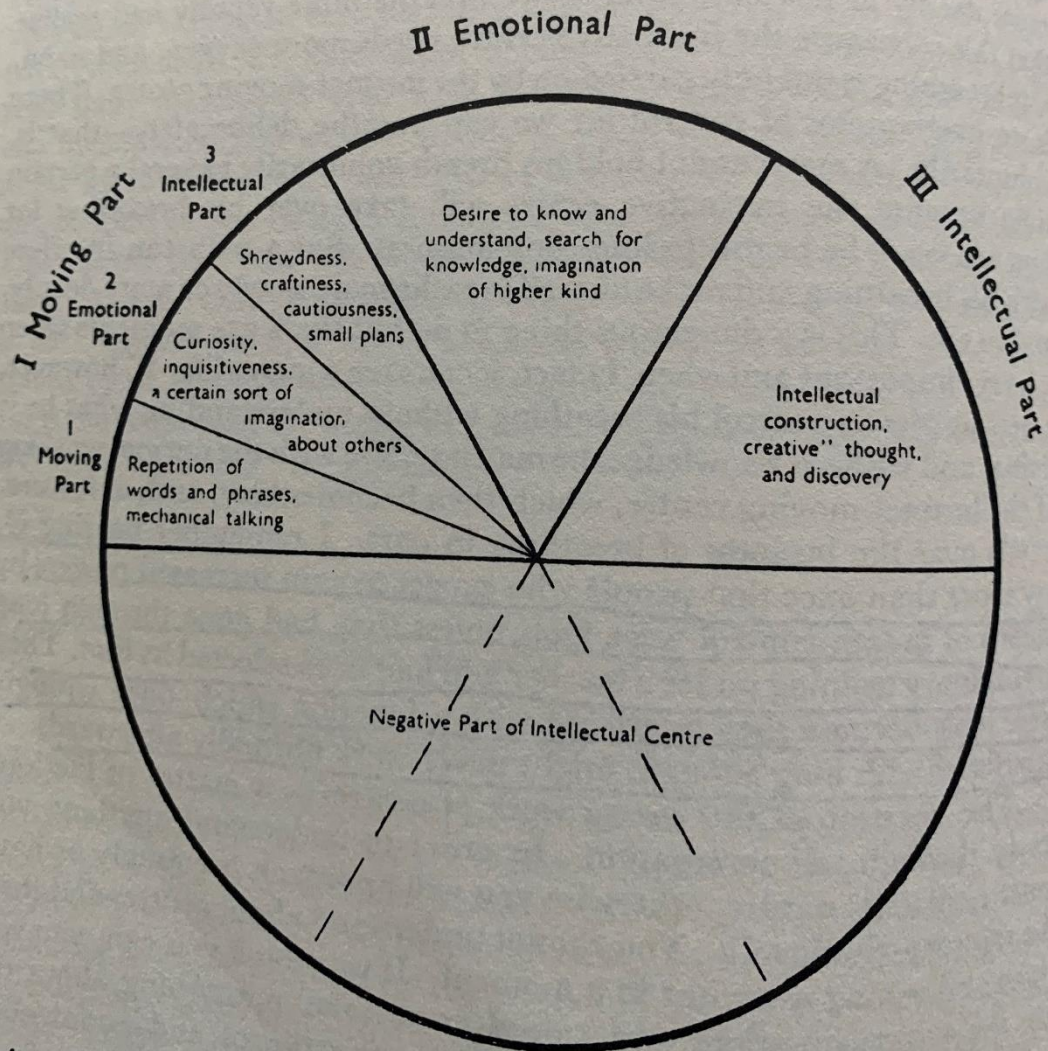


Figure II — Emotional Centre

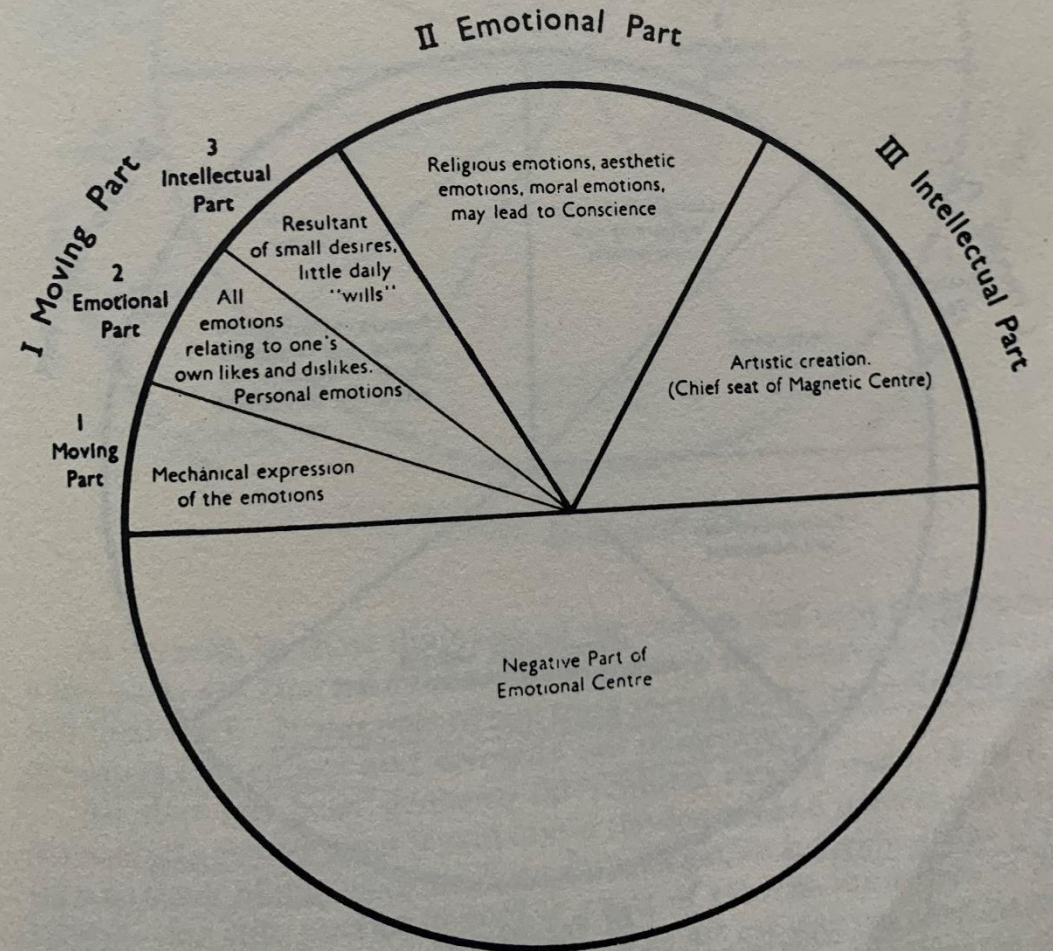


Figure III — Moving Centre

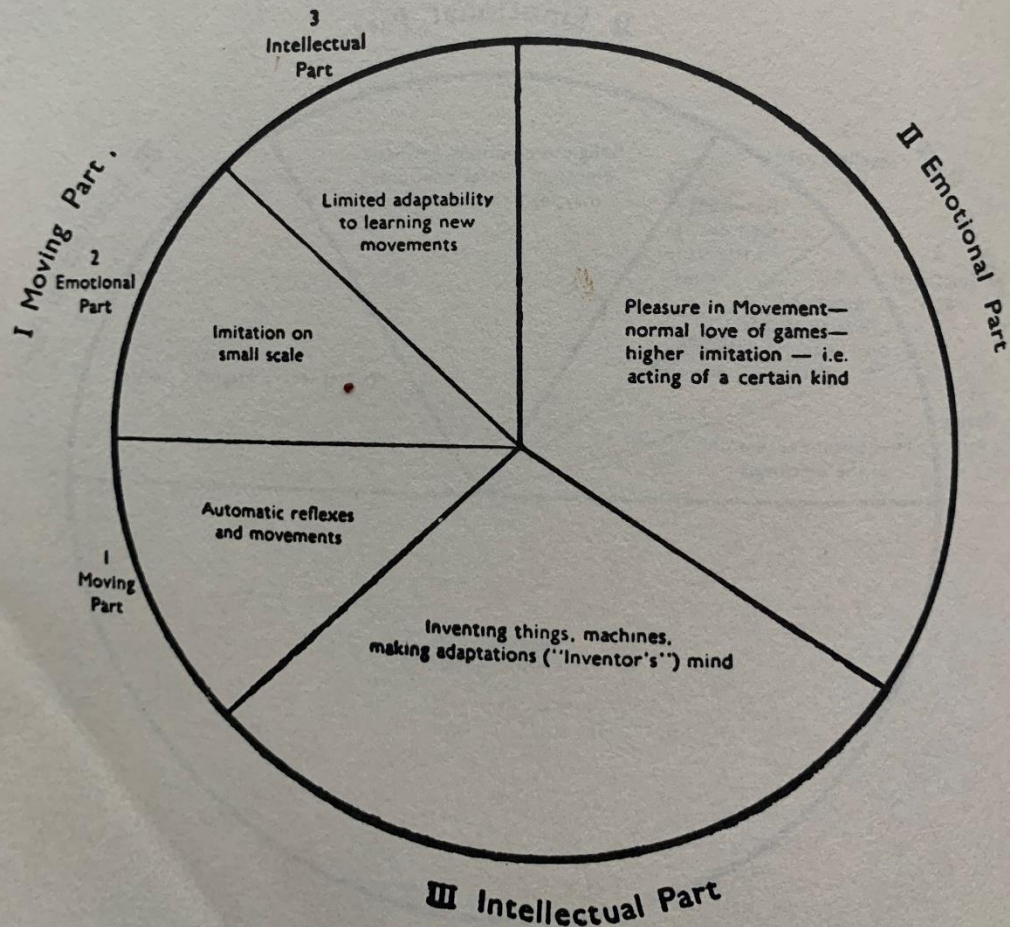
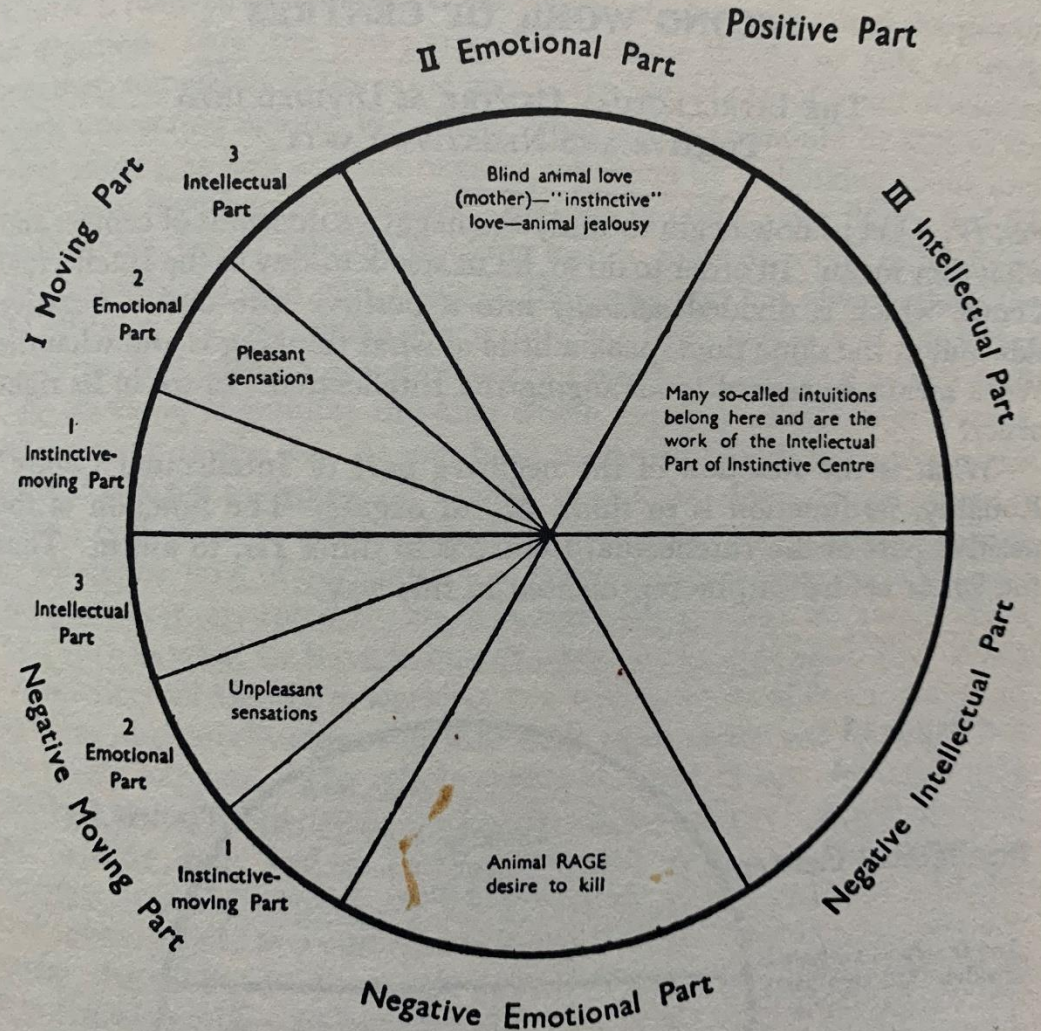
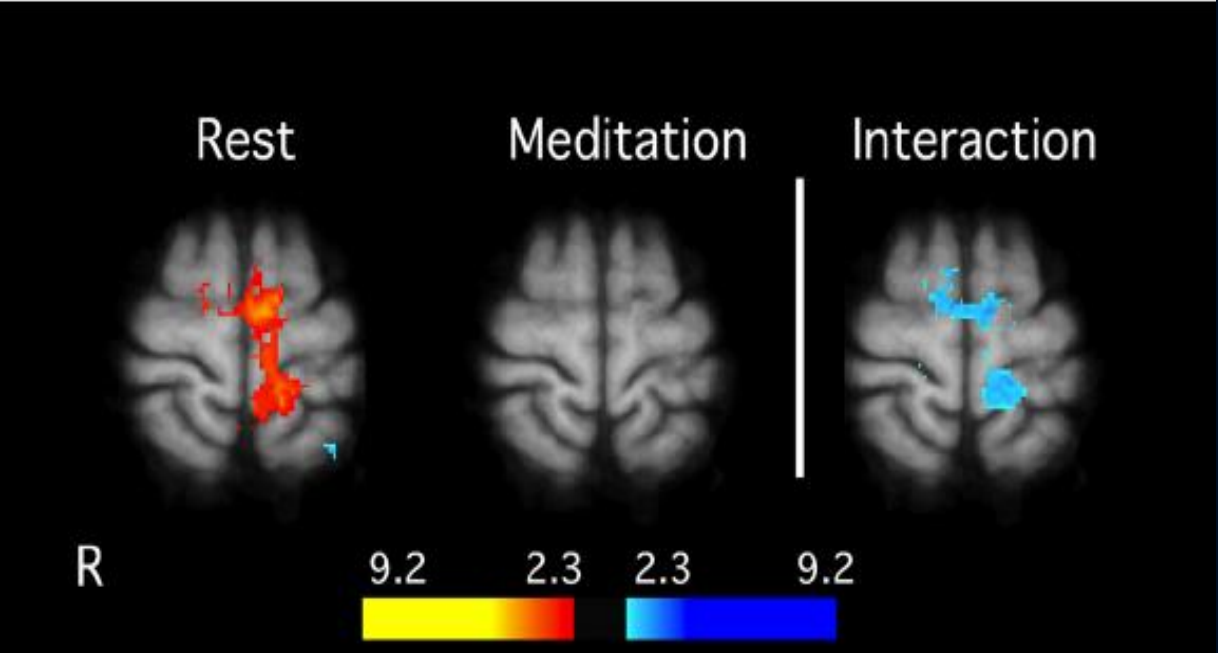


Figure IV — Instinctive Centre

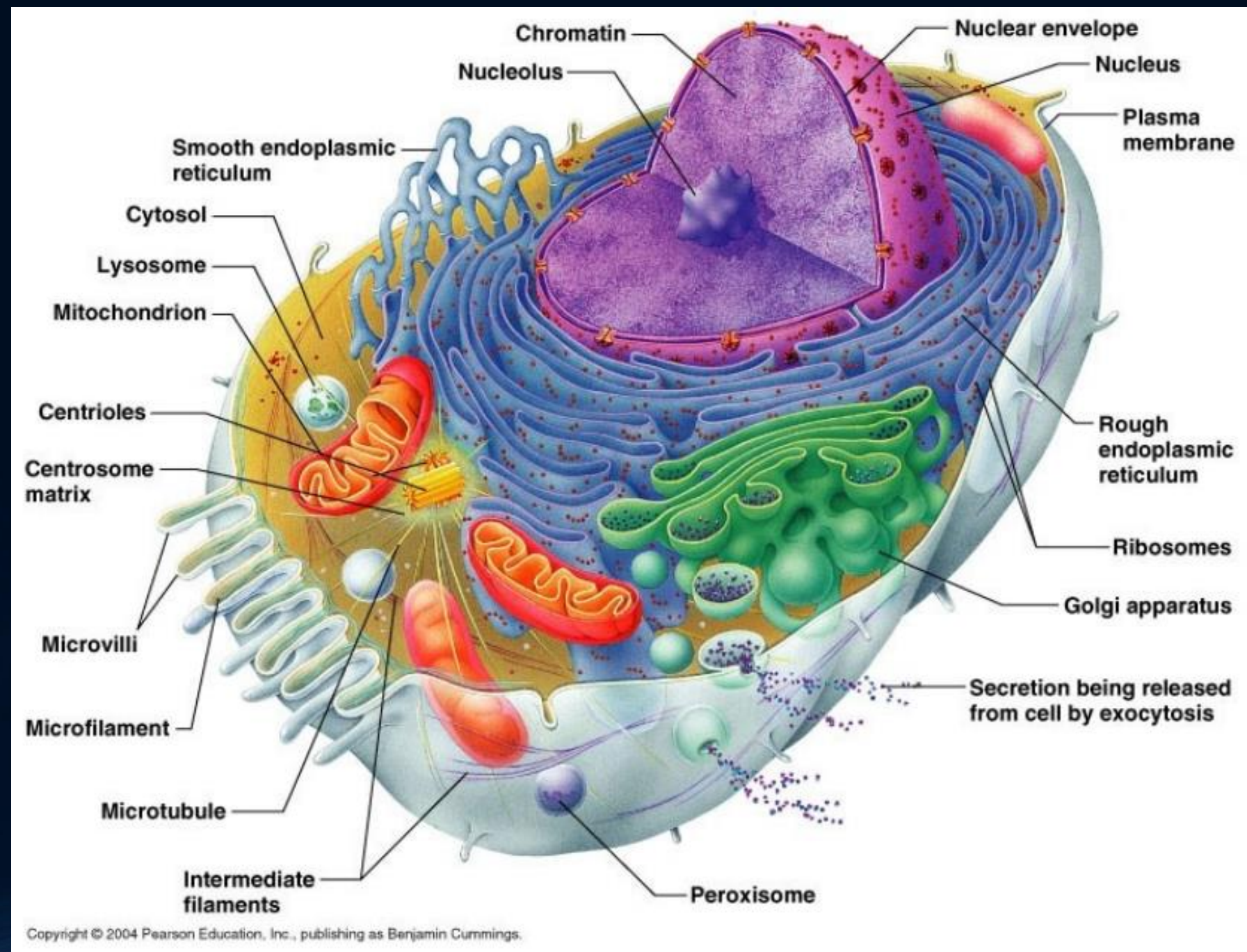


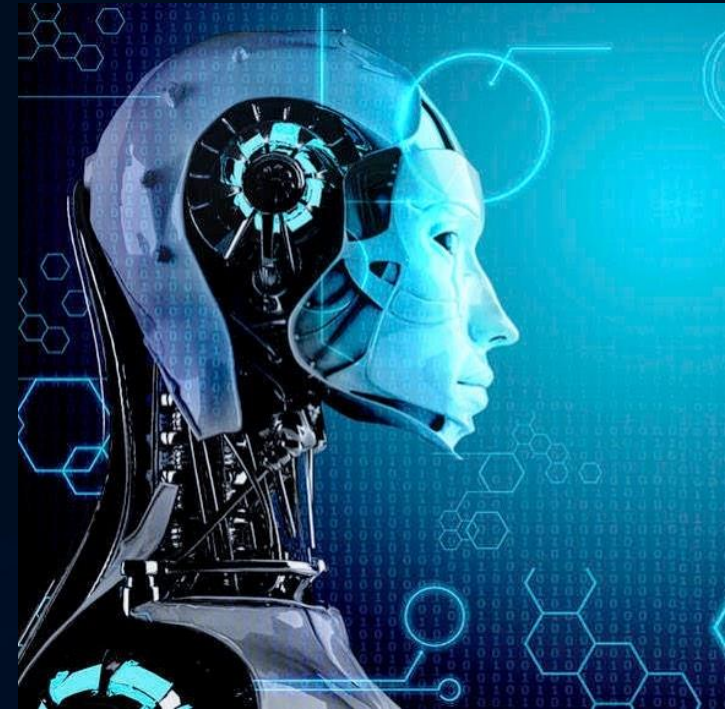


# Neurobiology : synapses, processes, minds



# Cellular biology





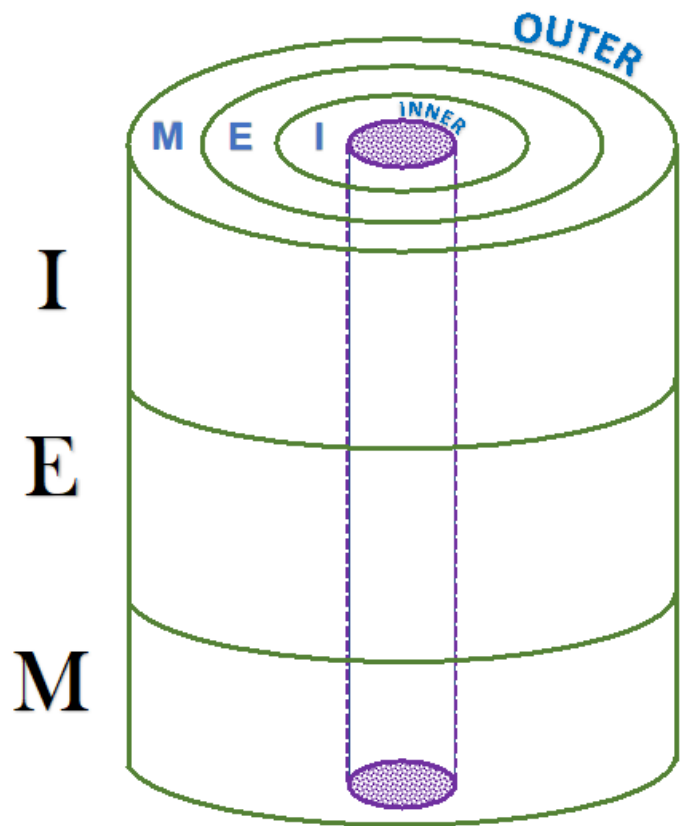


Image courtesy of Michael Begeman, *Diagram of Centers and Parts of Centers* – This view simultaneously shows three centers (M=*moving/ instinctive/ sexual*; E=*emotional*; I=*intellectual*; and the three *parts* of each center, (from outer to innermost: *moving, emotional and intellectual parts of centers*). The inner cylinder suggests our basic core of goodness.

# Centers

SEVERAL OVERLAPING MINDS

KNOW WHICH CENTER TO USE AT THE RIGHT TIME

CENTERS MAY NOT BE CONNECTED

BALANCING VIEWPOINTS OF ALL  
MINDS/CENTERS

# Homework

- - If you are new to the ideas and diagrams of centers, work on the side of knowledge and take some time to read some of the *Commentary* references below and study the diagrams. It may help to engage your moving center and draw the diagrams yourself. Discuss your questions and insights with your Journey Group.
- - If the study of centers is not new to you, what comes to meet you in a new way this time around? How are you being called to work on the side of being now?
- - For everyone, observe if/how emotions are interfering with a task at-hand.

# Centers

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