

*The Wheel of Awareness and
the 3-P Framework:
Mindsight and Interpersonal Neurobiology*

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Mindsight Institute

Drawings by Madeleine Welch Siegel

Basic Questions:

What is the Mind?

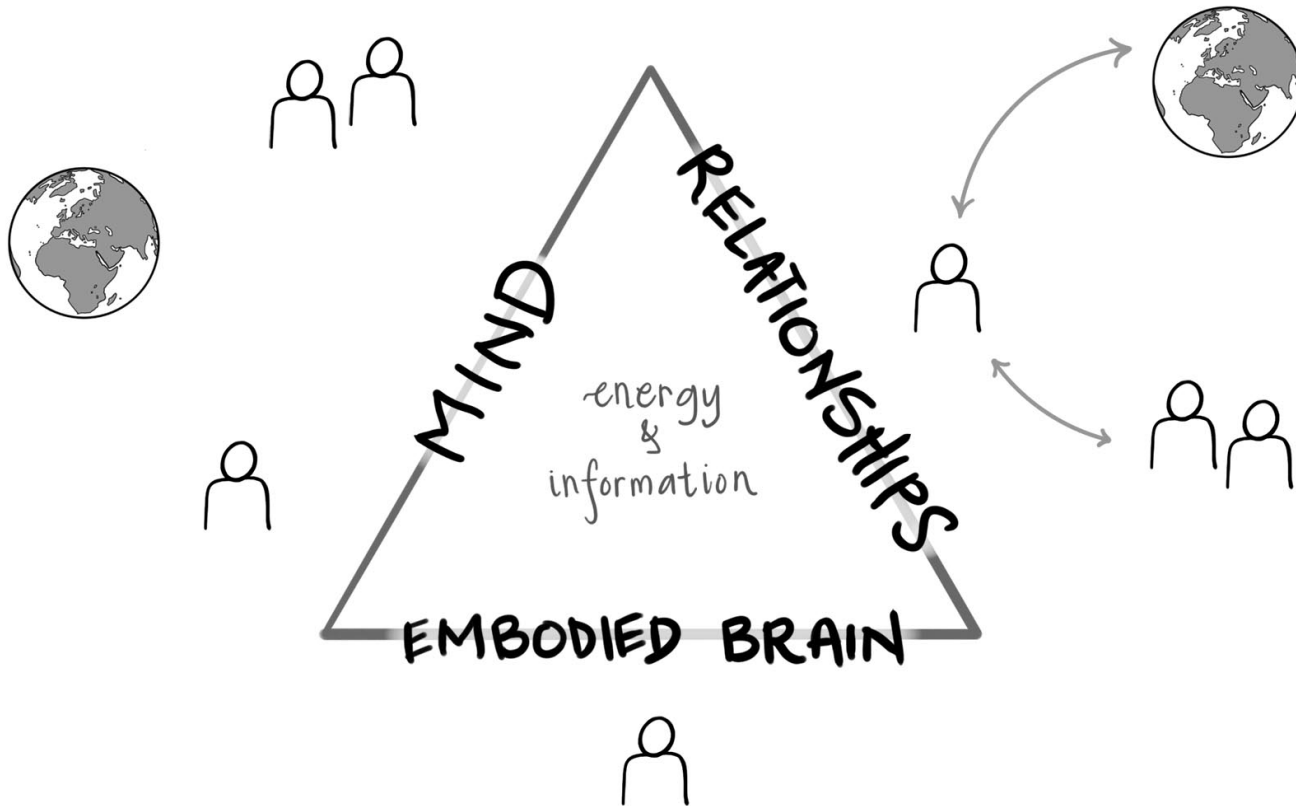
What is a Healthy Mind?

How can we Cultivate a Healthy Mind
and a Healthy World?

Four Facets of MIND:

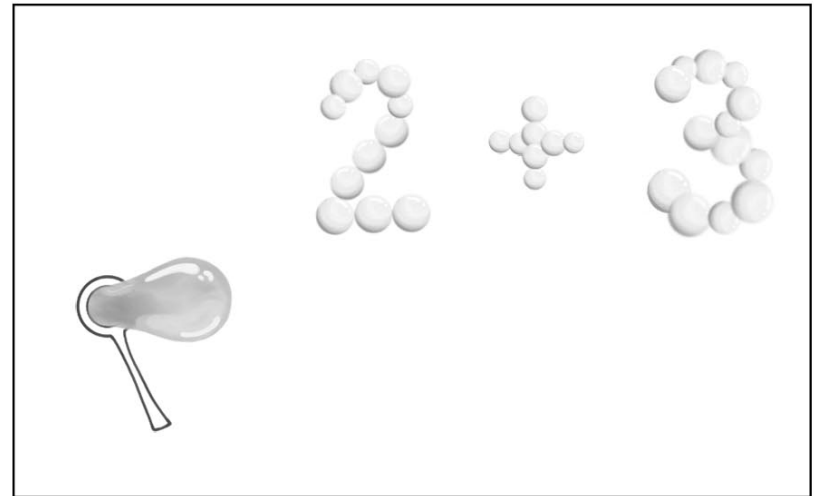
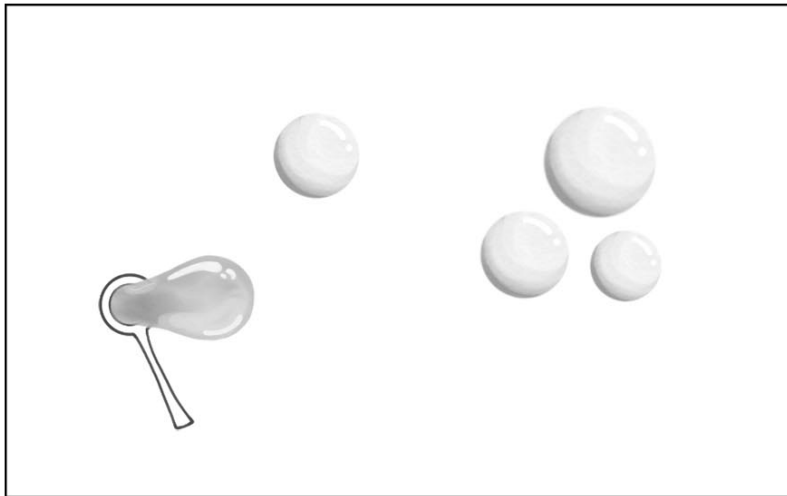
Subjective Experience
Consciousness
Information Processing
Self-Organization

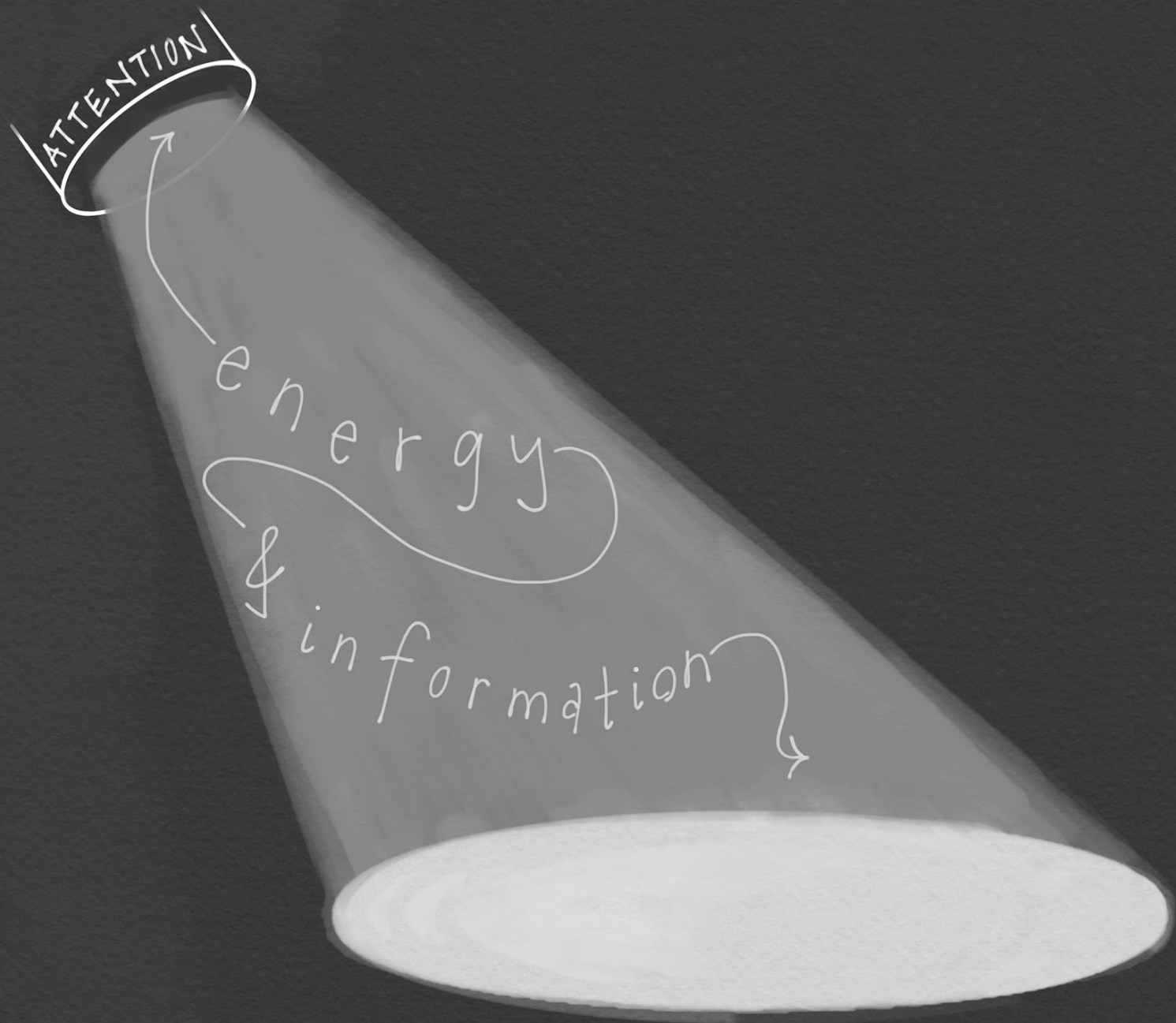
Triangle of Human Experience



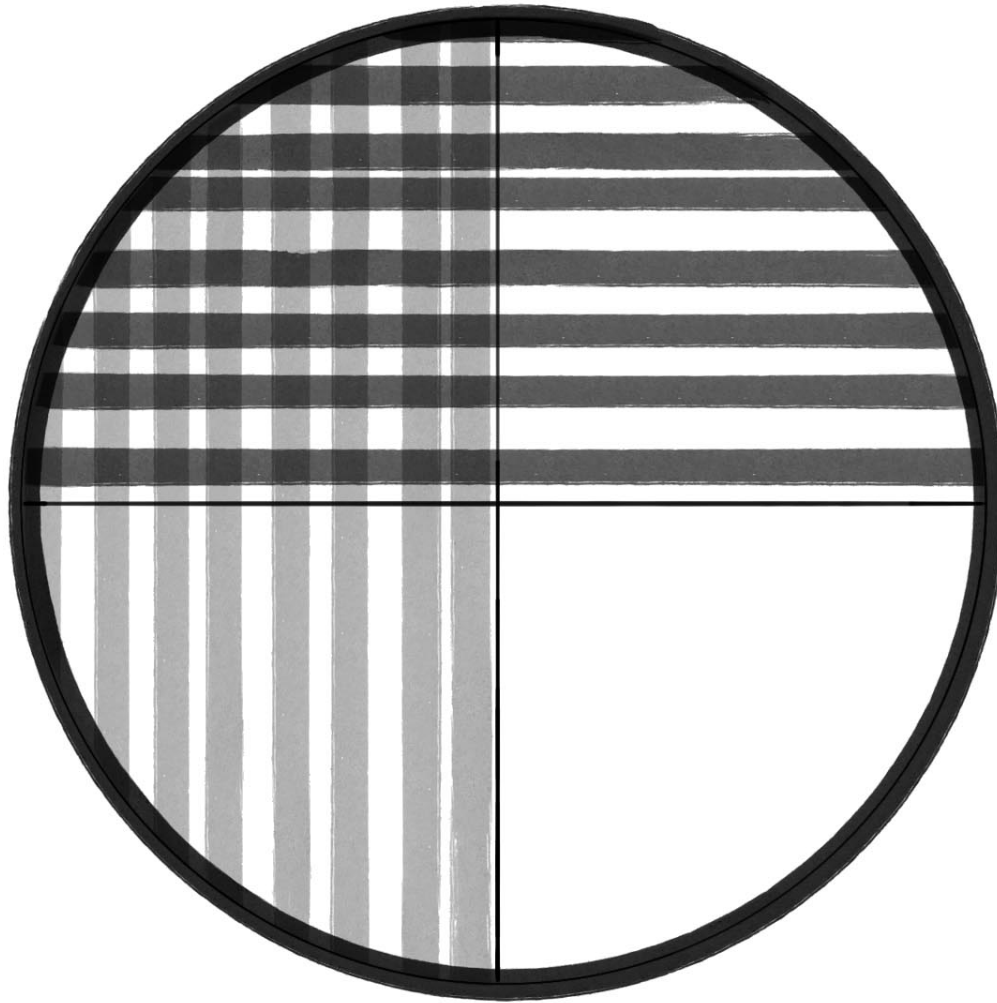
Mind as Energy and Information Flow

Conduit & Constructor





ATTENTION



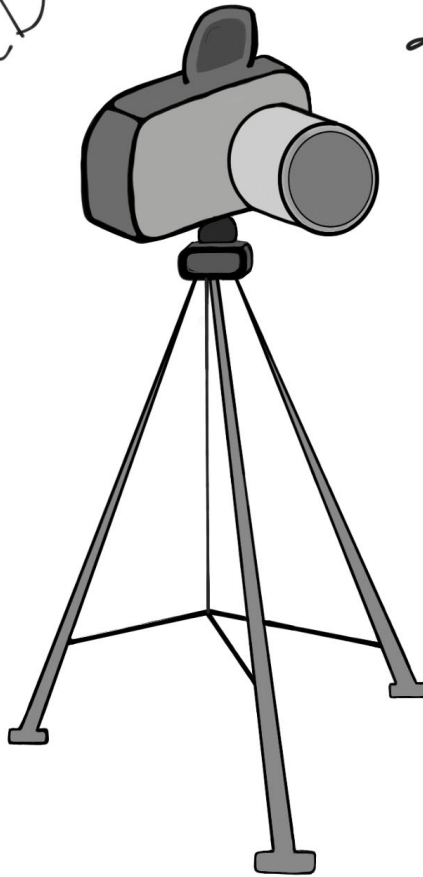
FOCAL

NON-FOCAL

GUIDED

PULLED

MINDSIGHTS



OBJECTIVITY

openness

OBSERVATION

Consilient Ideas

Mind is an Emergent Phenomena of a Complex System of Energy Flow.

Sometimes that Energy has symbolic value, and is “Energy-In-Formation” known simply as **Information**.

Emergence arises from the interactions of elements of a complex system, i.e., from the flow of energy within *embodied* activity and *relational* communication

Two Consilient Ideas Combined

- **1. Integration is the basis of HEALTH**
- **2. Consciousness is needed for CHANGE**
- **1 + 2 = Integration of Consciousness**

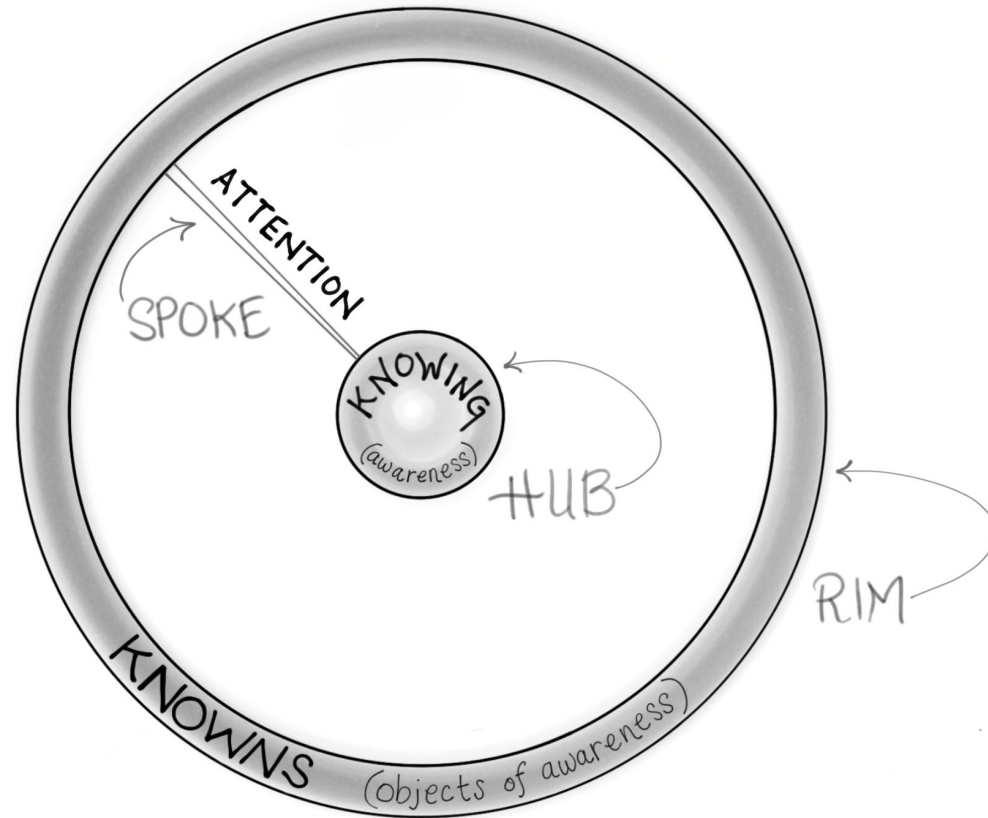
OPTIMAL SELF-ORGANIZATION

emerges with
INTEGRATION:
The Linkage of
Differentiated Parts

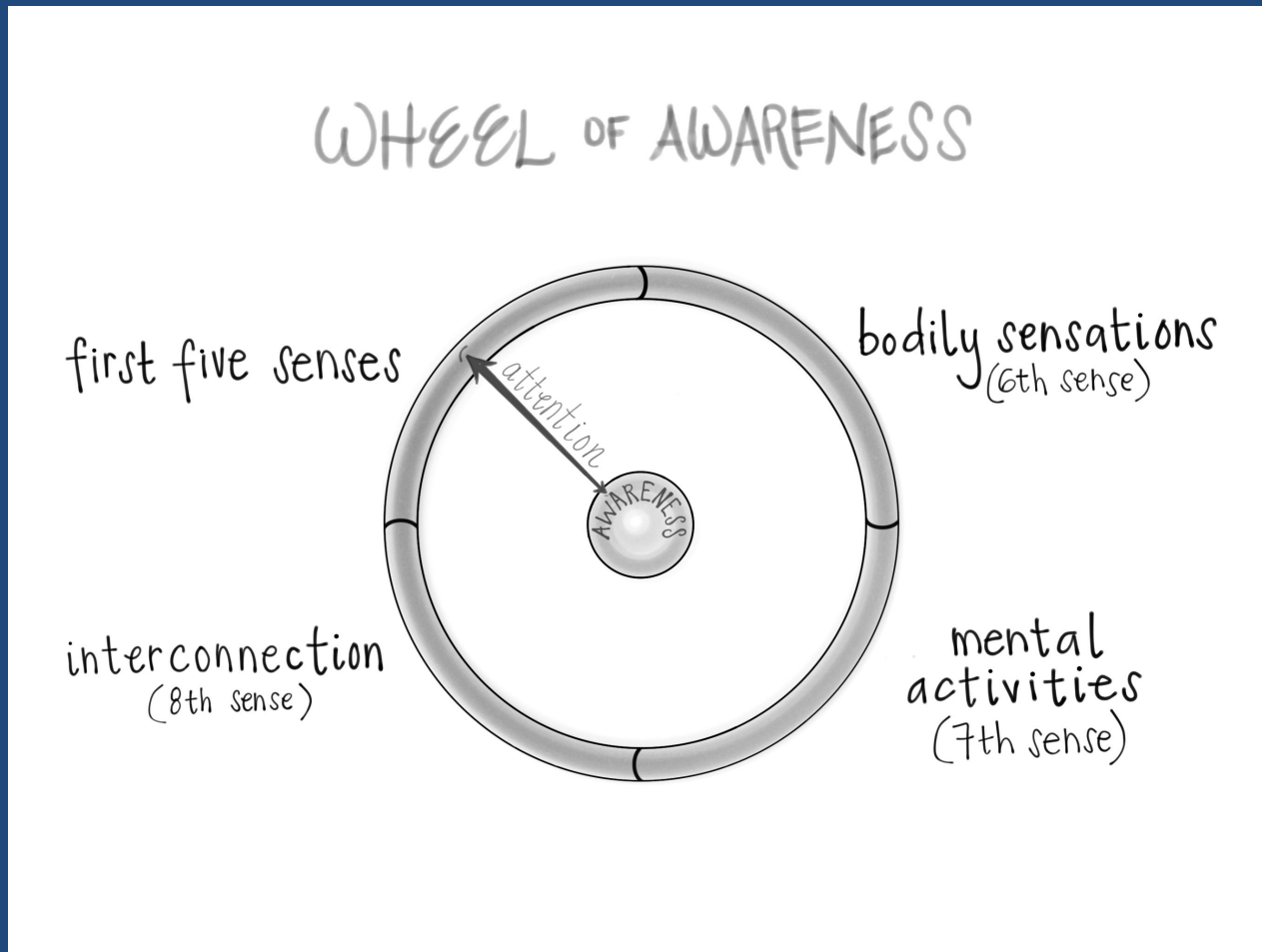
Integrating Consciousness with a Metaphor of the Wheel of Awareness

- Consciousness as the Knowing (=Aware) and the Knowns (=What we are aware OF)
- *Integrating consciousness* differentiates Knowing from Knowns and then links them to each other with the focus of attention.
- Hub=Awareness/Knowing
- Rim=Knowns
- Spoke=Focused Attention

Basic Wheel



Integrating Consciousness

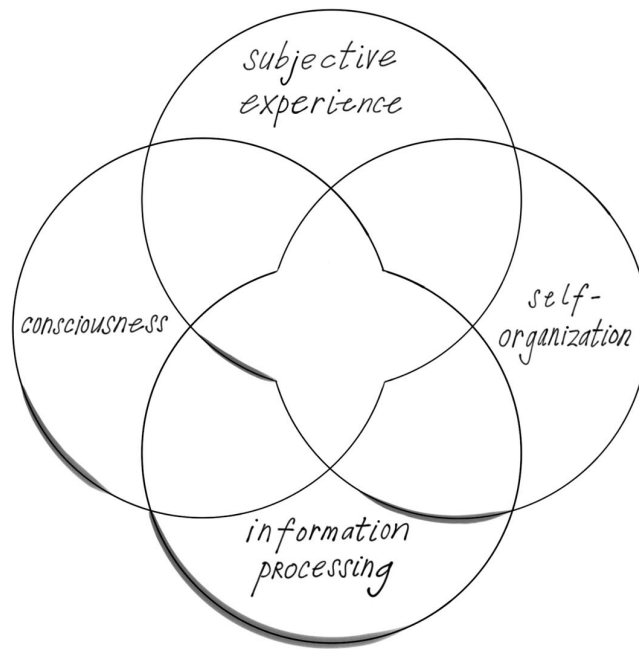


Four Facets of MIND:

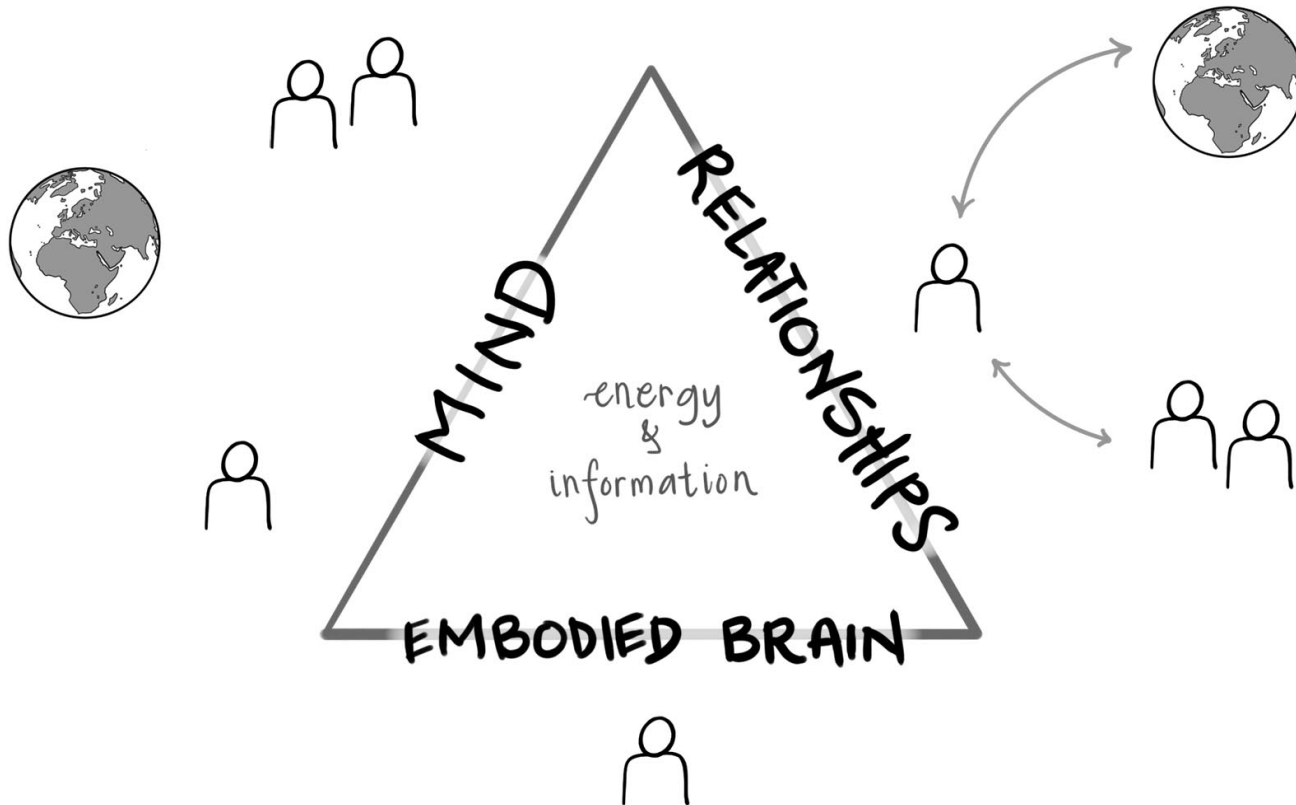
Subjective Experience
Consciousness
Information Processing
Self-Organization

The Mind's Many Facets

FOUR FACETS of MIND



Triangle of Human Experience



A Working Definition of a facet of Mind

**An Embodied and Relational
Emergent, Self-Organizing
Process that Regulates the
Flow of Energy and Information**

***OPTIMAL SELF-ORGANIZATION*
emerges with INTEGRATION—
The Linkage of Differentiated Parts**

Mind as Regulation

monitoring
+ MODIFYING

REGULATING

Integration and Health:

A “FACES Flow”:

Flexible

Adaptive

Coherent

Energized

Stable

OPTIMAL SELF-ORGANIZATION

emerges with
INTEGRATION:
The Linkage of
Differentiated Parts

R
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integration

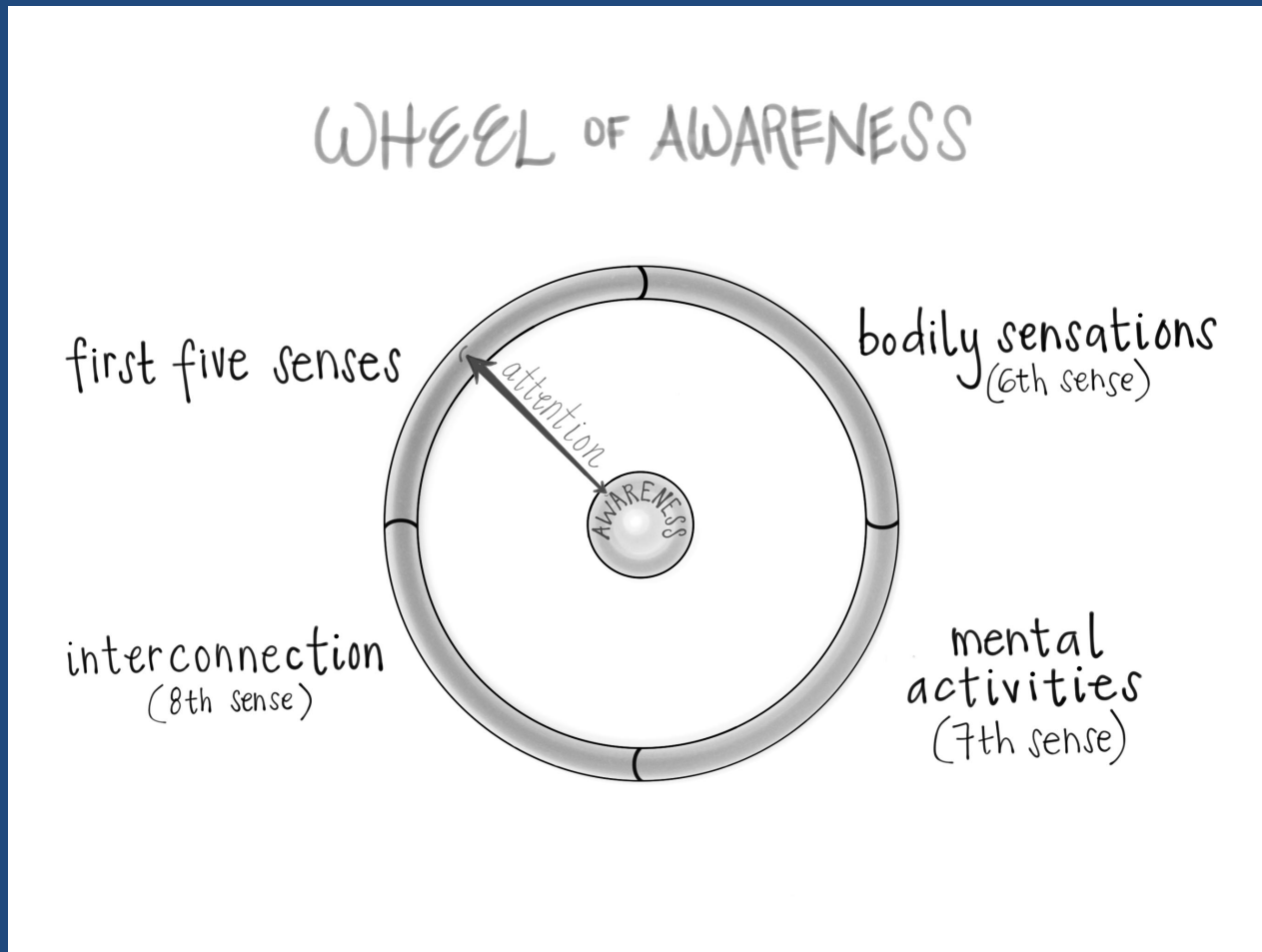
Integration, Presence and Health

- 1. Well-Being correlates with an interconnected connectome
- 2. Impaired well-being correlates with impaired integration in relationships and the brain
- 3. Neural integration is the mechanism beneath regulation (mood, emotion, thought, attention, behavior, relationships, morality)
- 4. Integrated Relationships → Embodied Integration → Personal and Relational Health

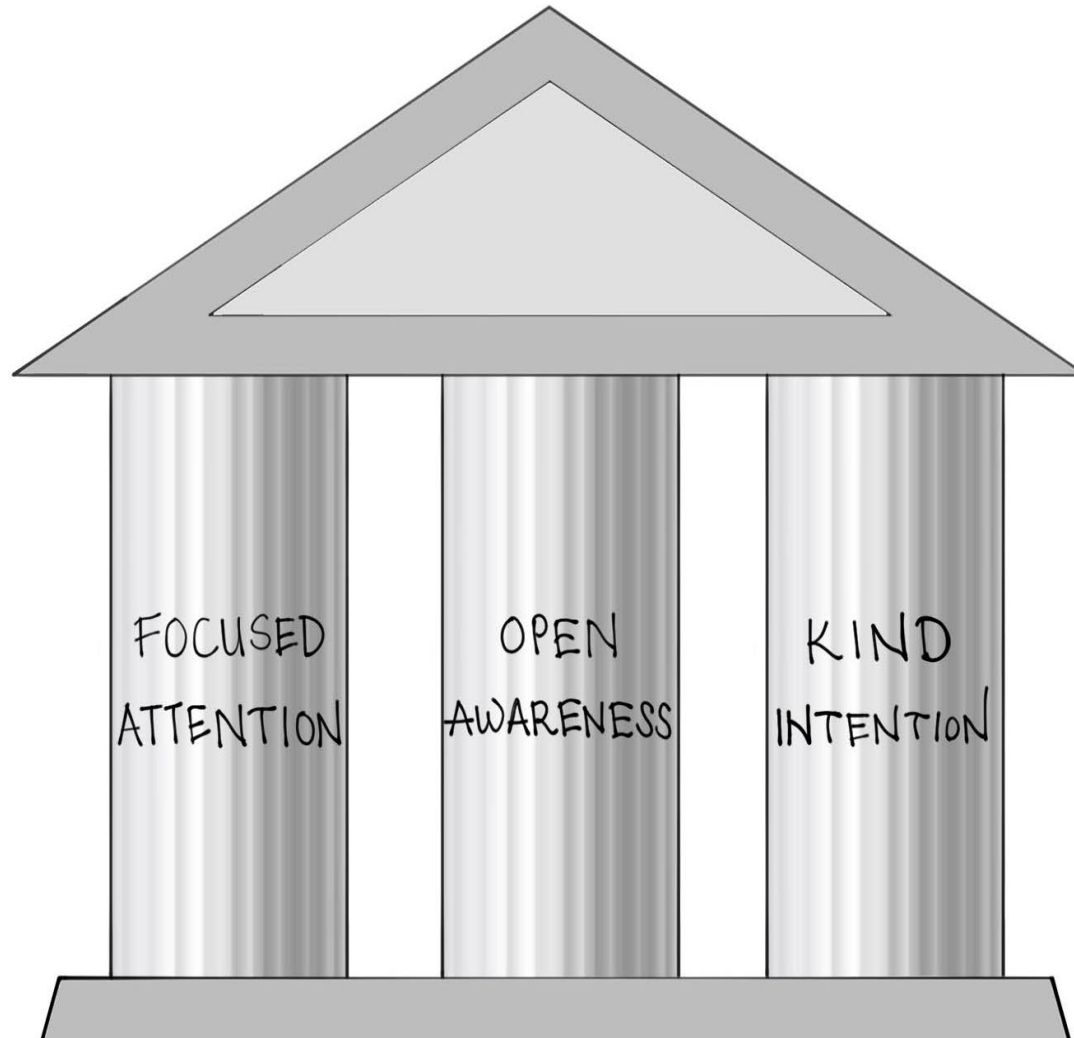
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Integrating Consciousness



Three Pillars of Mind Training



Three Pillar Mind Training Findings:

- 1. **Integration** of structure and function of Brain
- 2. **Reduction in stress** hormone, cortisol
- 3. Enhancement of **immune** function
- 4. Improvement in **cardiovascular** risk factors
- 5. **Reduction in inflammation** via epigenetic changes
- 6. Optimization of telomerase—Repairs and maintains ends of **chromosomes**—**Slows Aging**

Cingulate

Left Cingulate Cortex
Right Cingulate Cortex

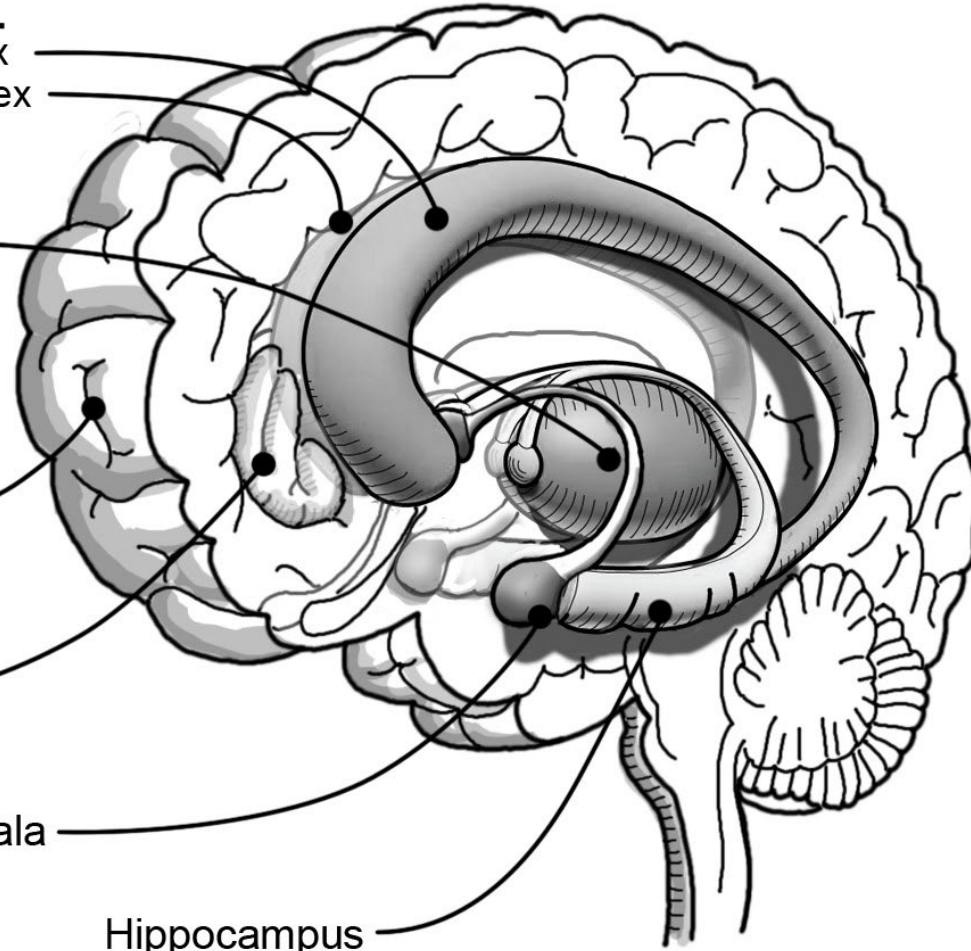
Thalamus

Middle
Prefrontal
Cortex

Insula

Amygdala

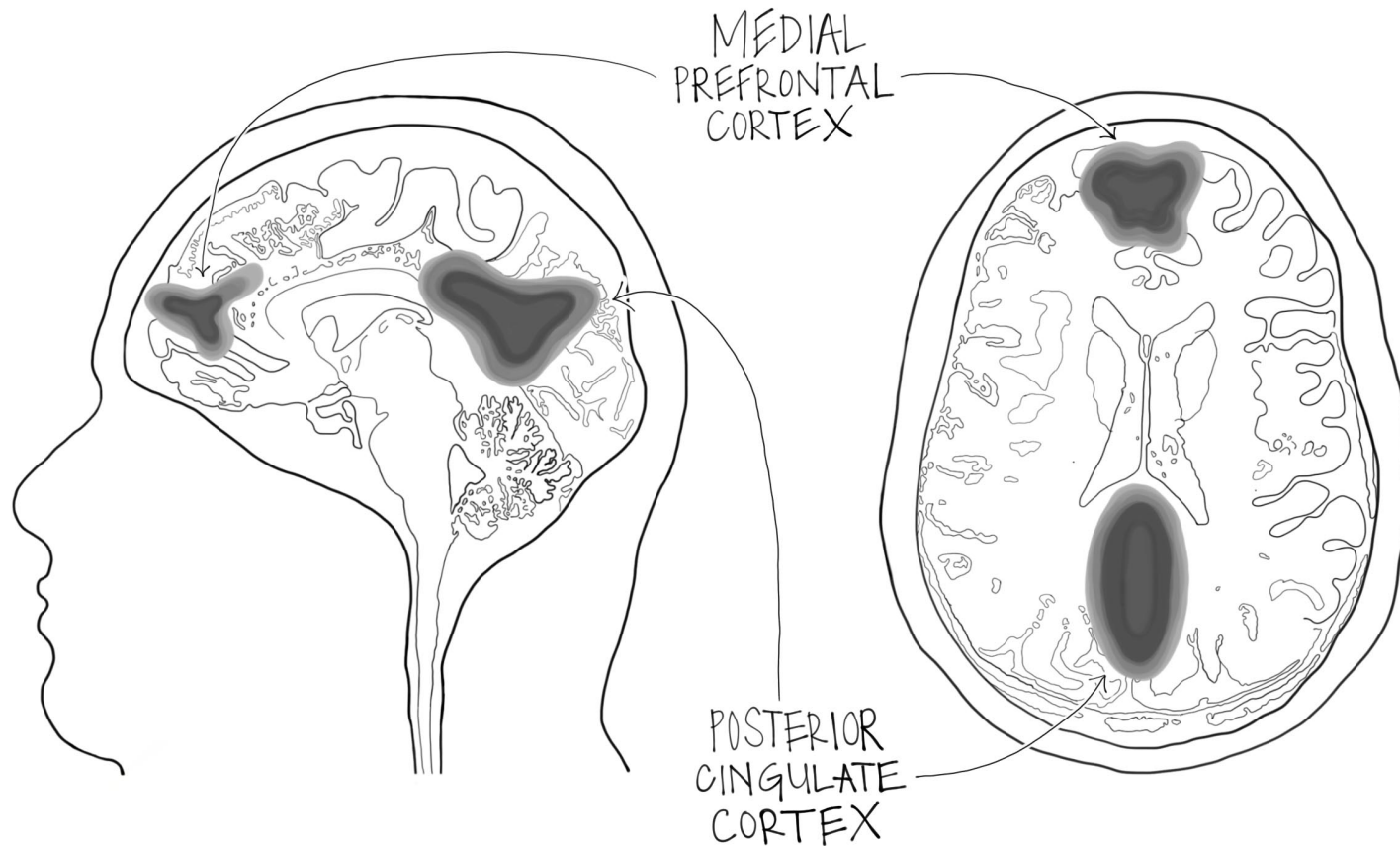
Hippocampus



Integrative Brain Growth

- 1. Corpus Callosum
- 2. Hippocampus
- 3. Prefrontal Cortex
- 4. Interconnections of the Connectome

Midline Areas of the Default Mode Network



Integration and Health:

A “FACES Flow”:

Flexible

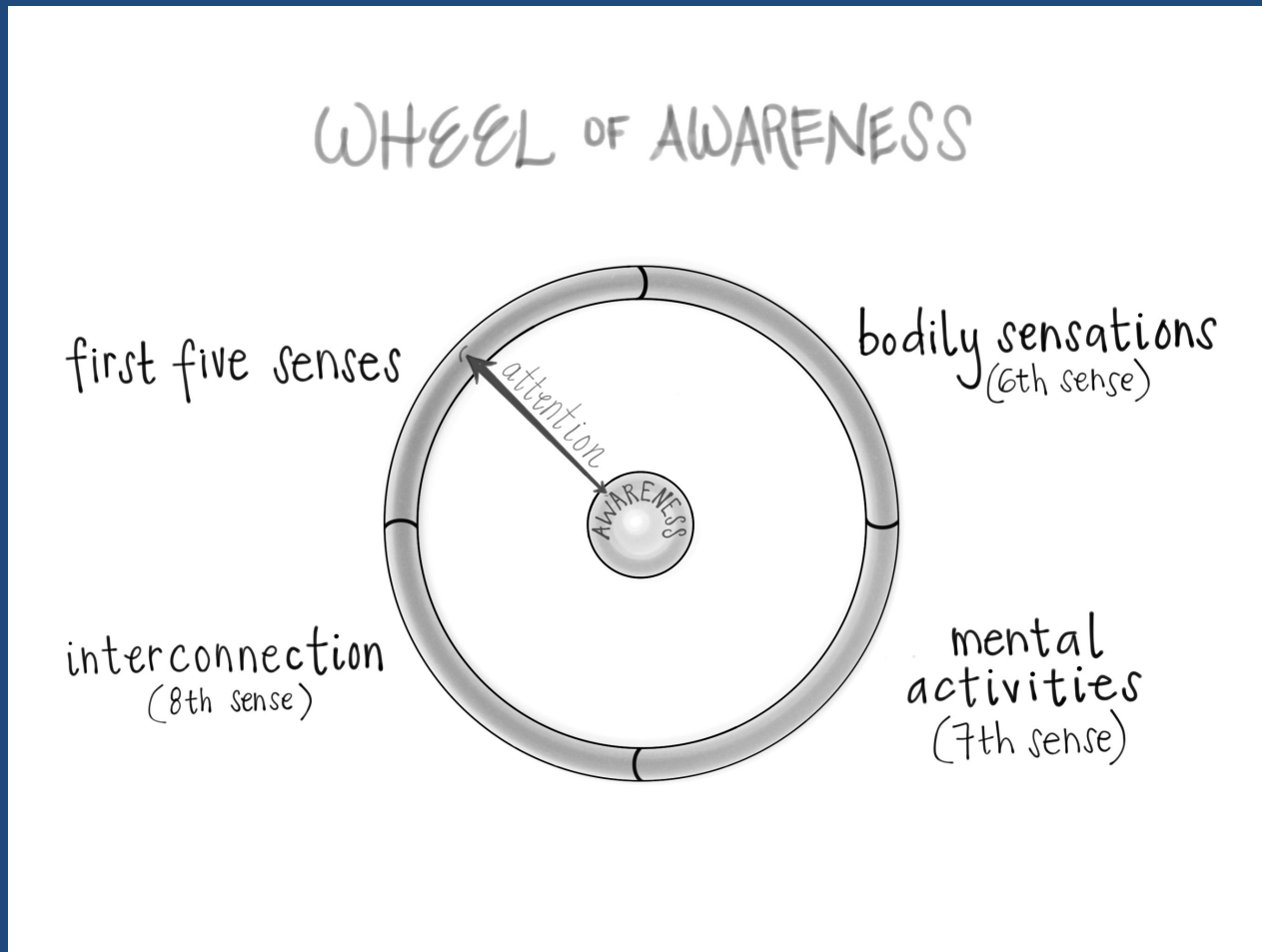
Adaptive

Coherent

Energized

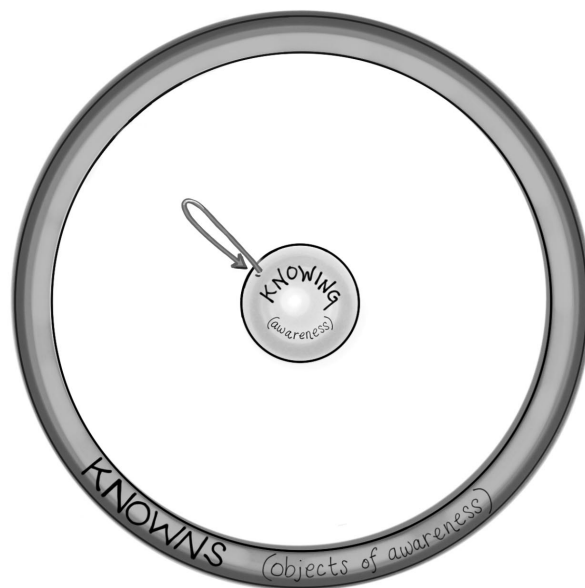
Stable

Integrating Consciousness



Hub-in-Hub

WHEEL OF AWARENESS



Hub-in-Hub

WHEEL OF AWARENESS



Hub-in-Hub

WHEEL OF AWARENESS



Hub-in-Hub

WHEEL OF AWARENESS



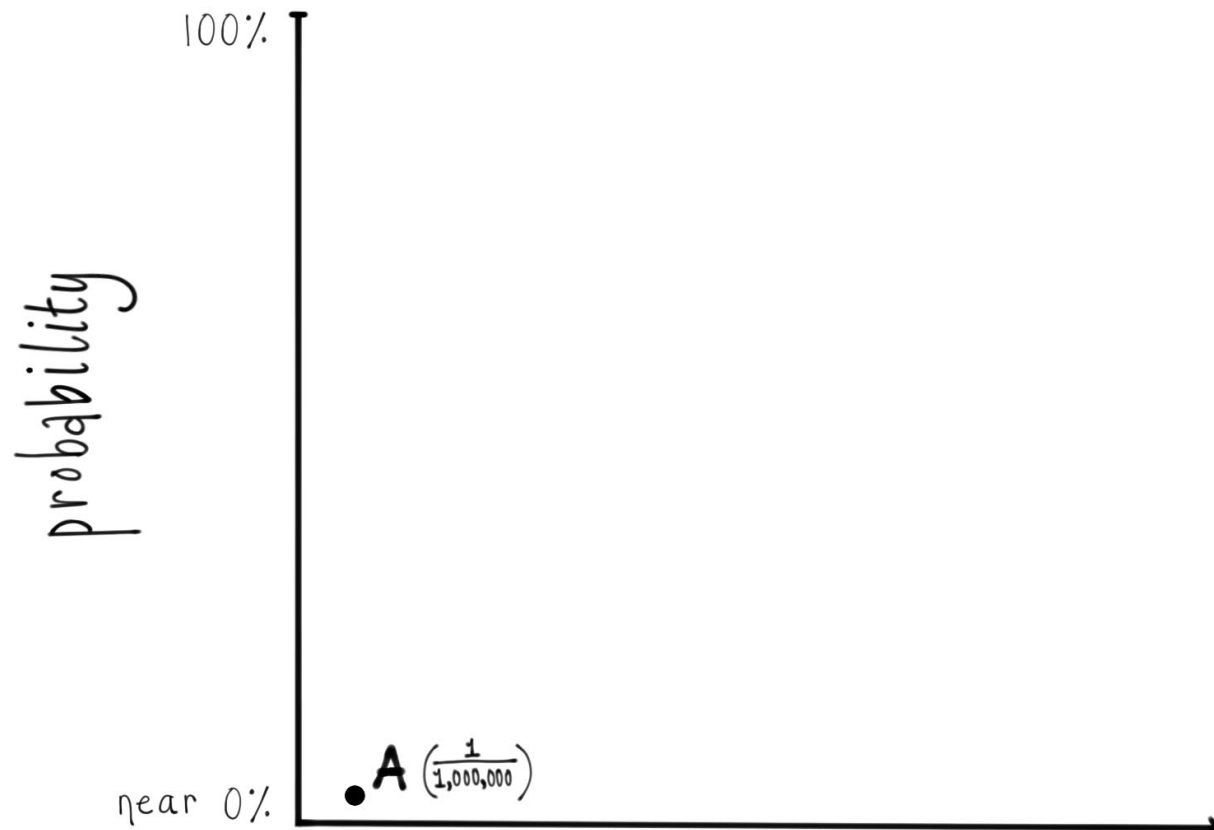
Exploring the Wheel of Awareness: 10,000 person study

- Universal findings across wide range of backgrounds;
- Shift in relationships with others and self;
- Reduction in Chaos and Rigidity;
- Illumination of Nature of Awareness itself:
 - Quotes: “Clarity, Joy, Empty-Yet-Full, Expansive, Infinite, Eternity, God, Love, Peace, Sense of Belonging as a fundamental part of the whole, Connected to others, the world, the universe”

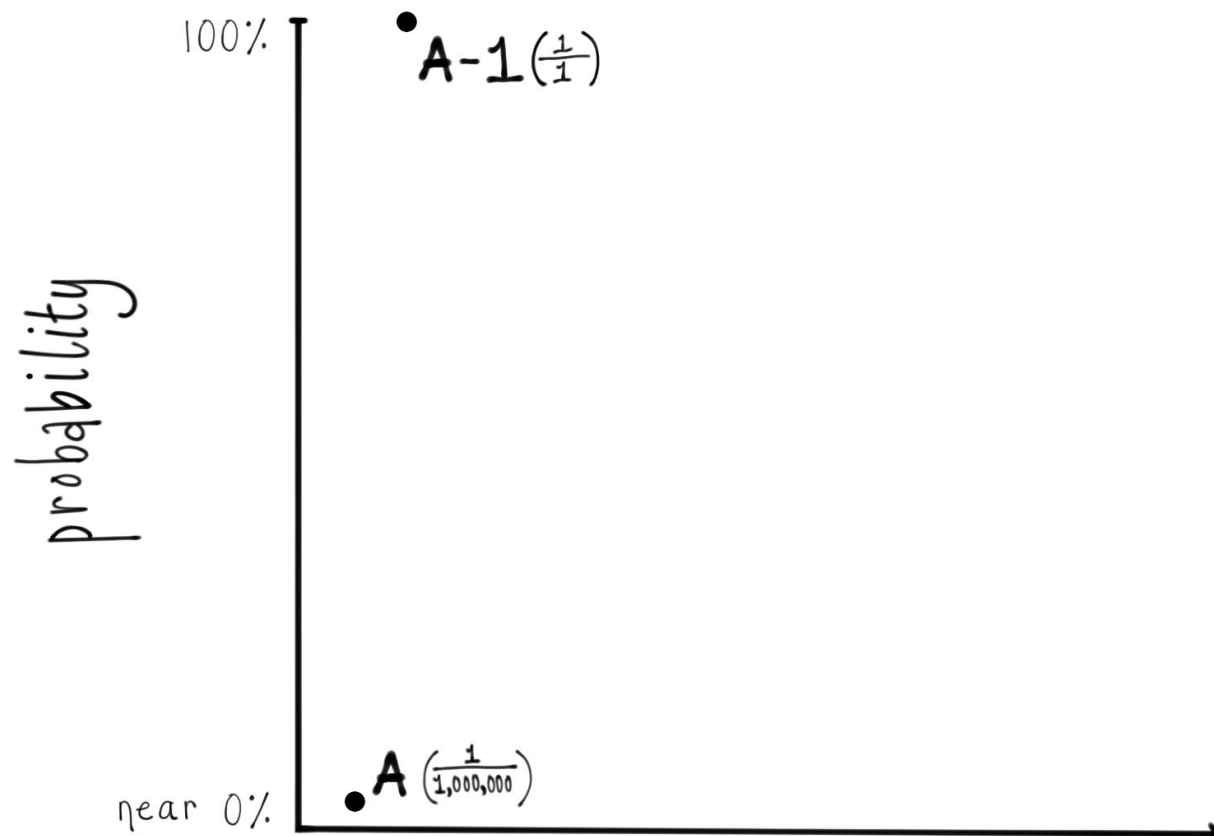
What is ENERGY?

“The movement from
Possibility to Actuality”

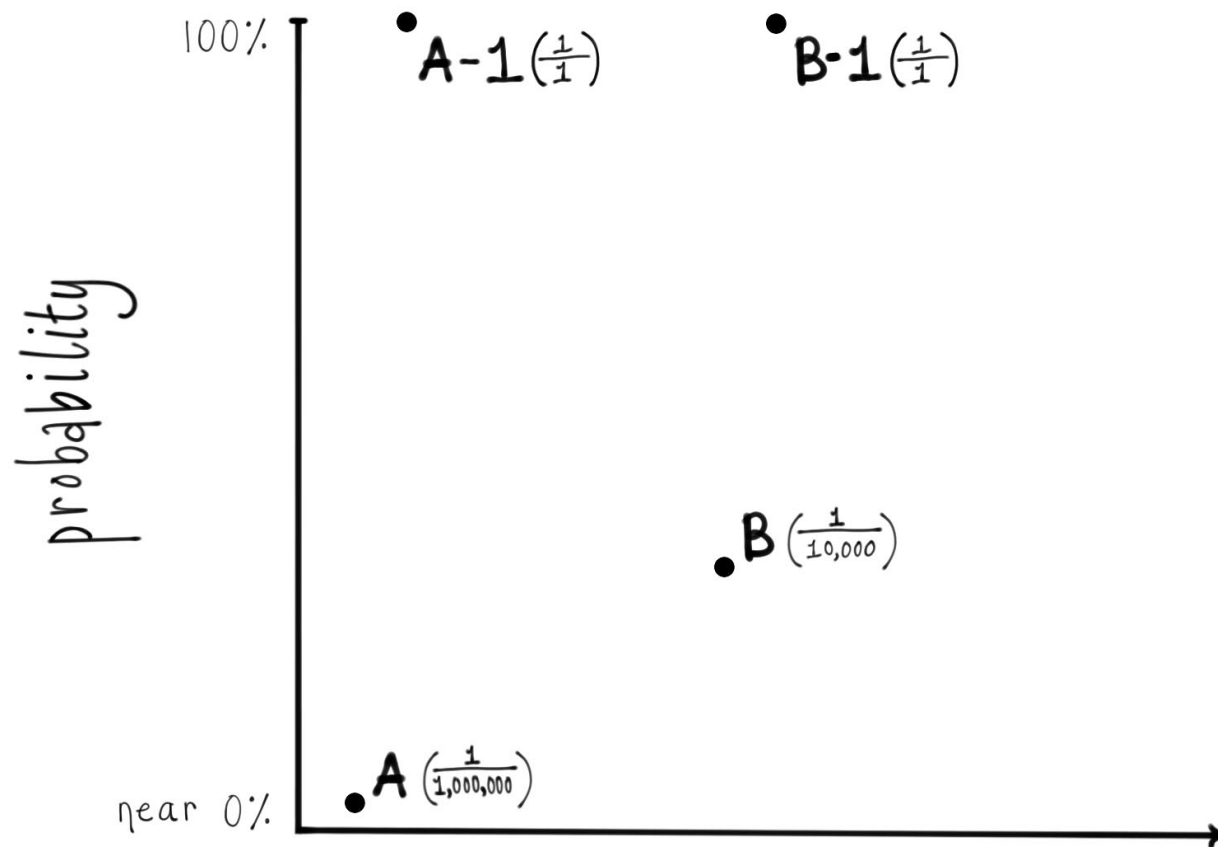
Energy and Probability



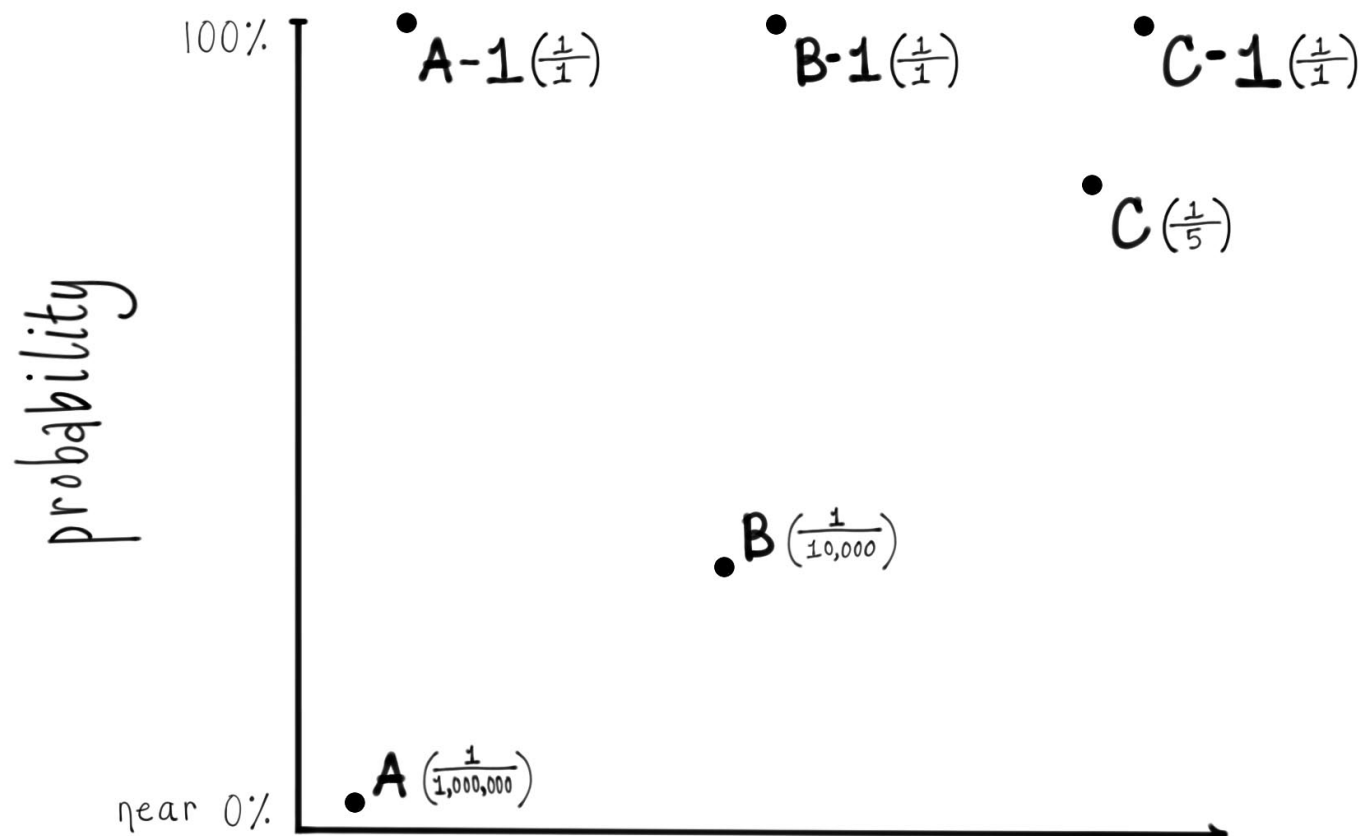
Mapping Probability



From Potential to Actual

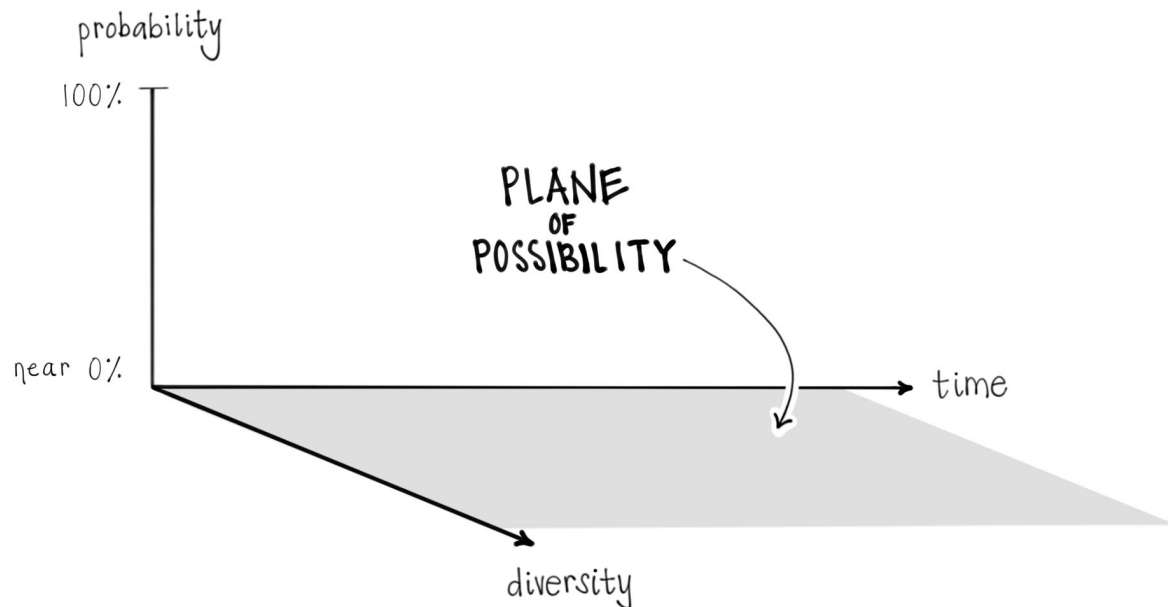


From Possibility to Actuality



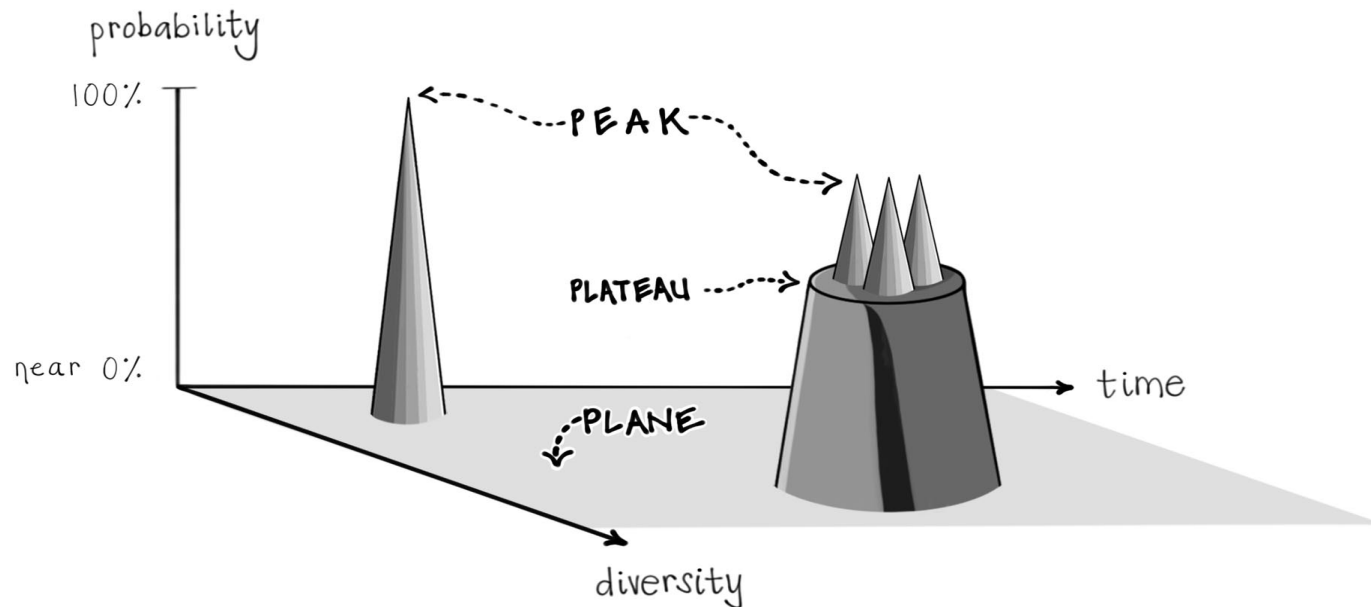
A Plane of Possibility

3P Diagram

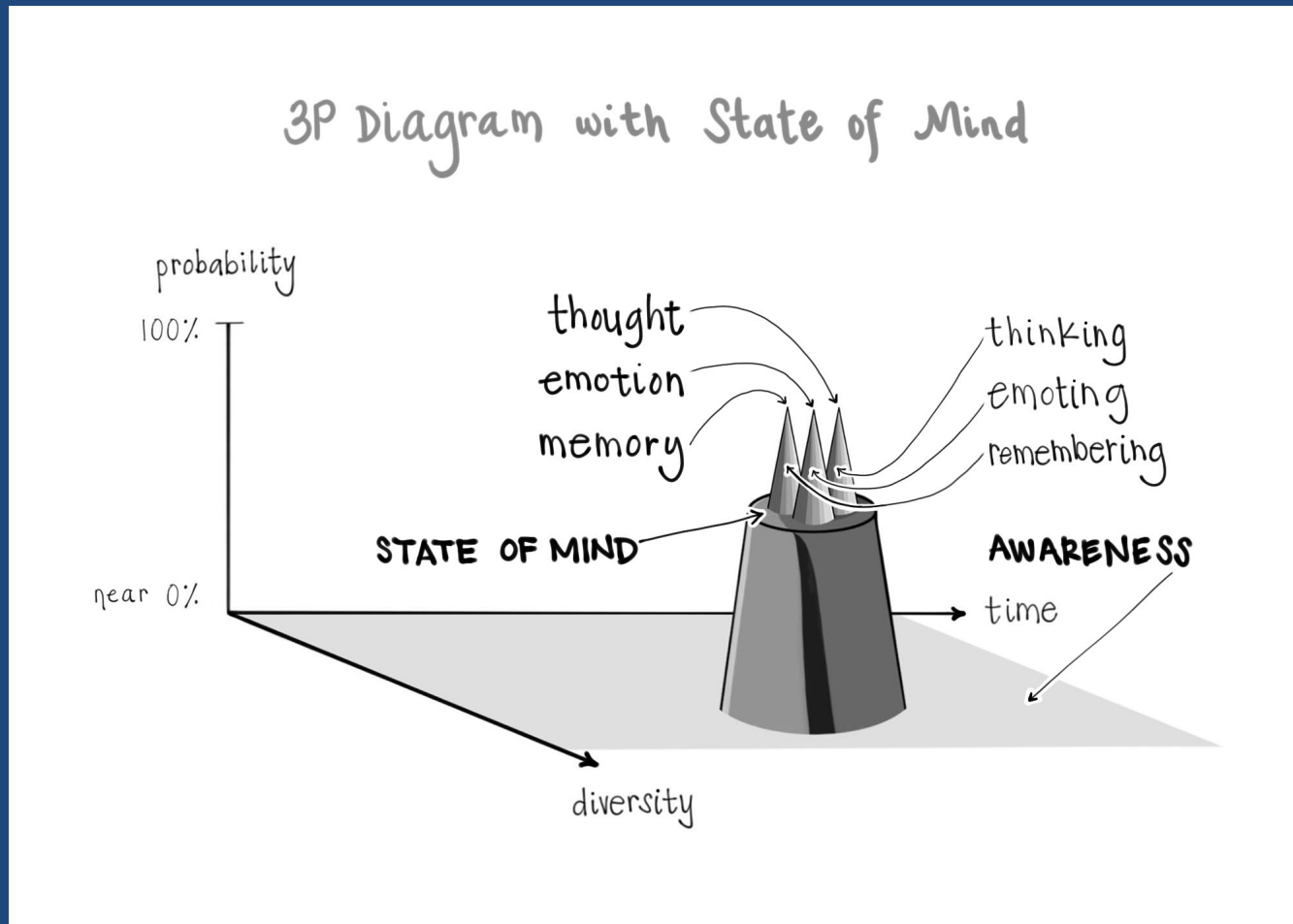


Peaks, Plateaus, and Plane

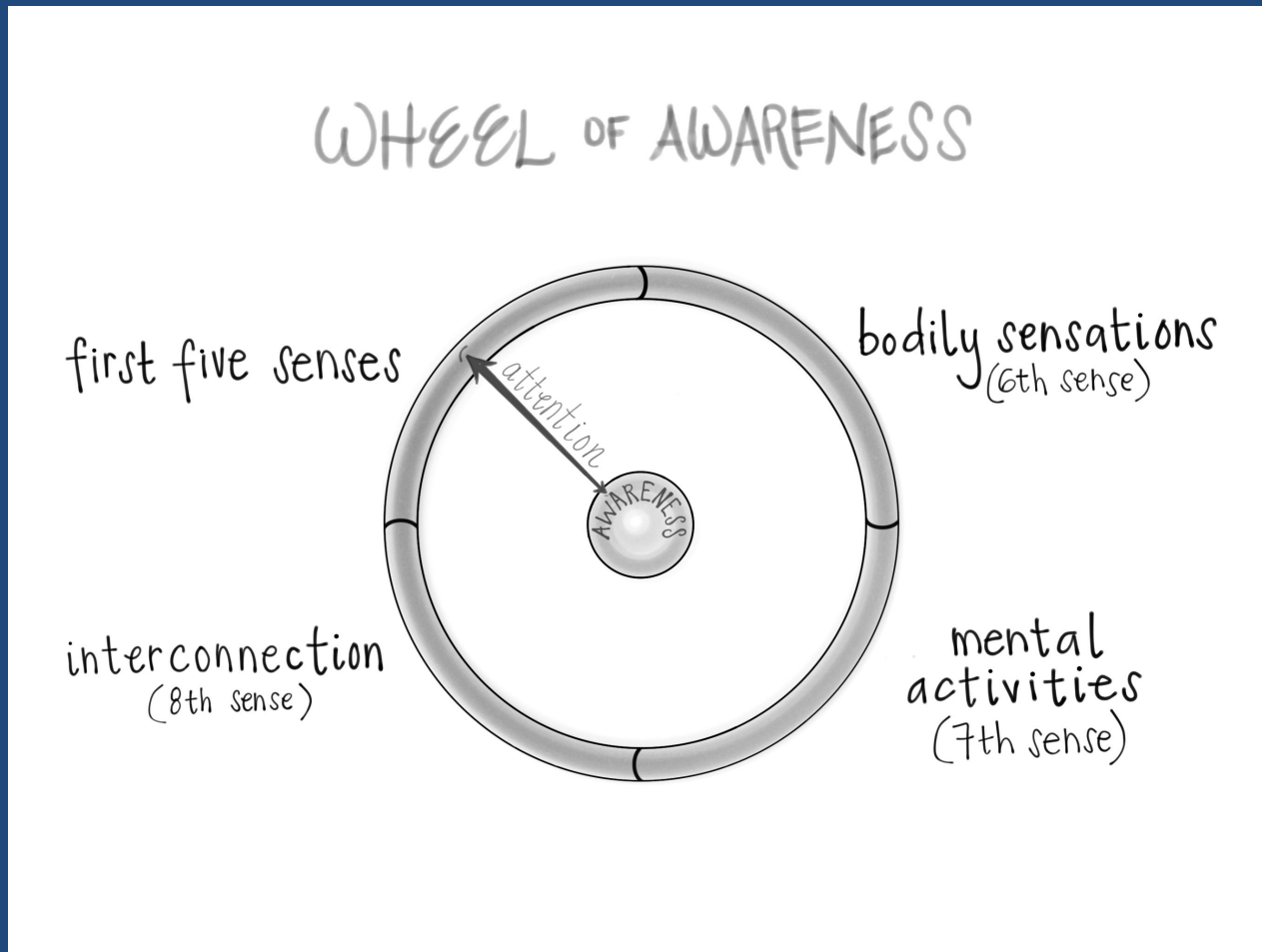
3-P Diagram



Mental Processes from a 3P Perspective

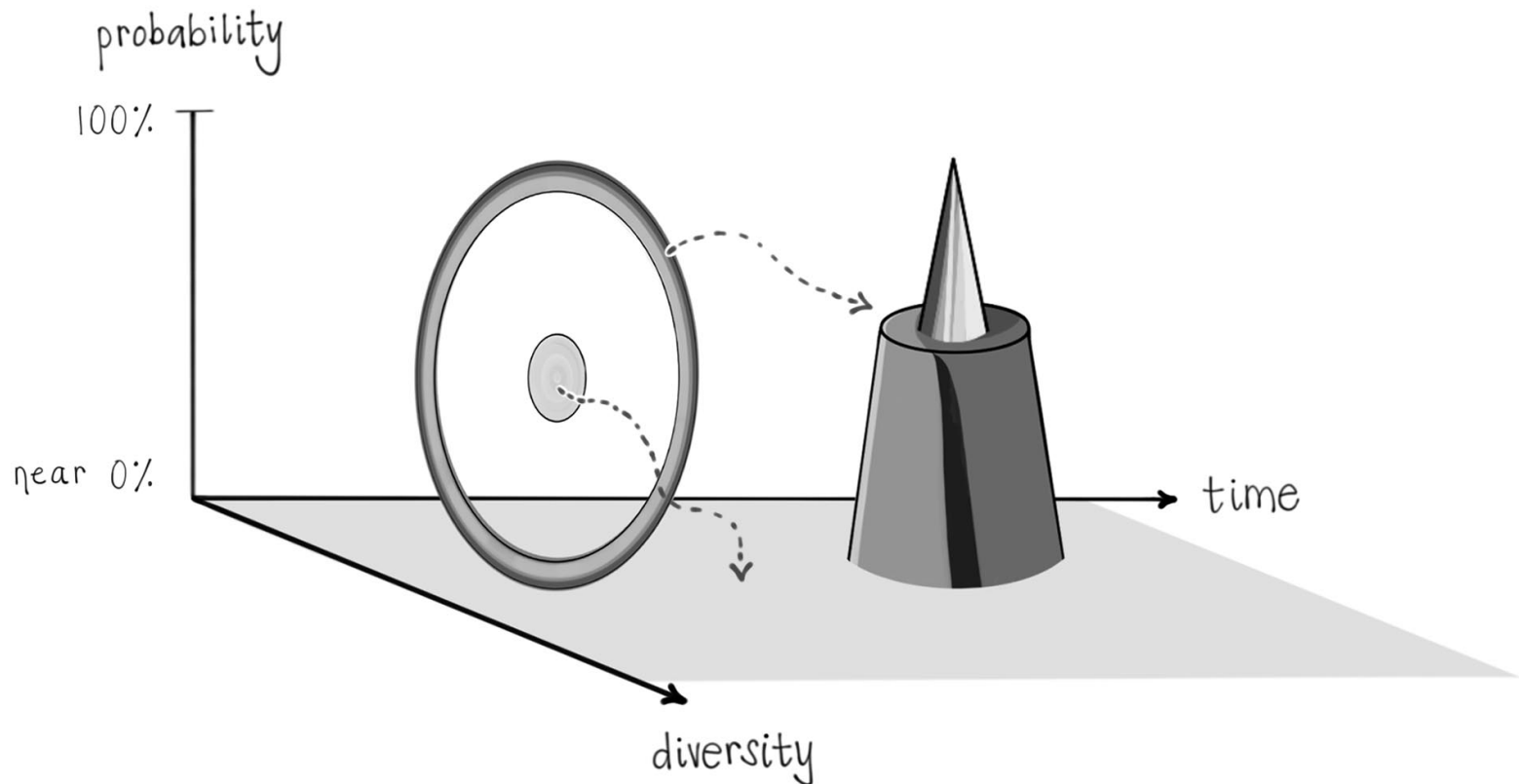


Integrating Consciousness



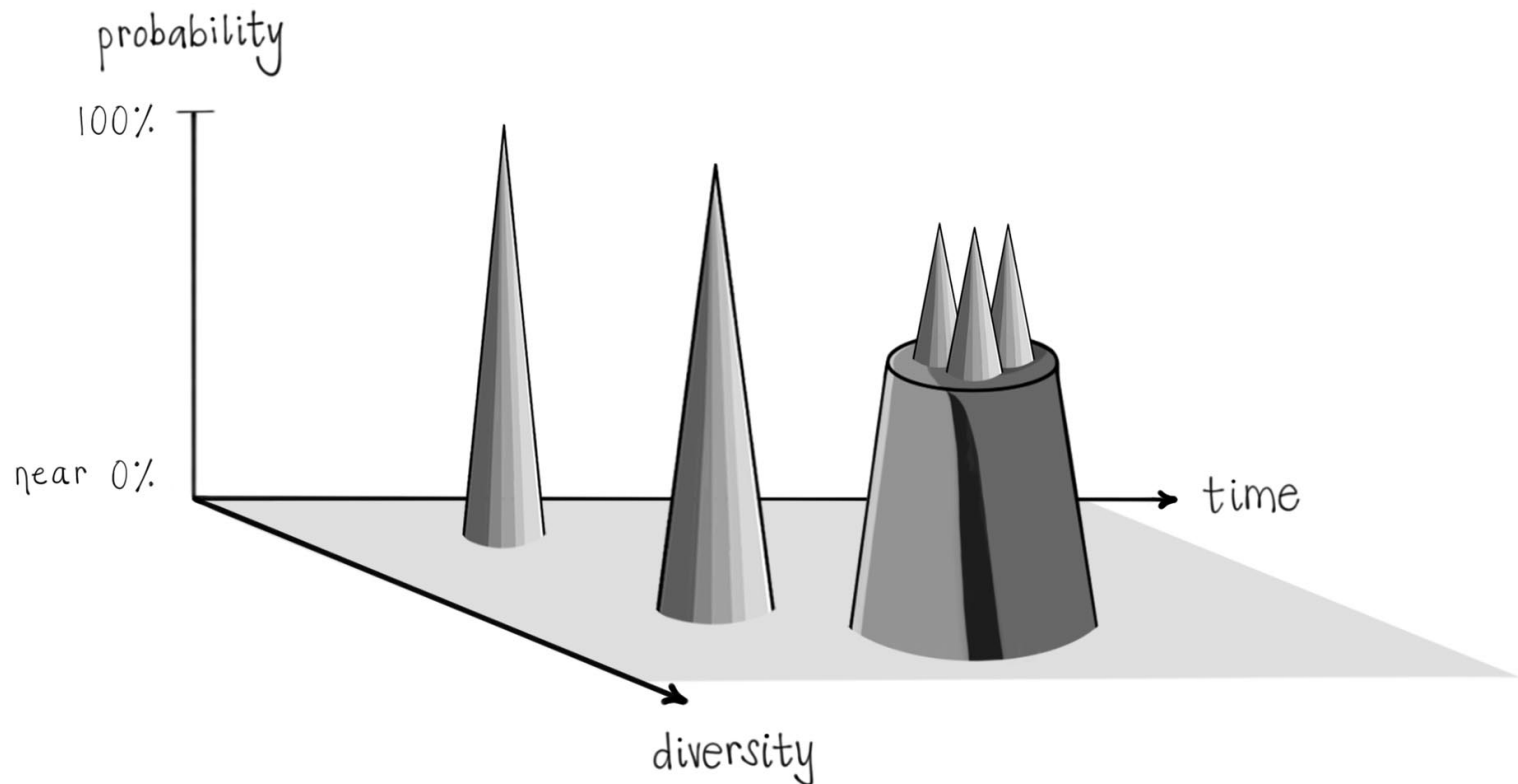
Integrating Plane, Plateaus and Peaks

3P Diagram Meets the Wheel of Awareness

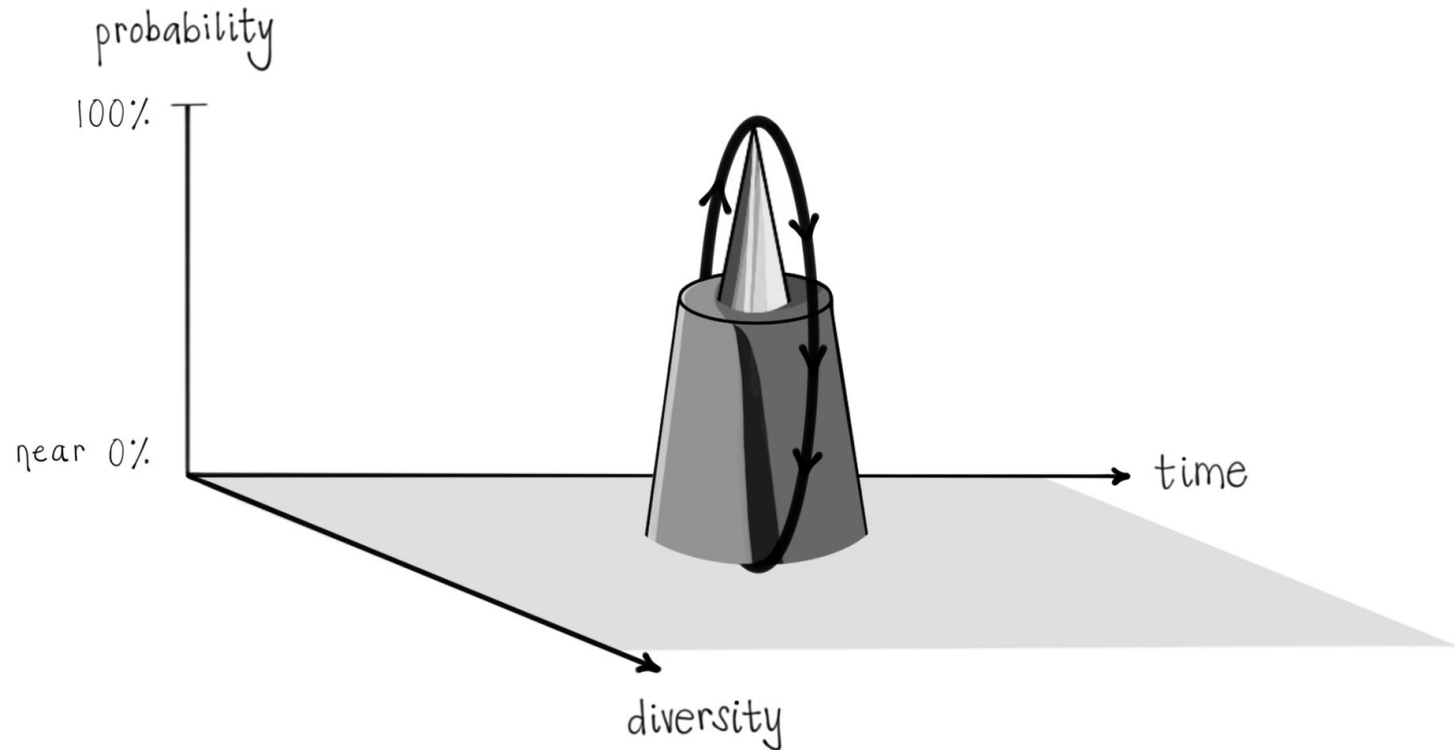


Living, Loving, & Leading from the Plane

3P Diagram



3-P Diagram with Attentional Sweep



3-P Diagram Meets the Wheel of Awareness

