

## Characteristics of Conscious States

*These perspectives are reflected in the functioning states of individuals, families, teams, and organizations*

<b>Reactive Self [ego]</b> feels separate from others ■ <b>Head-Mind Centered</b> <i>LIMITED STATE</i> low vibration resonance Based on Fear & Lower Emotions <i>Driven by desire for personal safety, avoiding or destroying what is unwanted or feared.</i>	<b>Authentic Self</b> feels connected to others ♥ <b>Heart-Mind Centered</b> <i>HIGH PERFORMANCE STATE</i> high vibration resonance Inspired by Vision & Caring <i>Guided by a higher purpose and vision, caring for the welfare of all.</i>
self-concerned, self-absorbed, selfish	centered, caring for others as Self
unethical, self-serving motivation	ethical, altruistic motivation
unconscious, self-conscious	conscious, other-conscious
seeks pleasure, drama & stimulation	seeks insight, creativity & intimacy
identified with past, body, roles, limits	identified with present qualities of being
closed, defensive, guarded, rigid	open, receptive, intimate, flexible
competitive, conflicted, divisive	intentional, purposeful, integral
reactive, passive/aggressive	creative, assertive
controlling/obedient, irresponsible	powerful, self-controlled, responsible
manipulative, detached, conflicted	authentic, caring, harmonious
logical, habitual, repetitive	intuitive, exploratory, questioning
suspicious, resistant,	trusting, allowing
dissecting, fault finding	seeing whole patterns, value finding
critical, demeaning, sarcastic	appreciative, supportive, empowering
judging, rejecting, comparing	discerning, accepting, understanding
secretive (withholding information)	disclosing, sharing
hoarding, grasping, hanging on	generous, releasing, changing
hopeless, sympathetic	faithful, compassionate
independent/dependent	interdependent, team player

## ***Characteristics of Conscious States***

***by Kalie Marino***

Did you know that there are as many neurons in the heart as there are in the brain? In fact, the heart contains its own nervous system and rules the higher mind. Have you heard the term *neurocardiology*? *Neuro* refers to the brain or nervous system. *Cardiology* refers to the heart. Neurocardiology is the study of the brain of the heart. These doctors know that the heart has a mind and nervous system of its own. It is common for people who have heart transplants to experience a personality change. This is because, in reality, they have also had a brain transplant. They are thinking with someone else's heart-mind.

The head-mind (brain in your head) works like an analog computer, which stores information and compares everything it sees with the past. It is the home of the ego. And, like the ego, it is purely reactive, giving off a warning signal if it believes the present is like the past in any way, keeping you defensive. When the head-mind is in charge, all the pulses of the body are discordant, including the heart pulse, brain waves, and hormonal pulses.

The heart-mind is the higher mind for two reasons. First, when a person is centered in the heart-mind, all of the pulses become synchronized and function harmoniously, improving health and wellbeing. Second, the heart-mind has the ability to choose instead of just reacting. When the heart gives a command to the head-mind, the head-mind reacts and does what it is told. However, when the head-mind gives a command to the heart-mind, the heart may or may not do what it says. It has a choice. To find out more about this, read the research that is available through the HeartMath Institute at their website, [www.heartmath.org](http://www.heartmath.org).

The chart, *Characteristics of Conscious States*, shows that these system states are totally different. These states are equally true for individuals and groups. We don't experience aspects from both columns at the same time. When we experience an aspect from one of these states, only aspects from that state are available to us. They all go together. Moment by moment, we are in one state or another. The items in each column are the exact opposite of the other, giving us the opposite experience of life, depending on our state. From our head-mind, which is a reactive state, we see a difficult world of pain, sacrifice, and struggle. From our heart-mind, which is an authentic state of mind, we see a world of possibilities in which we can make a difference.

There is a common misperception that it is weak to be loving or heart centered. However, research has shown that the exact opposite is true. When people are centered in their hearts they can handle more stress and recover from stress more quickly. In this heart state of mind, they have more stamina and clarity and are healthier, more creative, and more productive. People can learn to activate the heart state at will. It is easy if you know how. Make an appointment with Kalie and up your game, be happier and more productive.

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