



HARMONIZING CENTERS

PART 3: EMOTIONAL

AN EXPLORATION *of* IDEAS

“The Work on harmonizing (spiritualization) of centers is vast and we could speak a year on just this topic.”

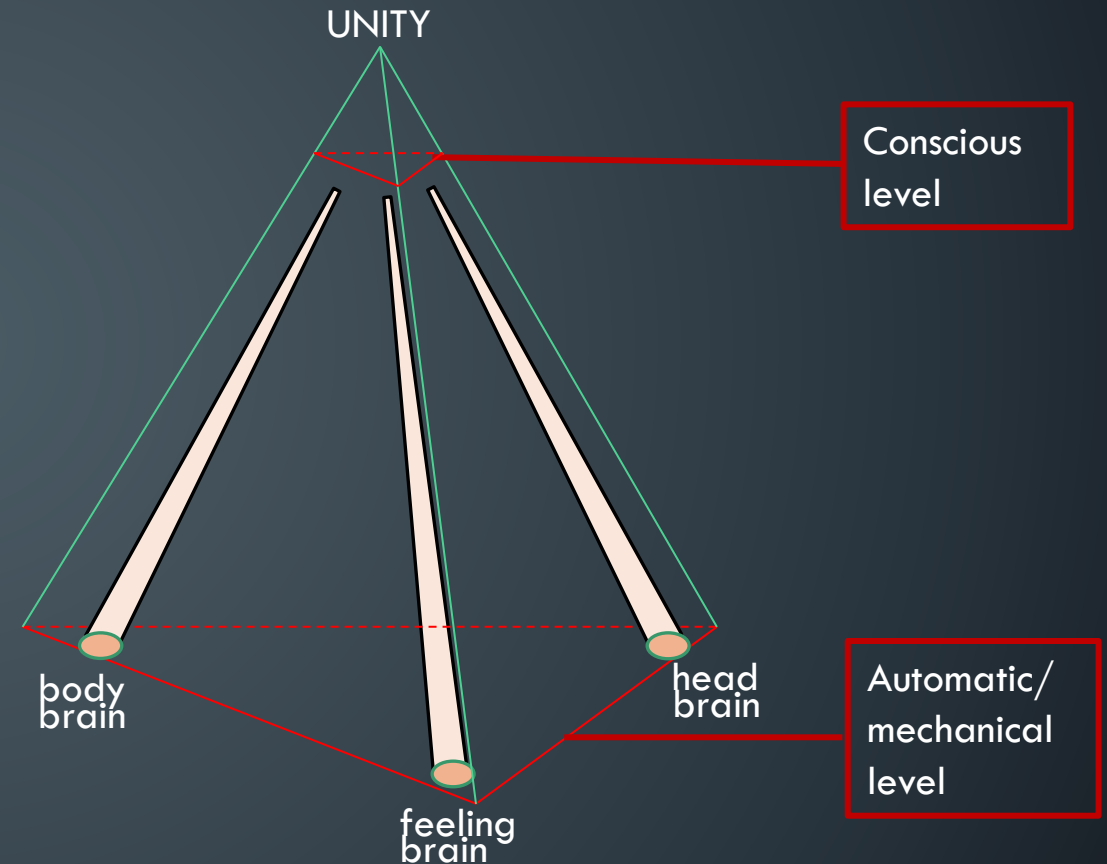
~ Today's email



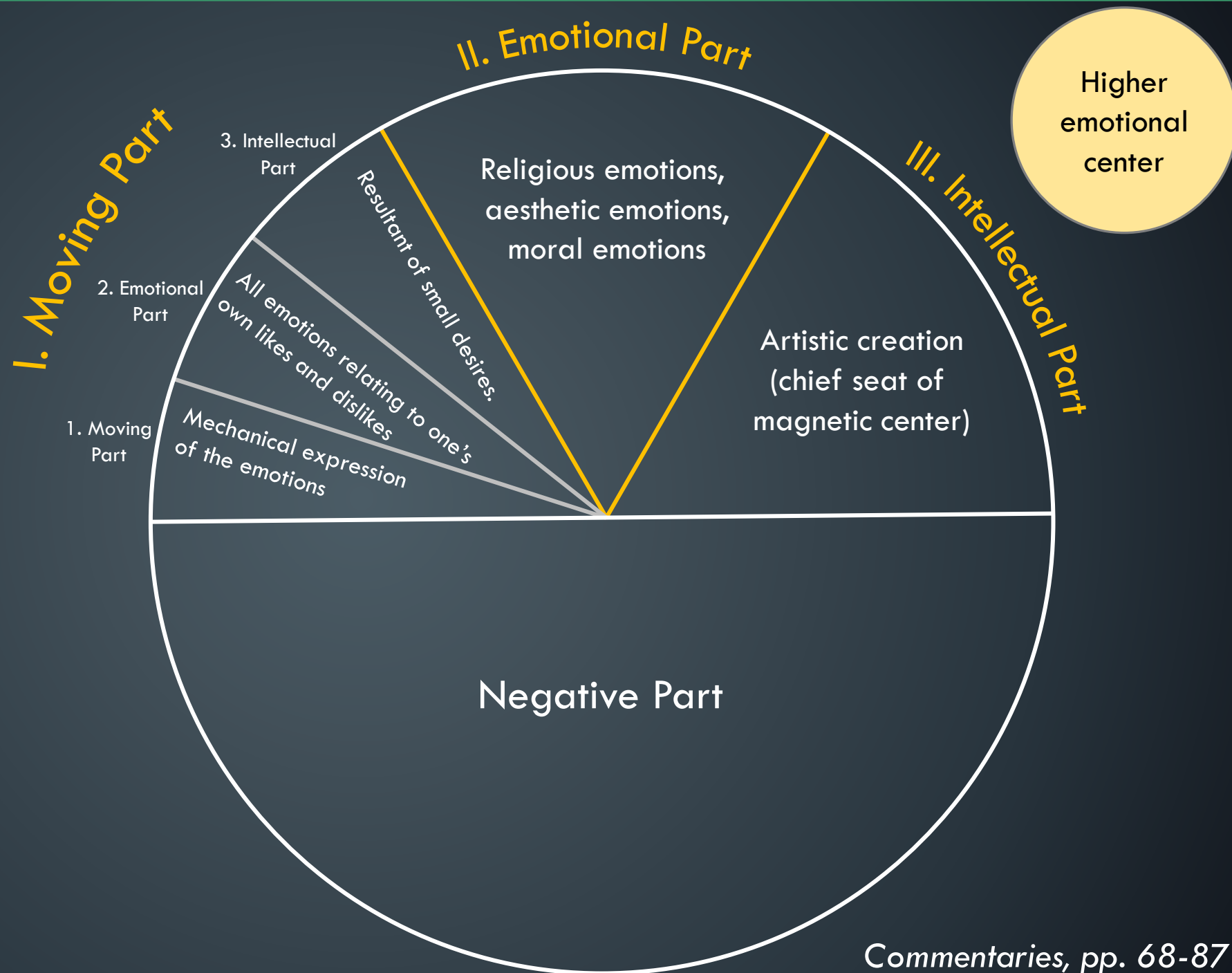
A REMINDER OF WHAT WE'RE UP TO...

Throughout the natural world, especially the plant, animal and human realms, everything that exists seeks to grow and develop.

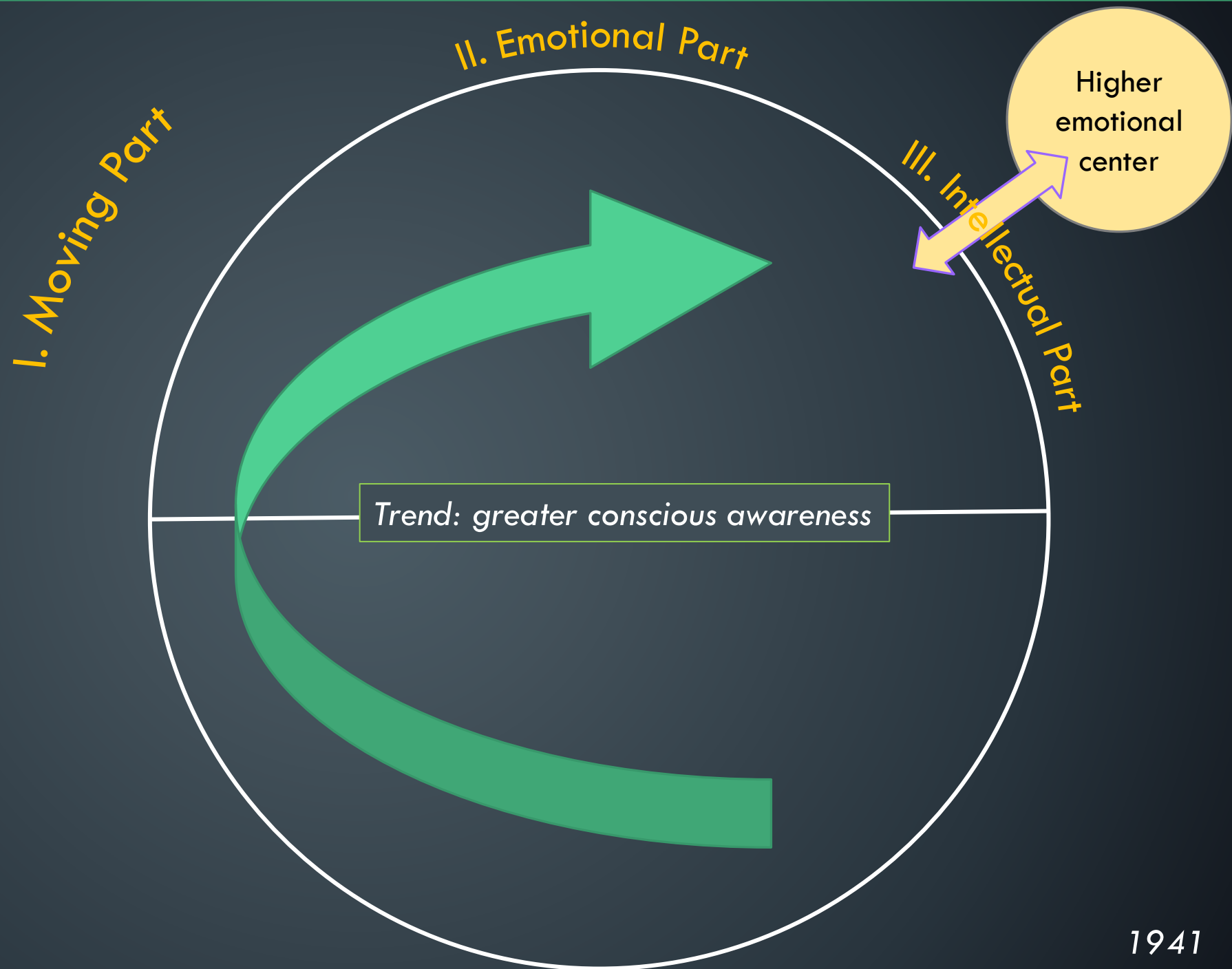
The cosmic duty of every human being is the conscious evolution of their inherent potentialities.



A MODEL OF EMOTIONAL CENTER



EVOLUTION OF EMOTIONAL RESPONSE





EVOLUTION OF EMOTIONAL RESPONSE

Unitive
Mental Egoic
Mythic membership
Typhonic
Uroboric



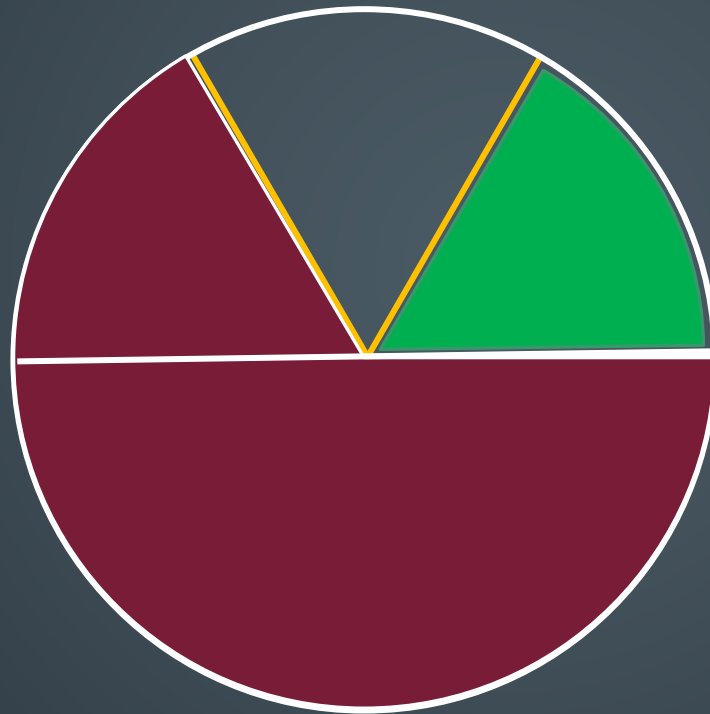
*Evolution of
consciousness –
personal, and as
a species*



EVOLUTION OF EMOTIONAL RESPONSE

Unitive	What's good
Mental Egoic	What's good for the greater us
Mythic membership	What's good for my group
Typhonic	What's good for me
Uroboric	What's good for survival

EVOLUTION OF EMOTIONAL RESPONSE



Higher
emotional
center

What's good

What's good for the
greater us

What's good for my
group

What's good for me

What's good for
survival

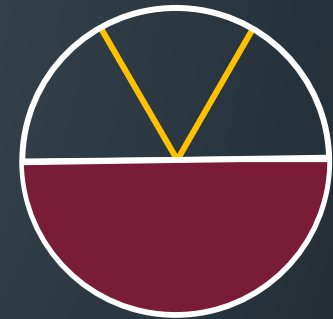


Emotional programs for happiness...

EVOLUTION OF EMOTIONAL RESPONSE

- Affection / Esteem
- Power / Control
- Security / Survival

Negative 'afflictive'
emotions when these get
thwarted



EVOLUTION OF EMOTIONAL RESPONSE

Enlightenment / Ineffable

Peace / Bliss

Joy / Serenity

Love / Reverence

Reason / Understanding

Acceptance / Forgiveness

Willingness / Optimism

Neutrality / Trust

Courage / Affirmation

Pride / Scorn

Anger / Hate

Desire / Craving

Fear / Anxiety

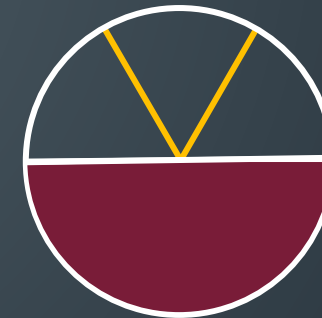
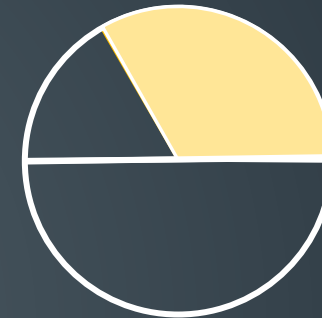
Grief / Regret

Apathy / Despair

Guilt / Blame

Shame / Humiliation

Higher
emotional
center



David Hawkins ~ 2001



CONNECTION OF CENTERS

INDEPENDENT

Thinking

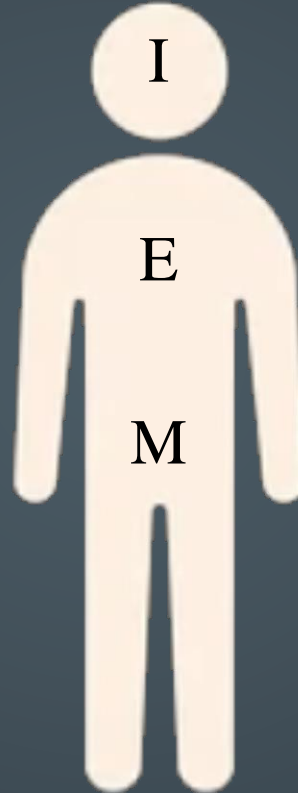
I

Feeling

E

Moving

M

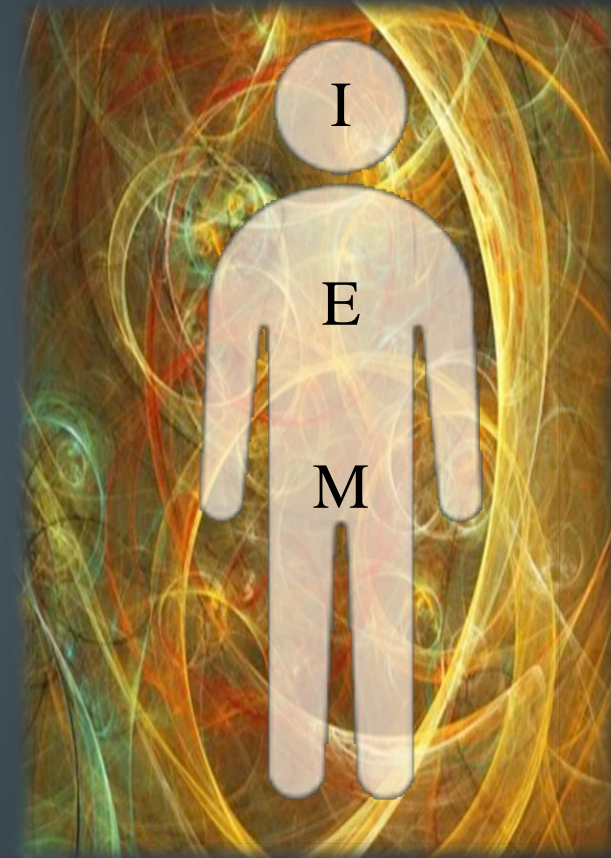


INTERCONNECTED

I

E

M



The Emotional Center is the one we don't have (much) direct access to.



EMOTIONS,
KNOWN AND
EXPRESSED



Emotions 'known' through our thoughts and physiology



EMOTIONS,
KNOWN AND
EXPRESSED

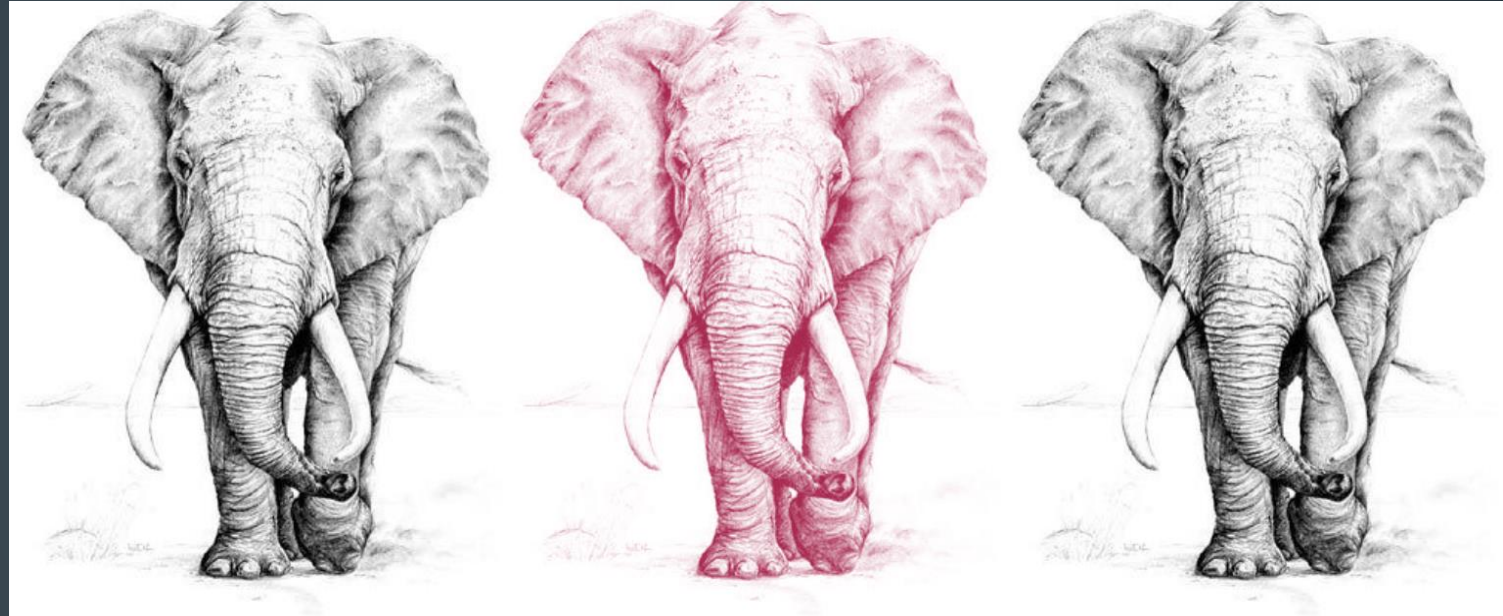


Emotions 'educated' through our thoughts and physiology



The principle of Rogue Elephant

EMOTIONS,
EDUCATED AND
DIRECTED



I E M

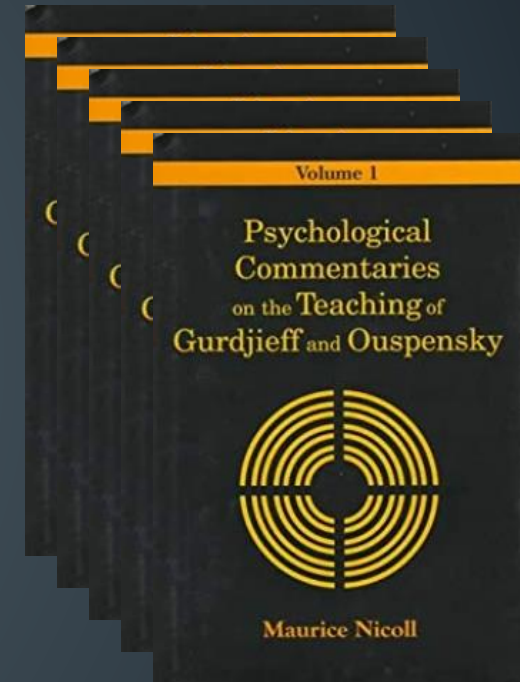
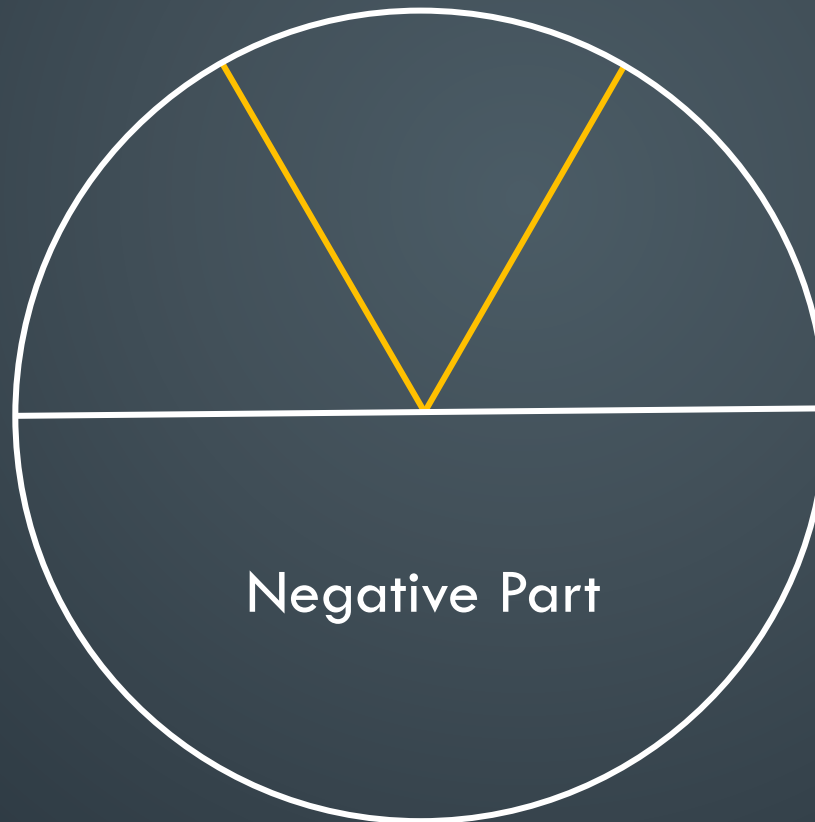
Emotions 'educated' through our thoughts and physiology



How to educate / spiritualize?

FEELING CENTER

THE WORLD OF
BEING



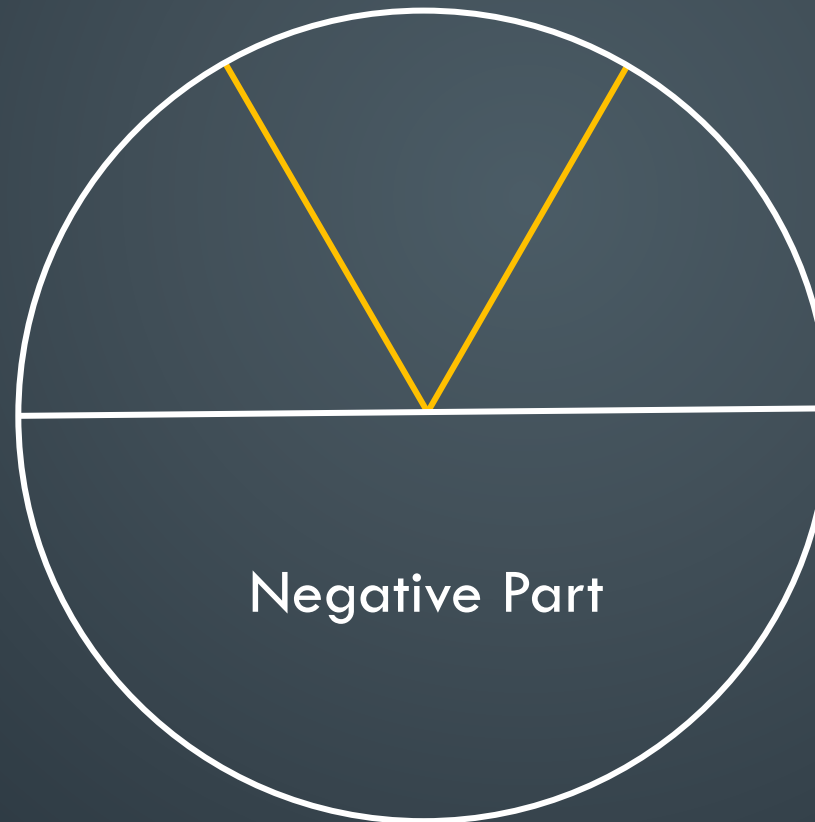
- Not expressing negative emotion
- Neutralizing negative emotion
- Transforming negative emotion



How to educate / spiritualize?

FEELING CENTER

THE WORLD OF
BEING



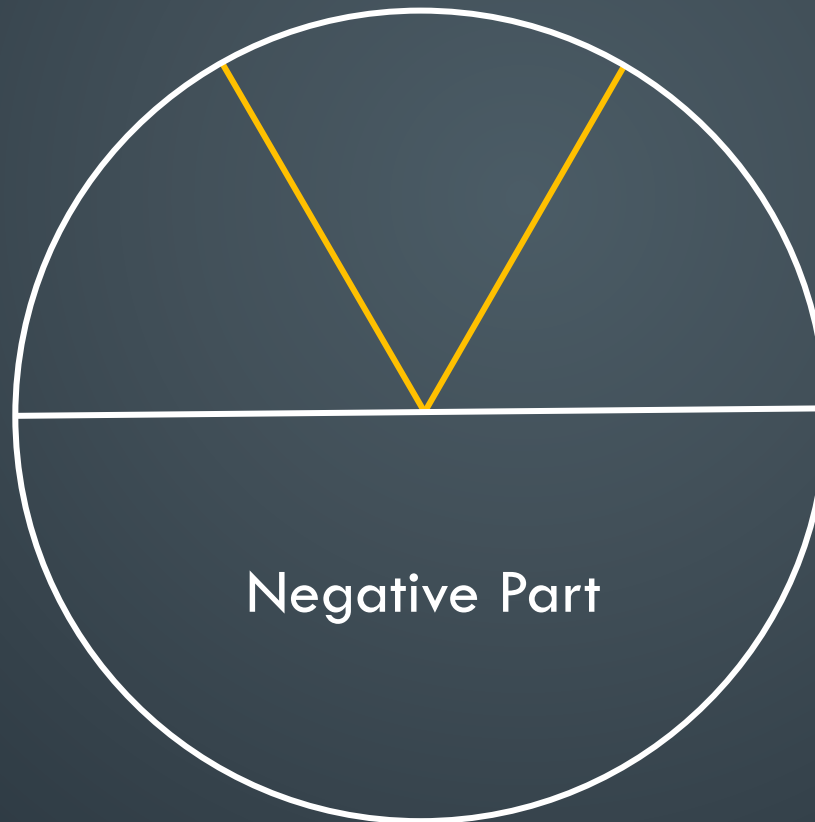
- Self Observation
- Non-identification
- Self-Remembering
- External Considering
- First Conscious Shock
(TJS 11/19/2020)
- and many more...



How to educate / spiritualize?

FEELING CENTER

THE WORLD OF
BEING



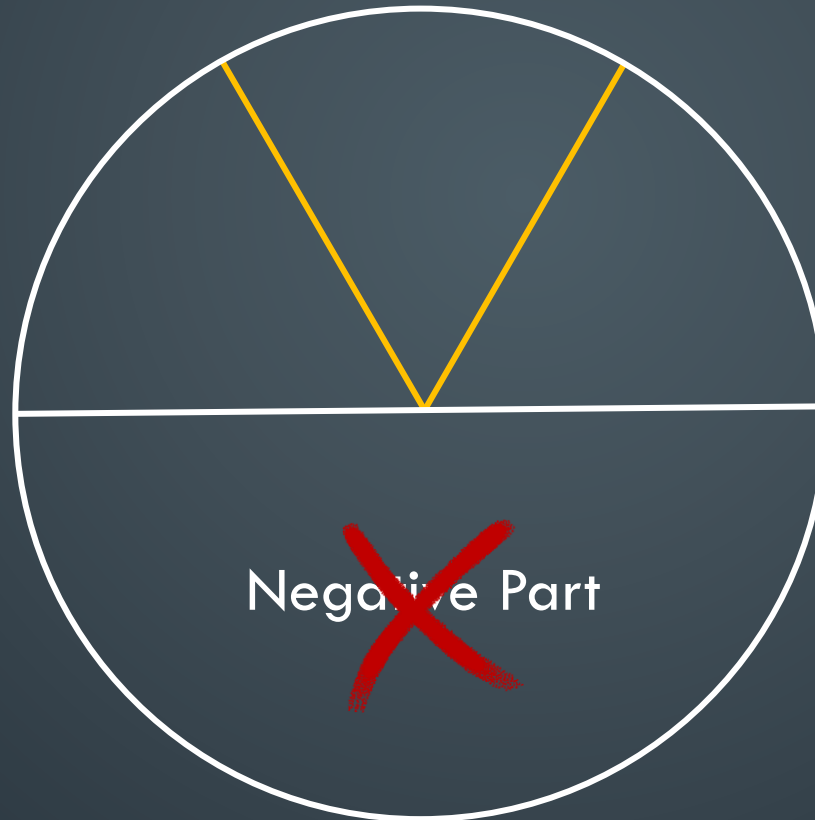
- 1) Is that _____ true?
- 2) Do I absolutely know it's true?
- 3) How do I react / feel when I believe that thought?
- 4) Who would I be without that thought?



How to educate / spiritualize?

FEELING CENTER

THE WORLD OF
BEING



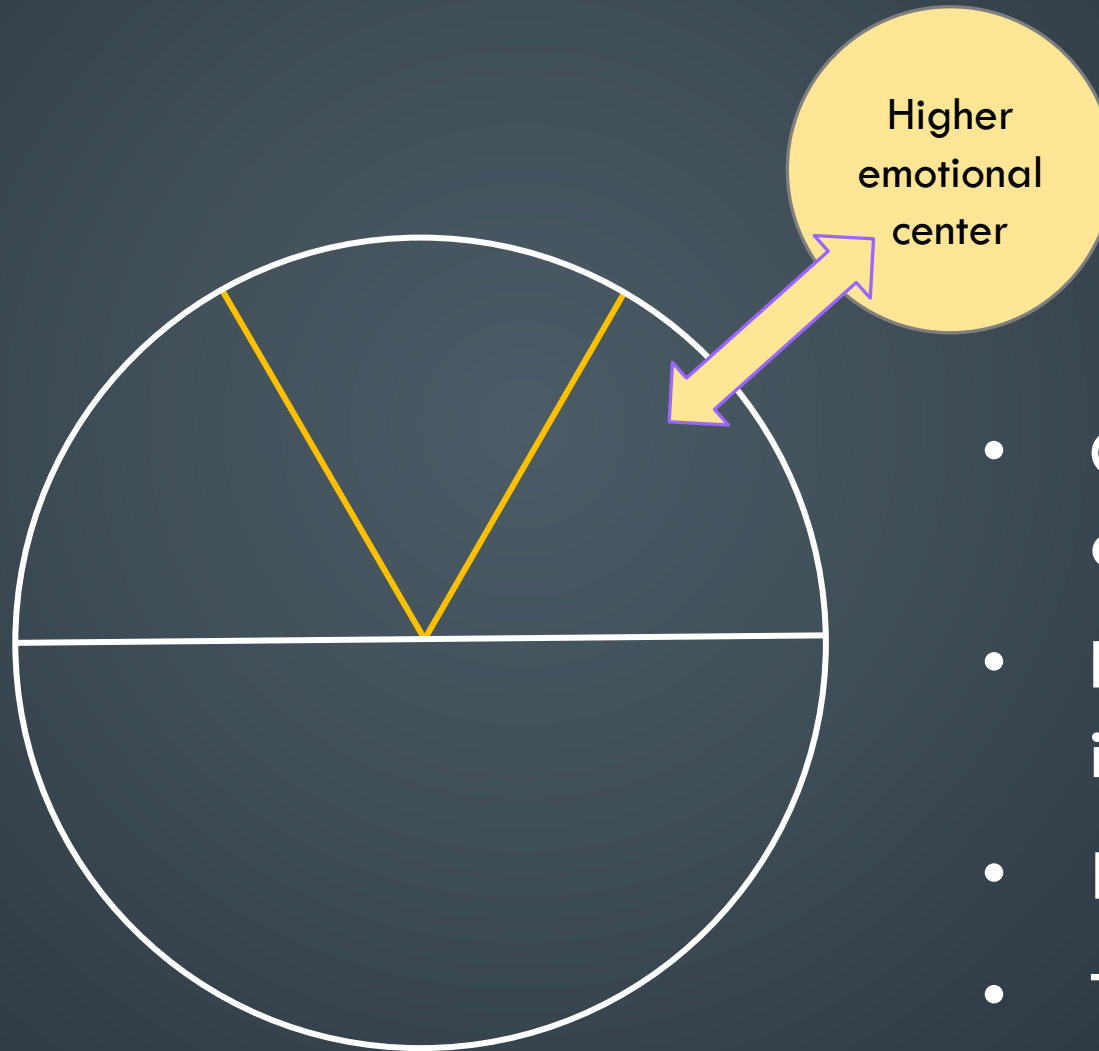
But don't get obsessed
or stuck here!



How to educate / spiritualize?

FEELING CENTER

THE WORLD OF
BEING



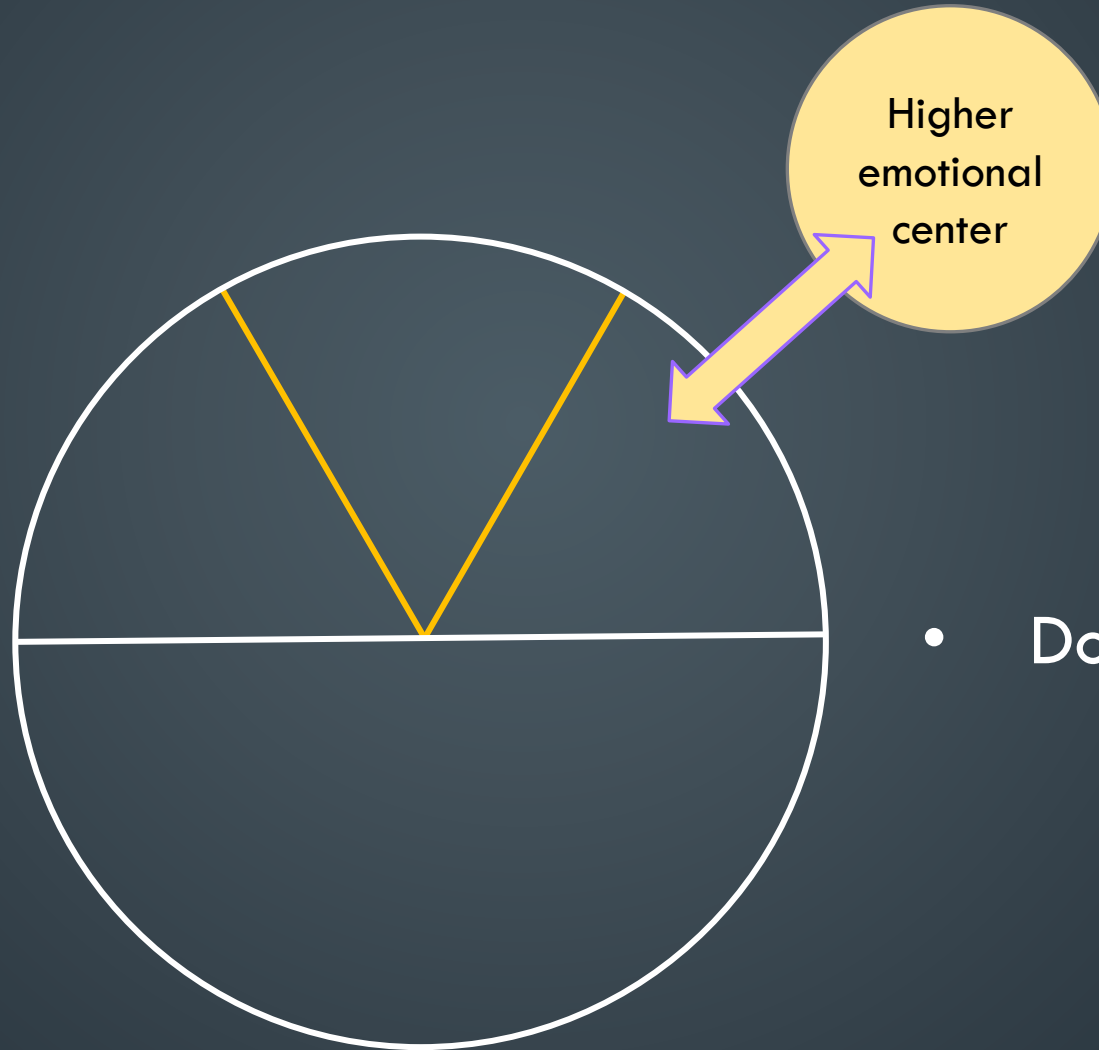
- Cultivate a spirit of devotion and beauty
- Feed on higher influences
- Pray
- Time in the silence



How to educate / spiritualize?

FEELING CENTER

THE WORLD OF
BEING



- Do the homework