



An Invitation to a
MWe Community of
Relatedness,
Resilience,
Reflection
Respect

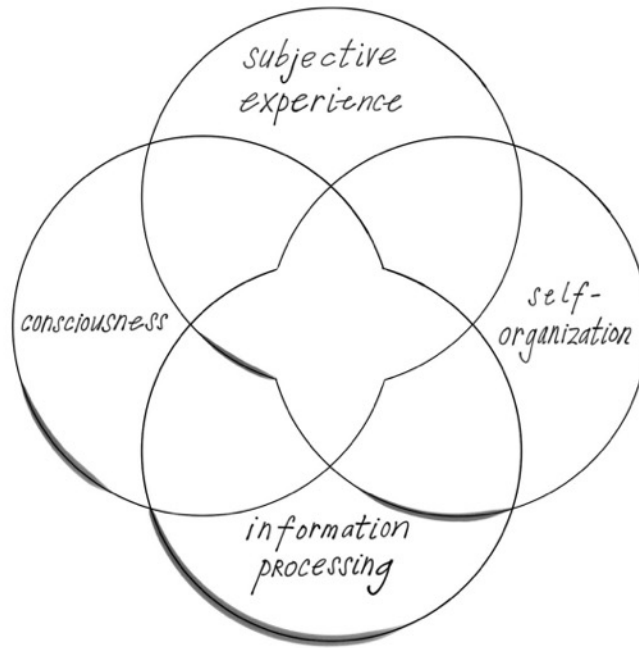
**MWe (Me + We) are
IntraConnected:**

***Living from the
Plane of Possibility***

Dan Siegel
Mindsight Institute

The Mind's Many Facets

FOUR FACETS of MIND



A Working Definition of a core aspect of the Mind

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

(Self-Organization emerges from the flow of
energy within *embodied* activity and *relational*
connections)

OPTIMAL SELF-ORGANIZATION

emerges with the
**Linkage of
Differentiated Parts
= “INTEGRATION”**

Integration—Resilience and Health arise from a *FACES Flow*

Flexible

Adaptive

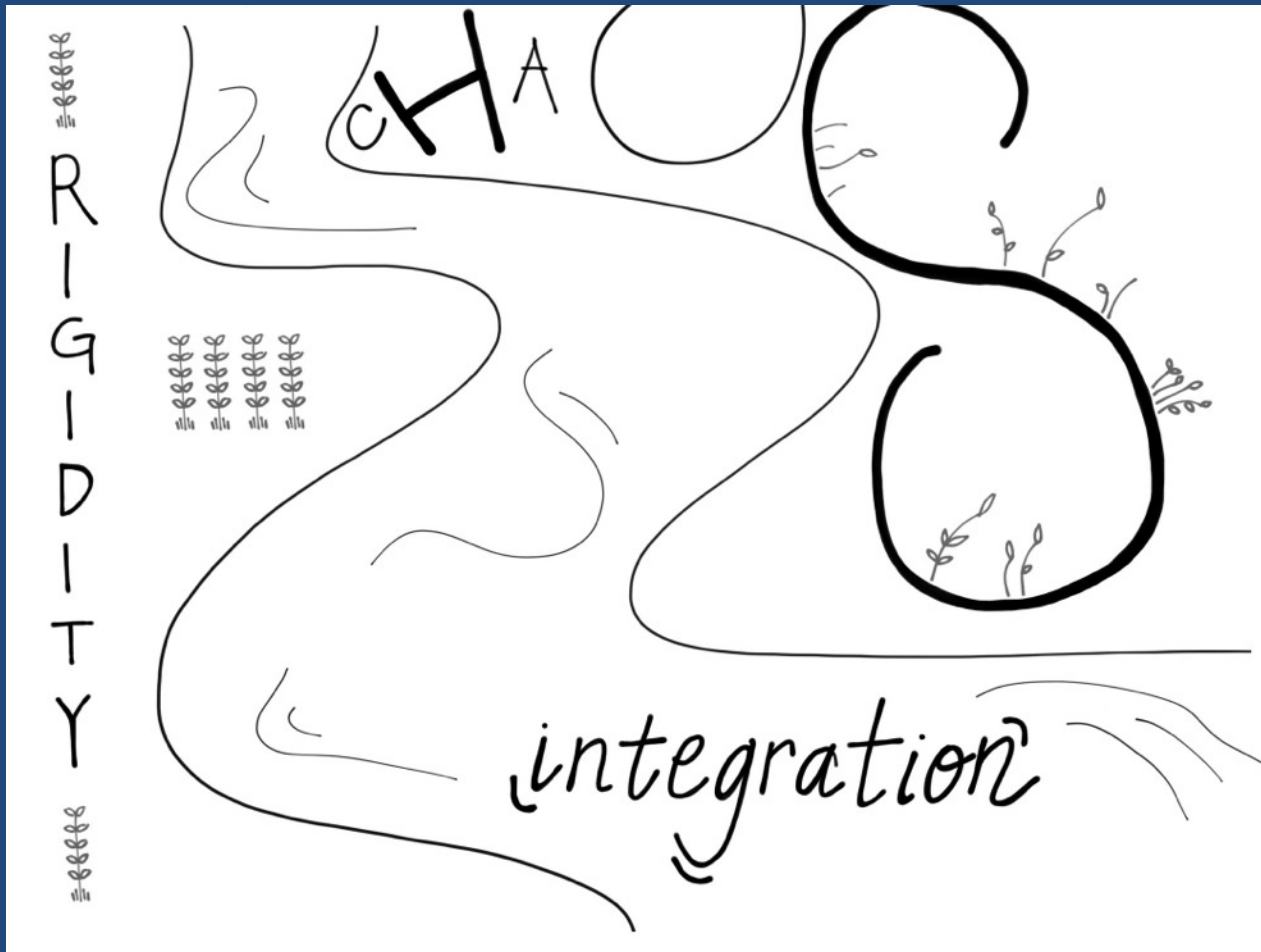
Coherent

Energized

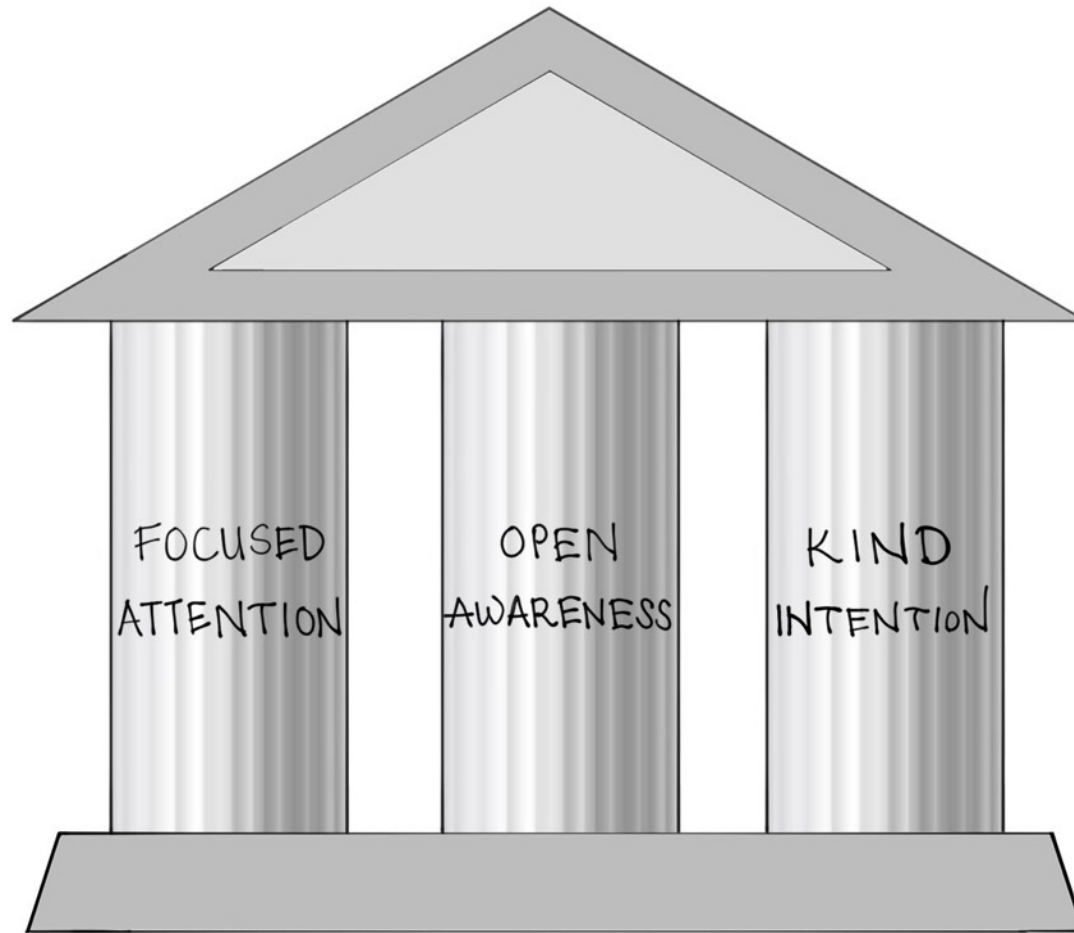
Stable

→ HARMONY

The River of Integration



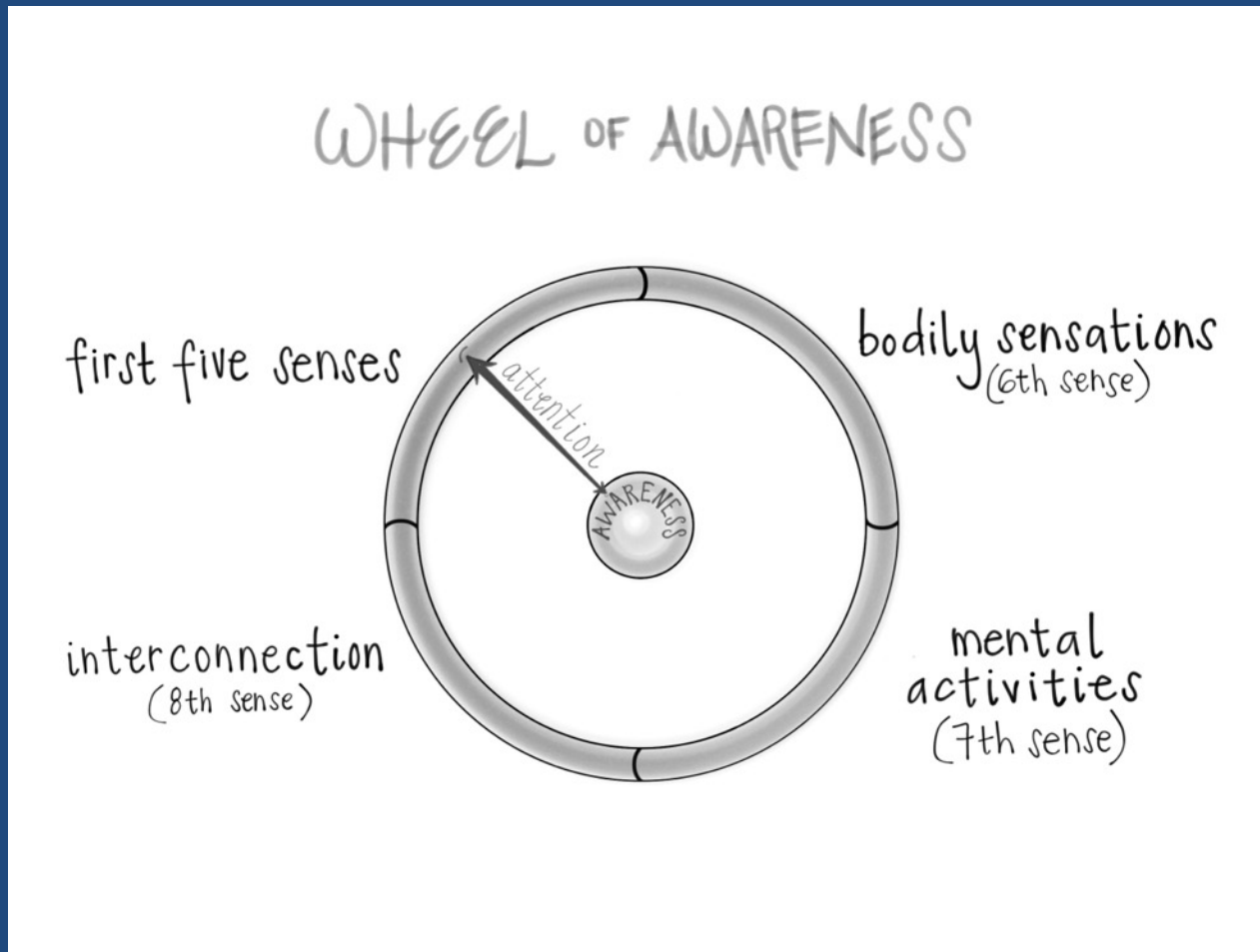
Three Pillars of Mind Training



Three Pillar Mind Training Findings:

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

Integrating Consciousness



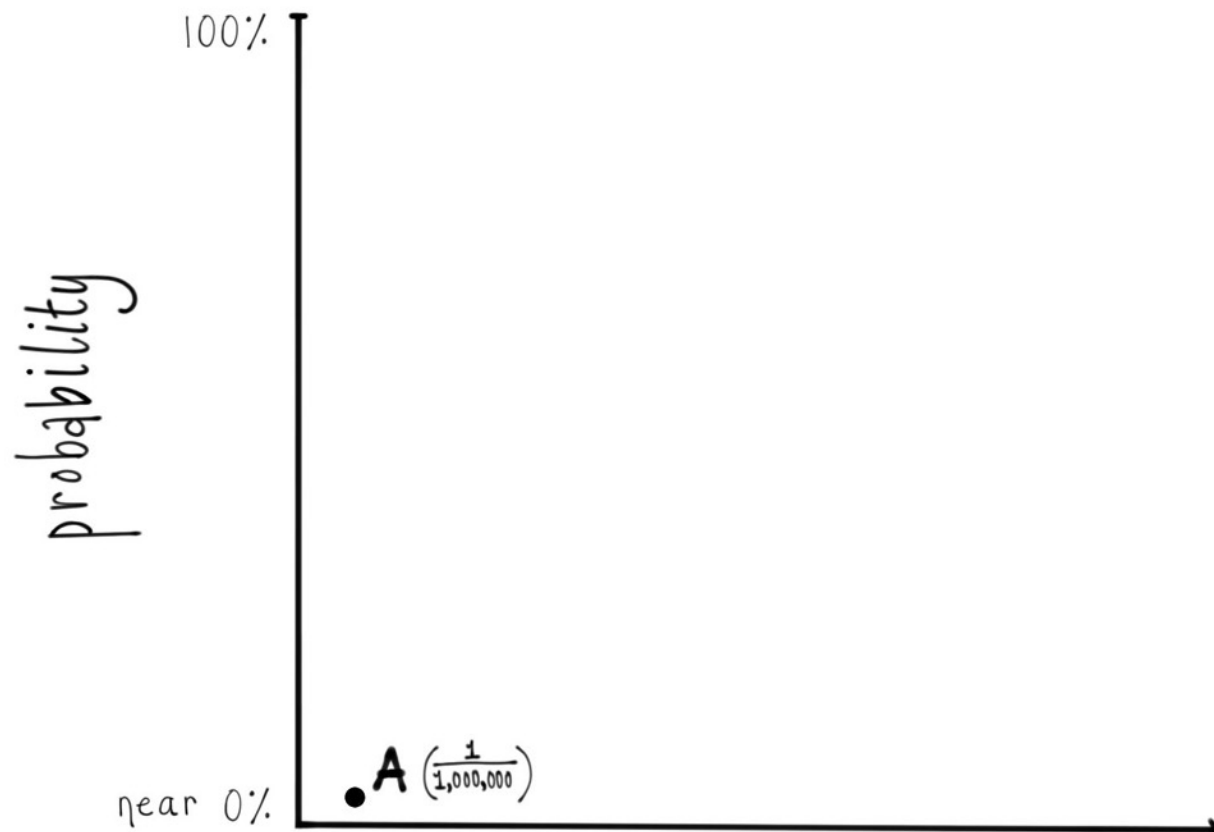
A Science of Hope

- When Possibility is greater than Actuality
- GRASSPPP:
 - Goal
 - Reflection
 - Agency
 - Social Support
 - Pathway with a Purposeful Project

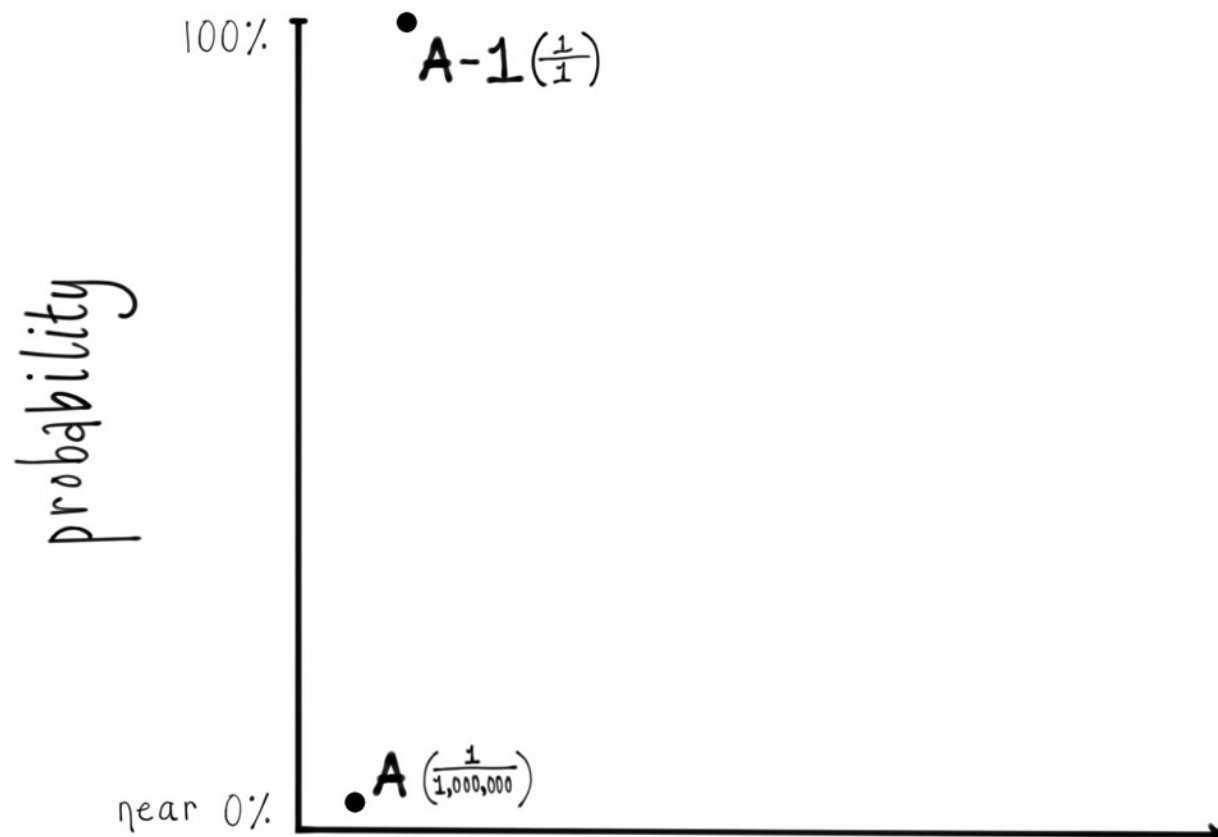
BUT...What is ENERGY?

“The movement from
Possibility to Actuality”

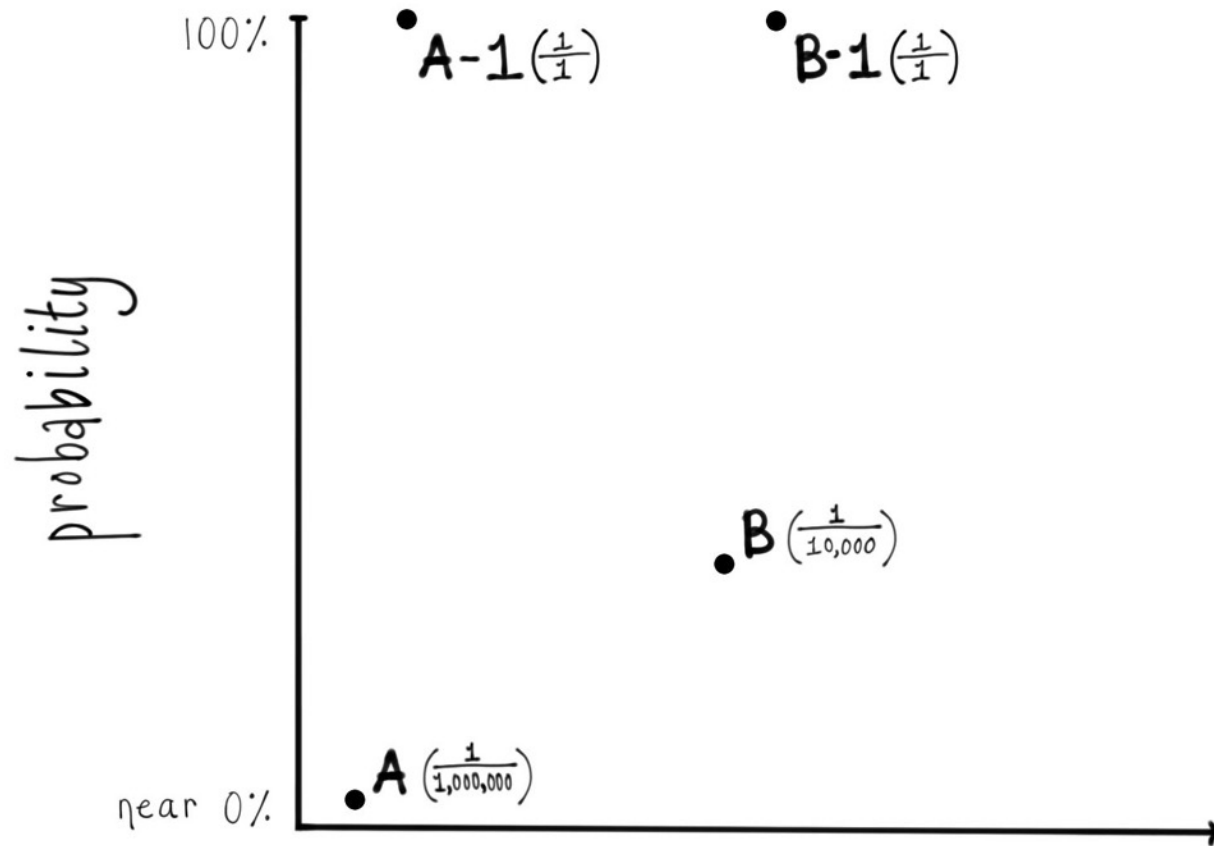
Energy and Probability



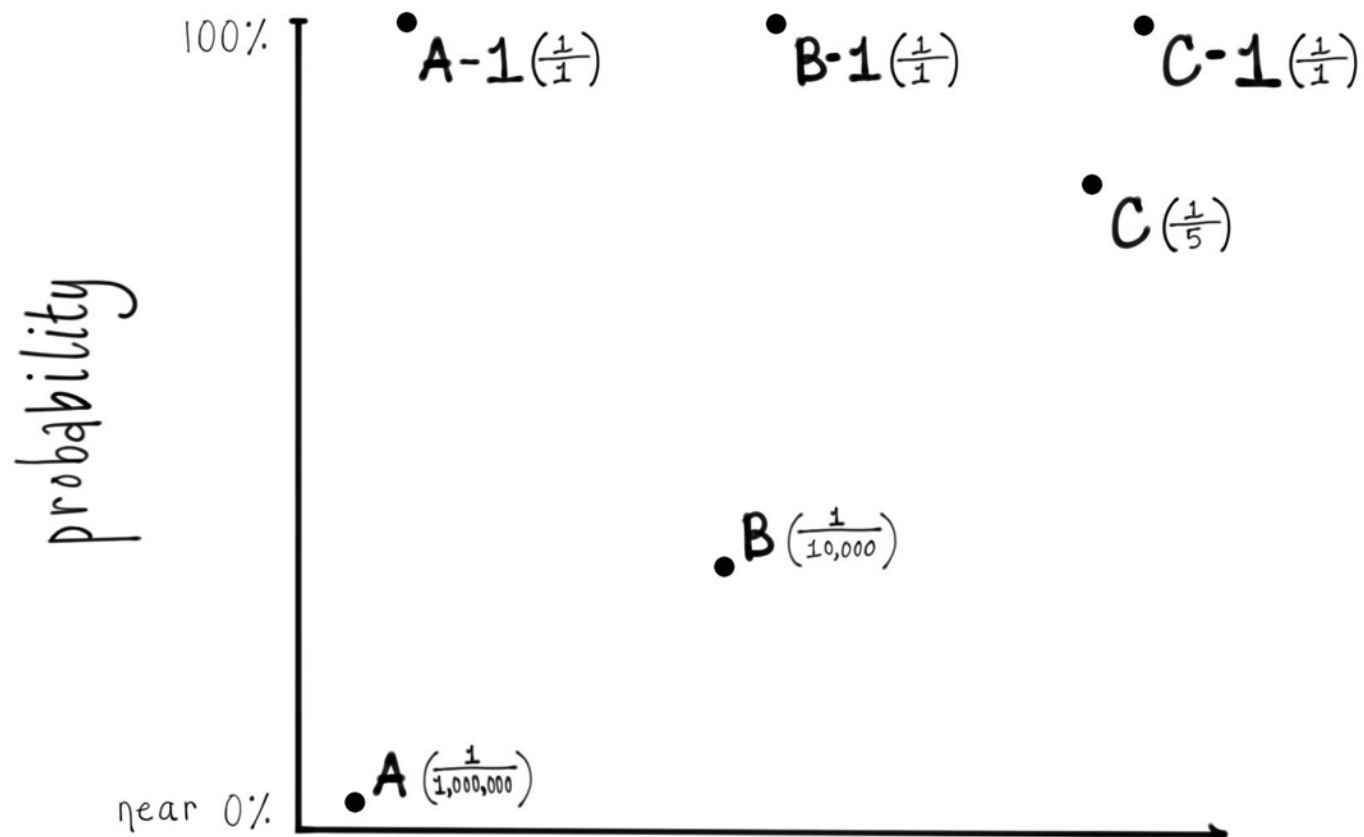
Mapping Probability



From Potential to Actual

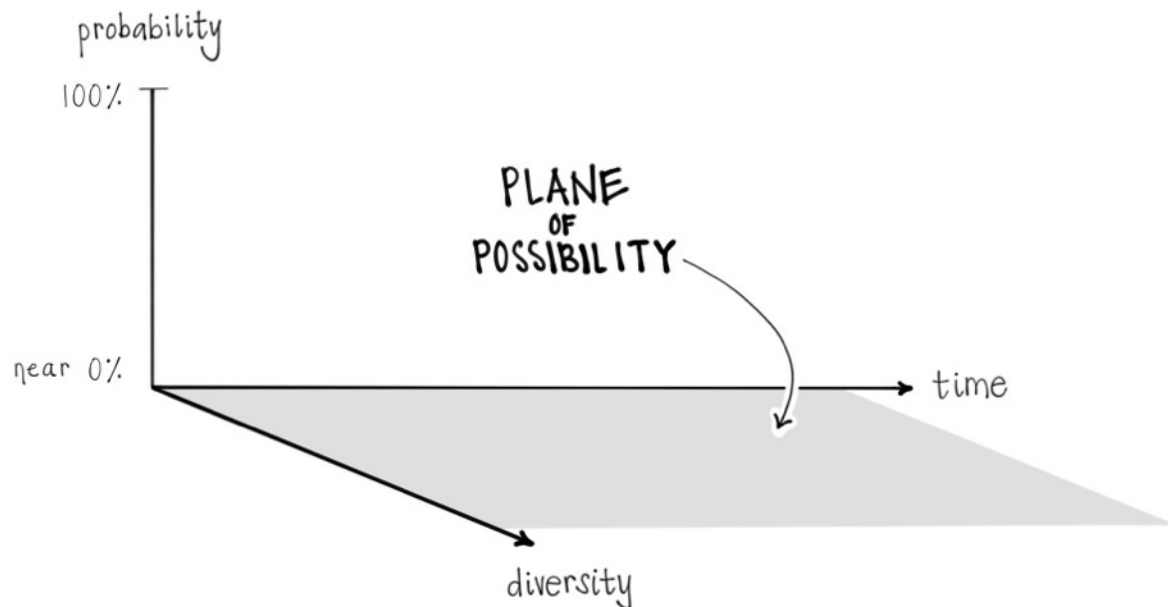


From Possibility to Actuality

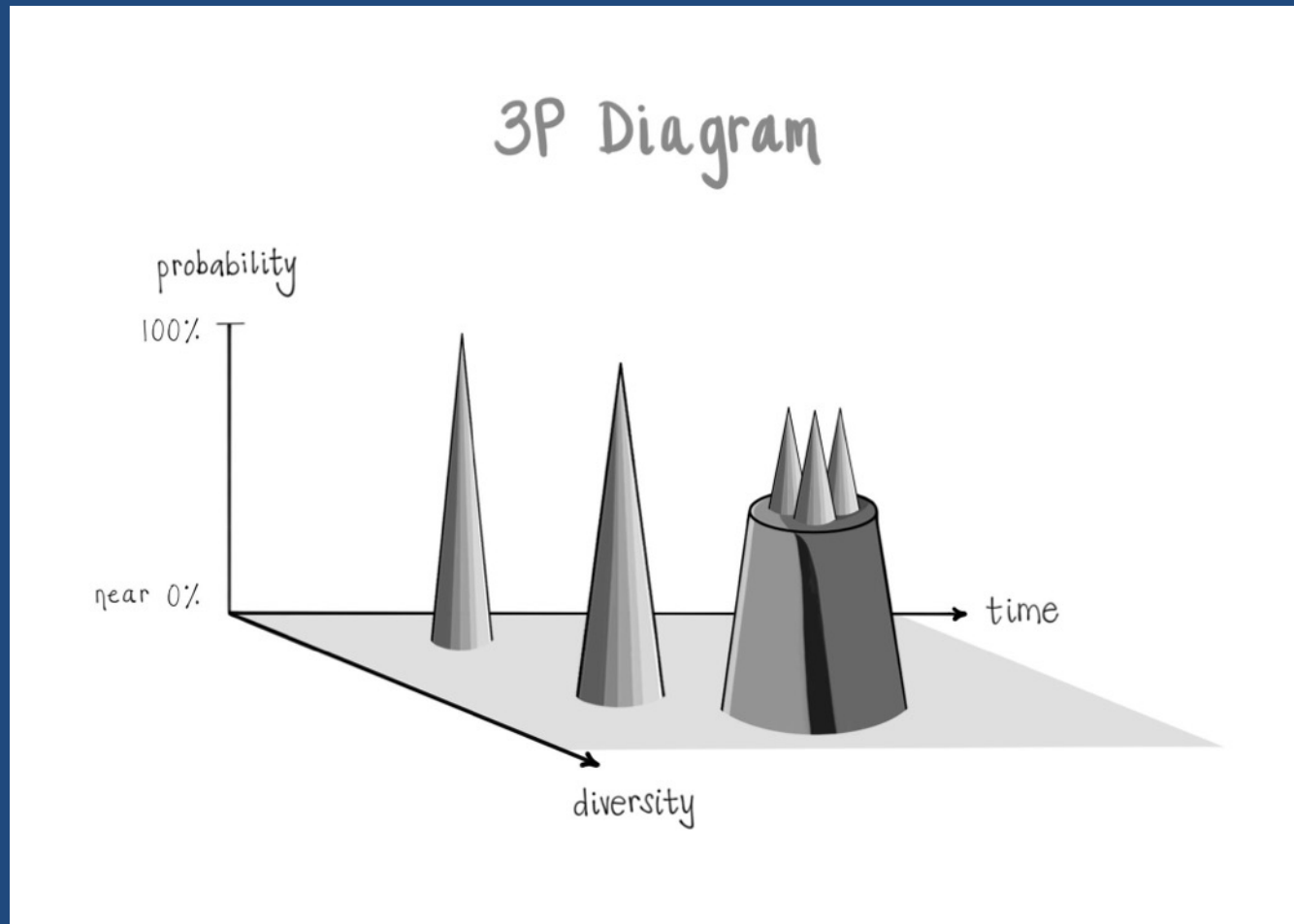


A Plane of Possibility

3P Diagram

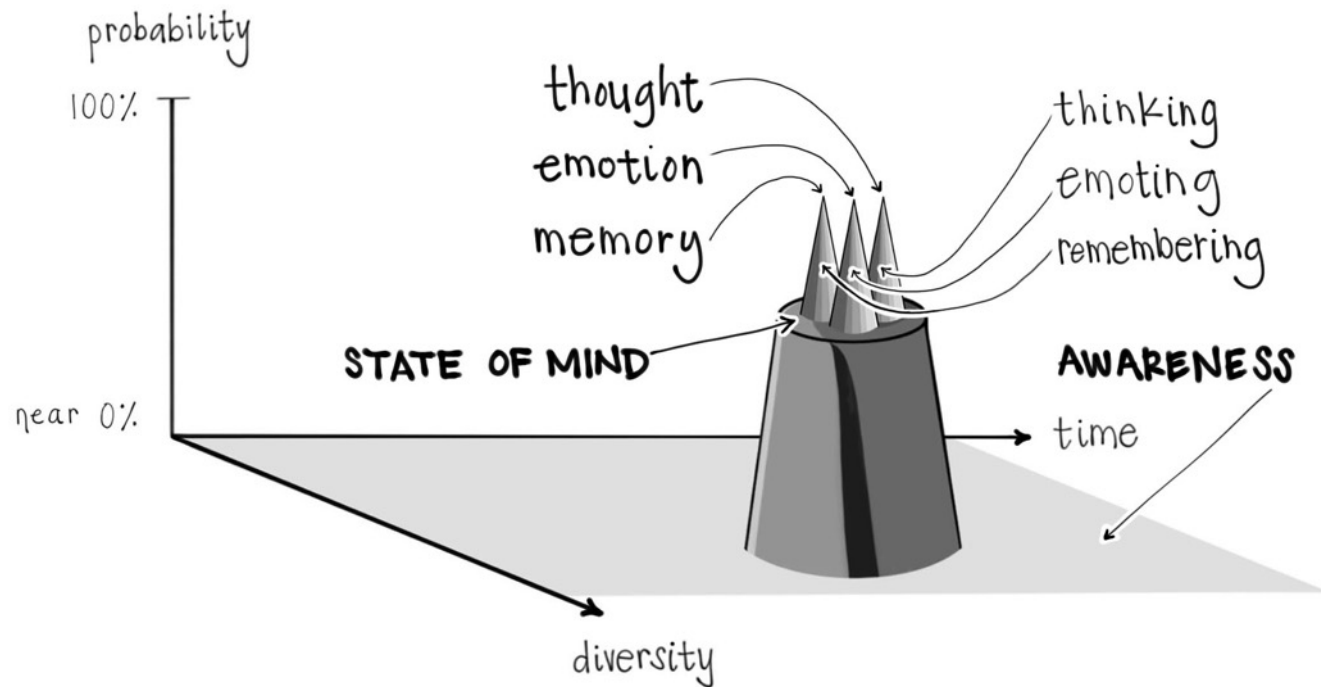


A 3P Perspective of the Mind



Mental Processes from a 3P Perspective

3P Diagram with State of Mind



A 3-P Framework

- Mental experience arises from an **energy probability distribution curve**
- Mental representations and activities as **Peaks**
- Mental processes of Mood, Intention and Modes as **Plateaus**
- Awareness arises from the **Open Plane** where certainty is near zero and possibility is infinite

Implications of Plane of Possibility

- 1. PLANE (HUB) is source of presence & *awareness*
- 2. Plane="Love, Interconnection, awareness"
- 3 Plane is "formless source of all form" = Mathematical *space of other options*
- 4. Infinity is Infinity = We Connect from the Plane: *Presence with Awareness—Interconnection—Love (COAL: Connection, Open Awareness, Love)*
- 5. Plane is Uncertainty = *Freedom and Possibility*
- 6. Plane may be in the "Quantum Realm" with no Arrow of Time (Directionality of Change)="Timeless"
- 7. Verb-like events deeply *interconnected* (versus Noun-like entities with "separation" of Classical Realm)

The important PART we play

- PART:
 - Presence
 - Attunement
 - Resonance
 - Trust

Who Are MWe?

SIBLINGs in the Family of Life:

Self

Identity

Belonging

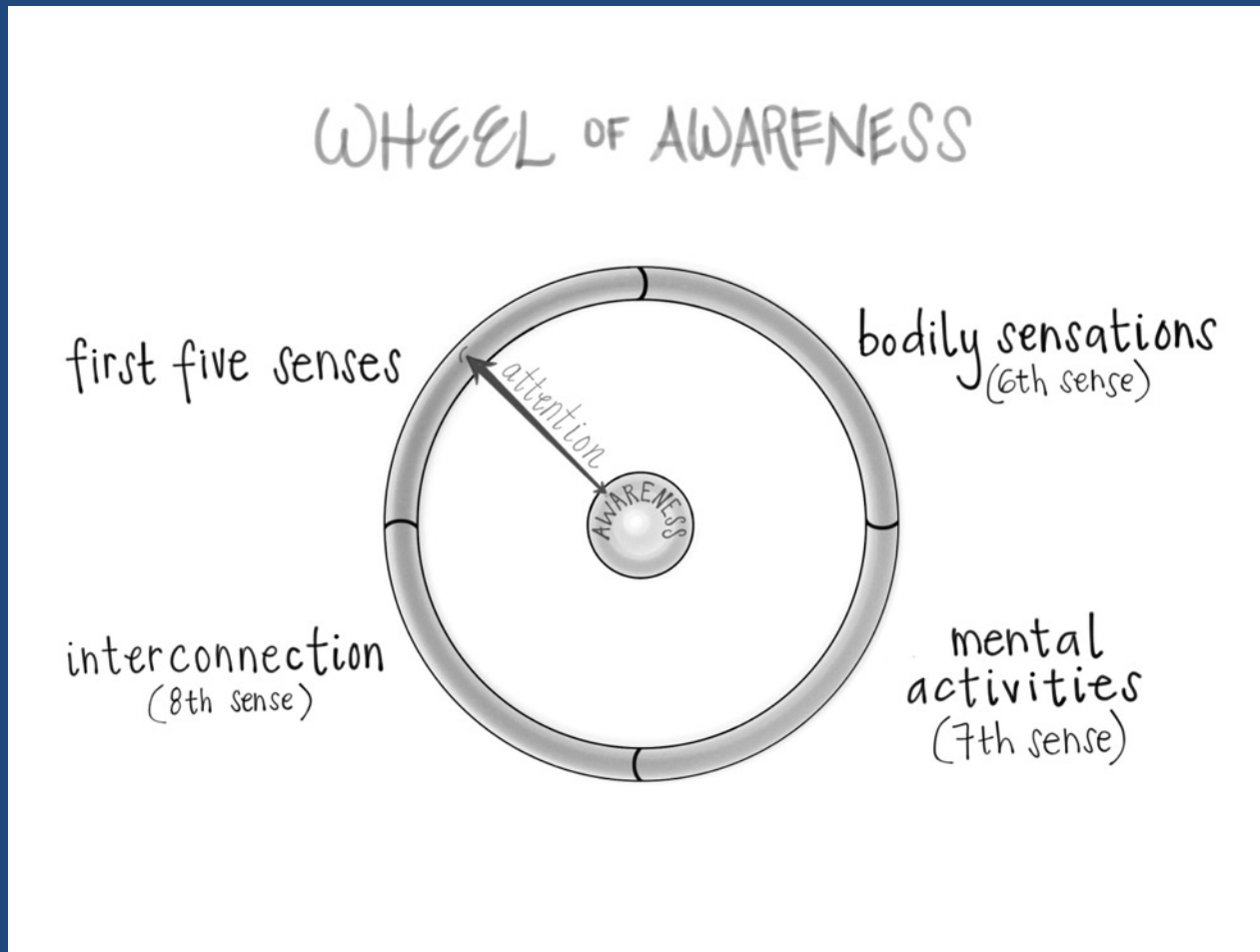
Love

Intraconnection

Noesis

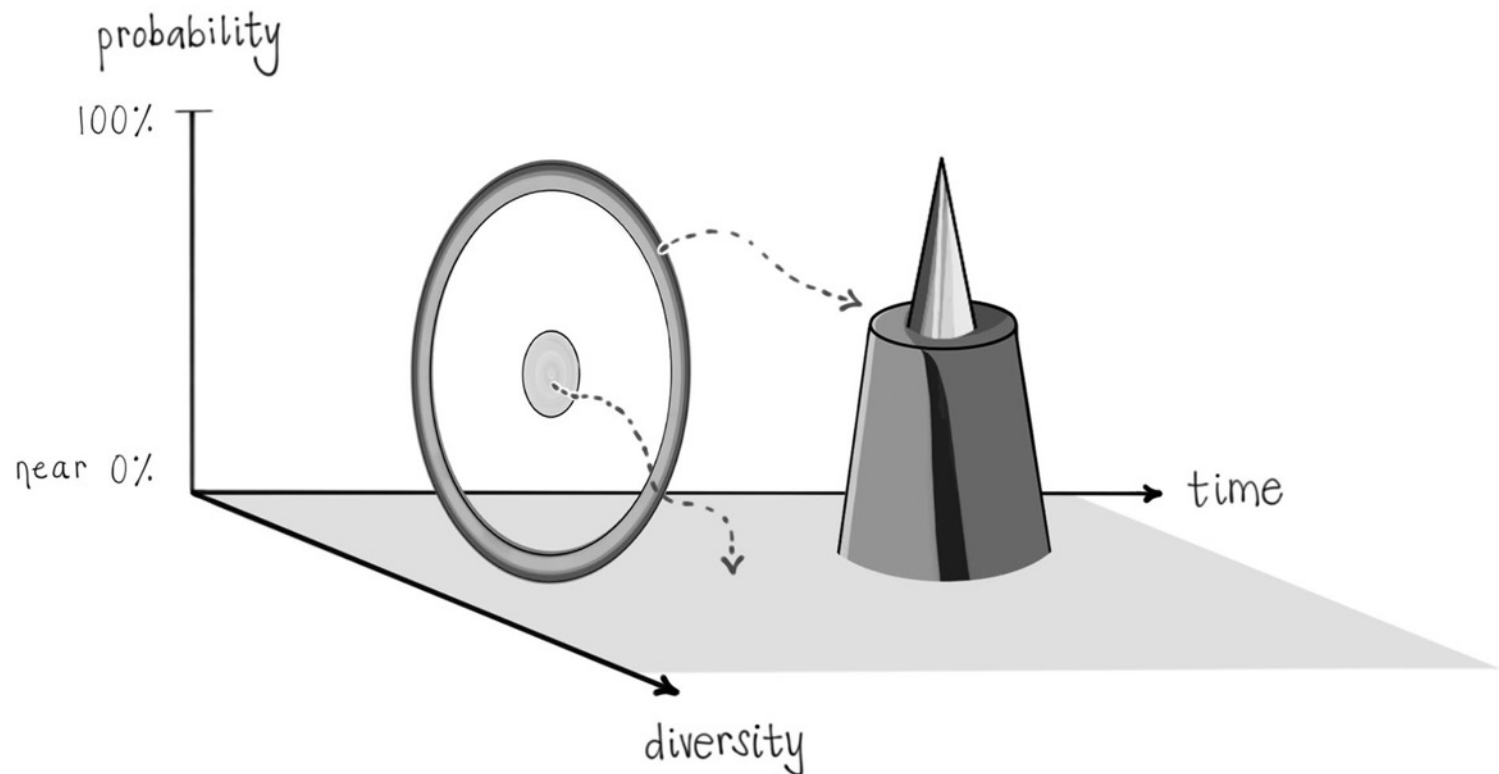
Gnosis

Integrating Consciousness



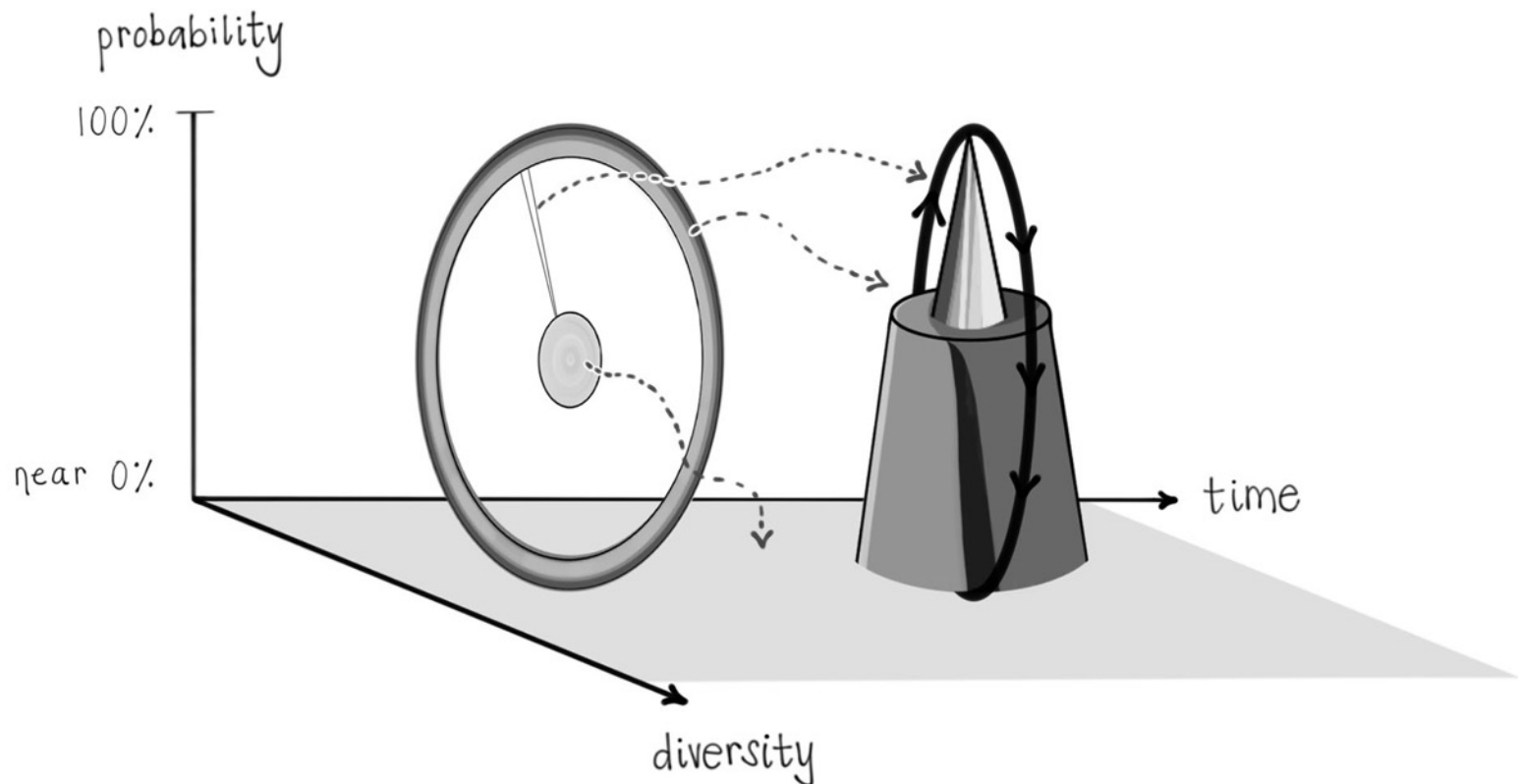
Integrating Plane, Plateaus and Peaks

3P Diagram Meets the Wheel of Awareness



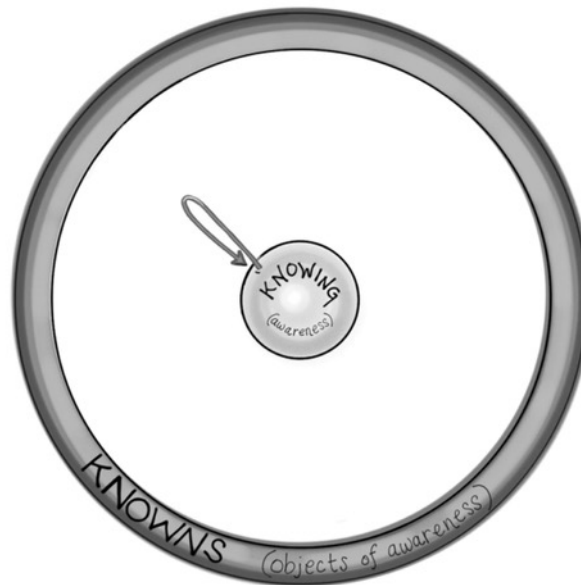
The Wheel and the 3P Diagram

3P Diagram Meets the 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 survey

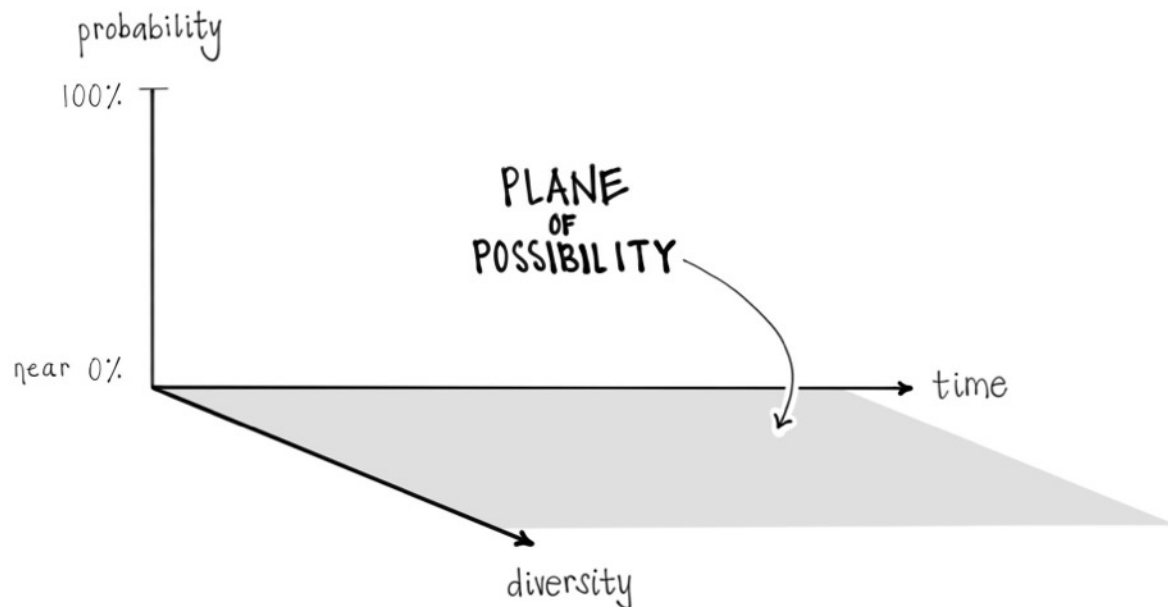
- Universal findings across wide range of backgrounds;
- Shift in relationships with others and self;
- Reduction in Chaos and Rigidity;
- Illumination of Nature of Awareness itself:
 - Quotes: “Clarity, Joy, Empty-Yet-Full, Expansive, Infinite, Eternity, God, Love, Peace, Sense of Belonging as a fundamental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

The Hub

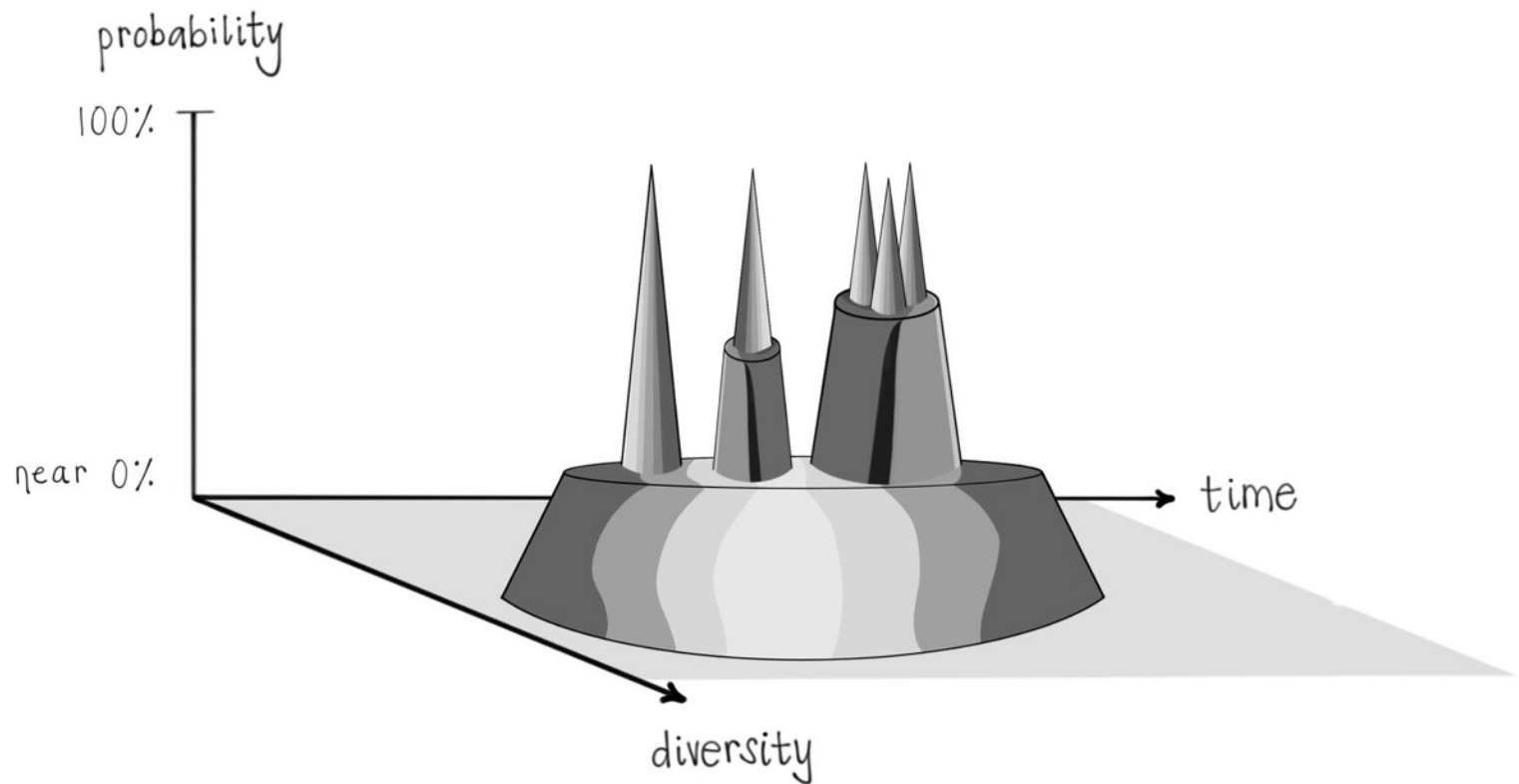
- “When we got to the part when we turned the spoke all around...Everything went quiet...it was just calm and quiet and peaceful and wonderful...
- I didn't feel like I was here sitting on the chair, felt a lightness, a sort of like a light on the wall, reflected light on the wall from the window, a sense of fullness right out here (away from body), really no story, no need to be anywhere, no time, a calm, how often do we get that? Just there, in the moment, it was wonderful.”

A Plane of Possibility

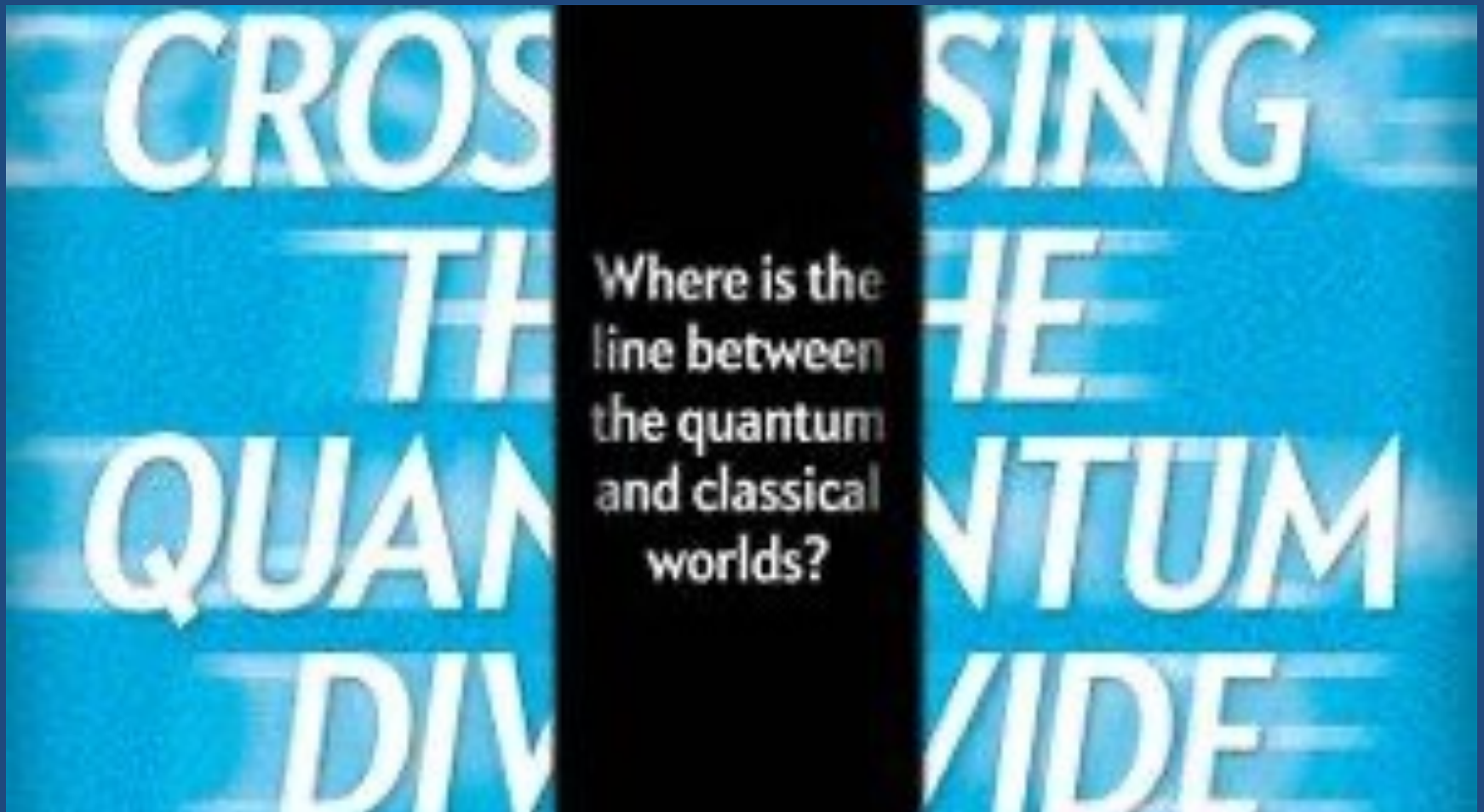
3P Diagram



3-P Diagram



Two Realms of One Reality



Two Established Realms of Reality:

1. “Macrostates” == Classical (Newtonian) Realm
2. “Microstates” == Quantum Realm

Swimming in Reality

- Imagine the breast stroke, swimming in a pool or lake or ocean...
 - SOMETIMES WE ARE BENEATH THE SURFACE OF THE WATER...
 - Sometimes we are above the surface...
 - TWO “Realms” in swimming: The water and the air realms
 - In Physical Reality: Two REALMS—The Macrostate, Newtonian Classical AND the Microstate , Quantum Realm

One Reality, Two Realms

- **Classical/Newtonian Macrostate Realm:**
 - Noun-like Entities
 - Arrow-Bound Unfolding of Time
 - Appearance of Temporo-Spatial Separation
- **Quantum Microstate Realm:**
 - Verb-like Events
 - Arrow-Free Unfolding of Change
 - Interconnected Nature of Reality

Awakening to a Plane of Possibility

- “Living from the Plane” invites:

Learning

Leaning

Longing

Laughing

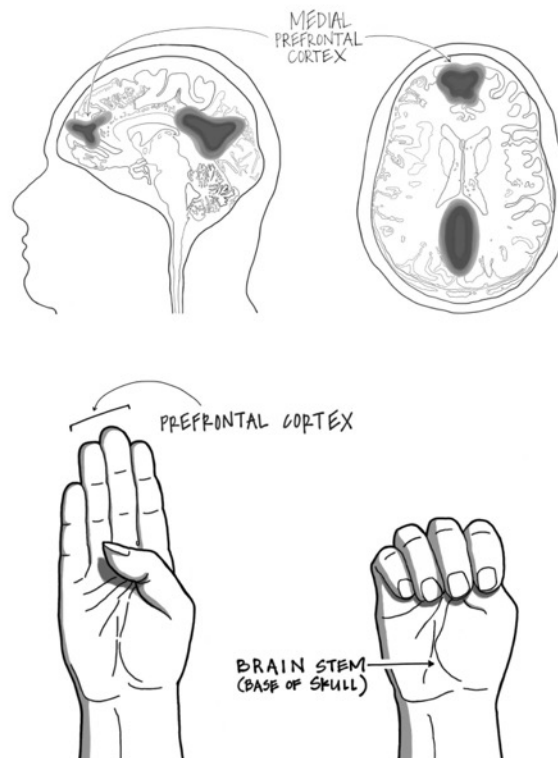
Loving

Leading

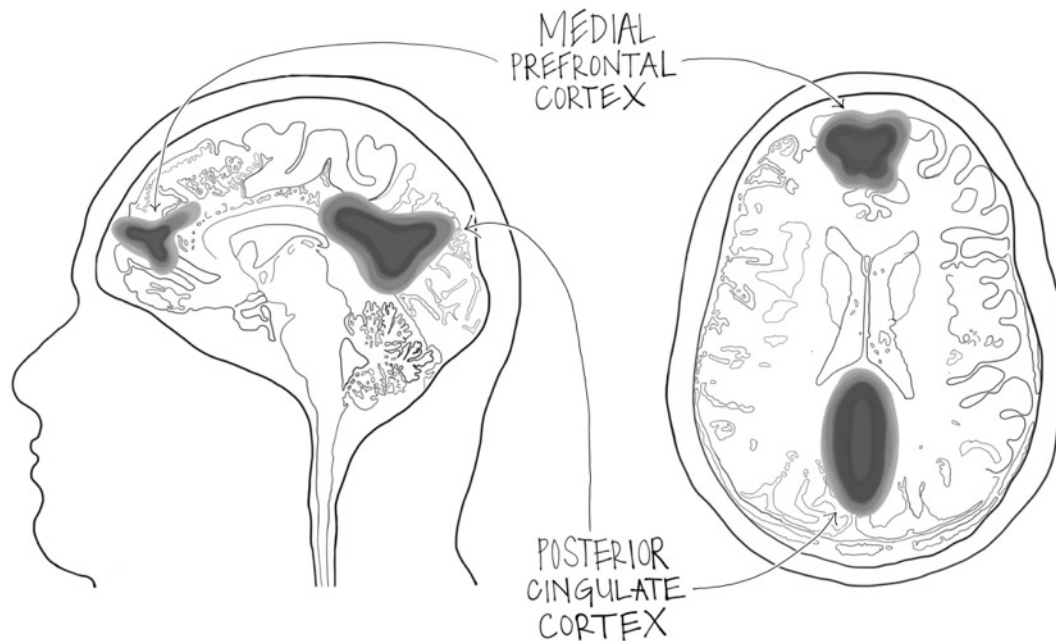
Pervasive Leadership

- *A term, in academia, we can use to suggest:*
 - *Each individual can be empowered*
 - *To embody, enact, extend, and embed*
 - *Intention, attention and information*
 - *Focusing energy in a direction of wise action*
 - *Without being fixated on a specific outcome*
- *What might a MWe community embrace?*
 - *Respect, Relatedness, Reciprocity, Reflection;*
 - *Awareness of the reality of intraconnection*
 - *Integration as the heart of healing and health*
 - *Me + We = MWe as an integration of identity*

Brain & Hand Model

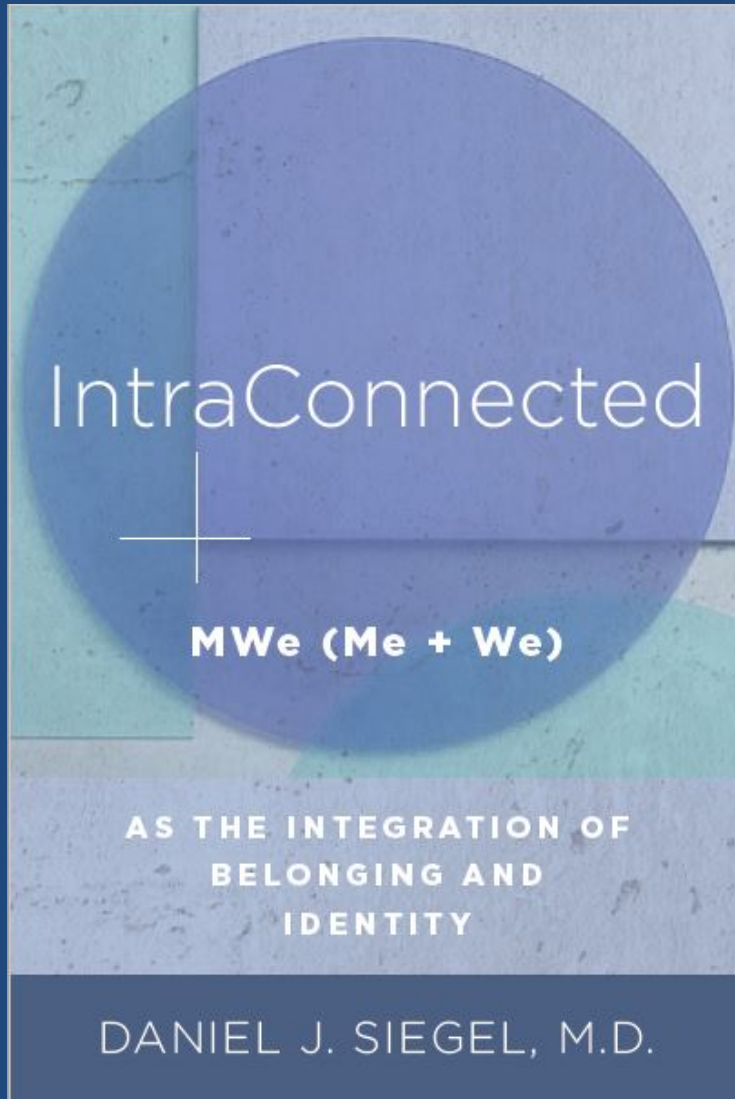


Midline Areas of the Default Mode Network



“IntraConnected”

Being released November
15, 2022



Learn more and pre-order here:

[“IntraConnected” – Dr. Dan Siegel](https://drdansiegel.com/book/intraconnected-mwe-me-we-as-the-integration-of-self-identity-and-belonging/)

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