

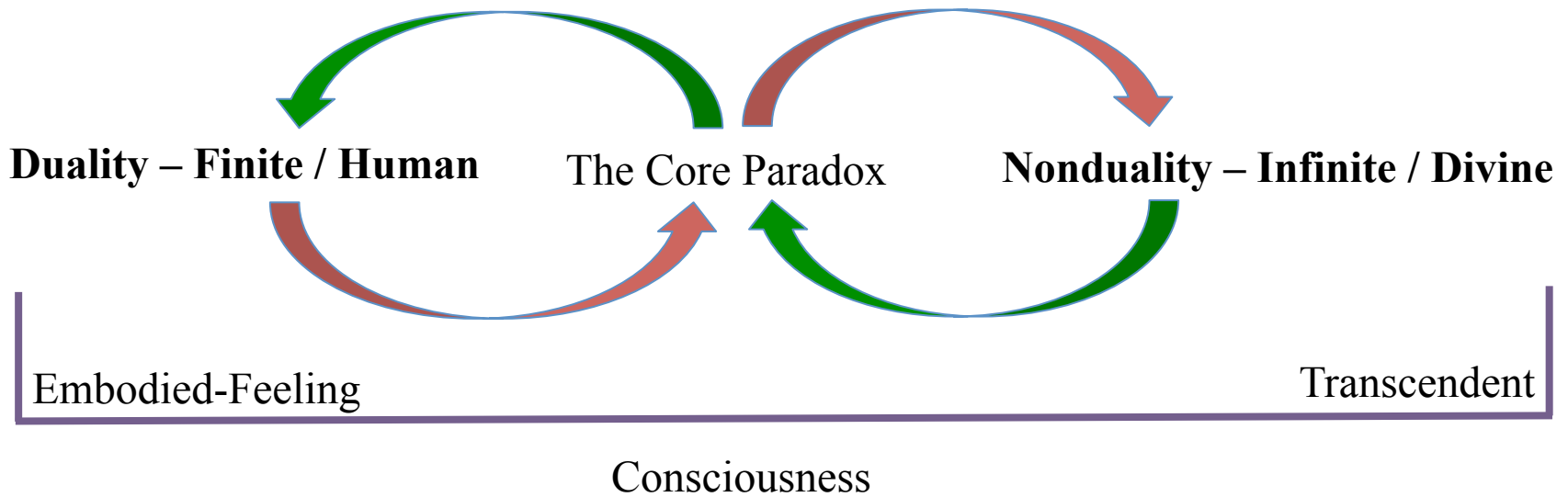
Awakening the Three Centers:

Coming Home to our Minds, our Hearts and our Being

Jim Trofatter – September 30, 2020 – TA Dharma Talk

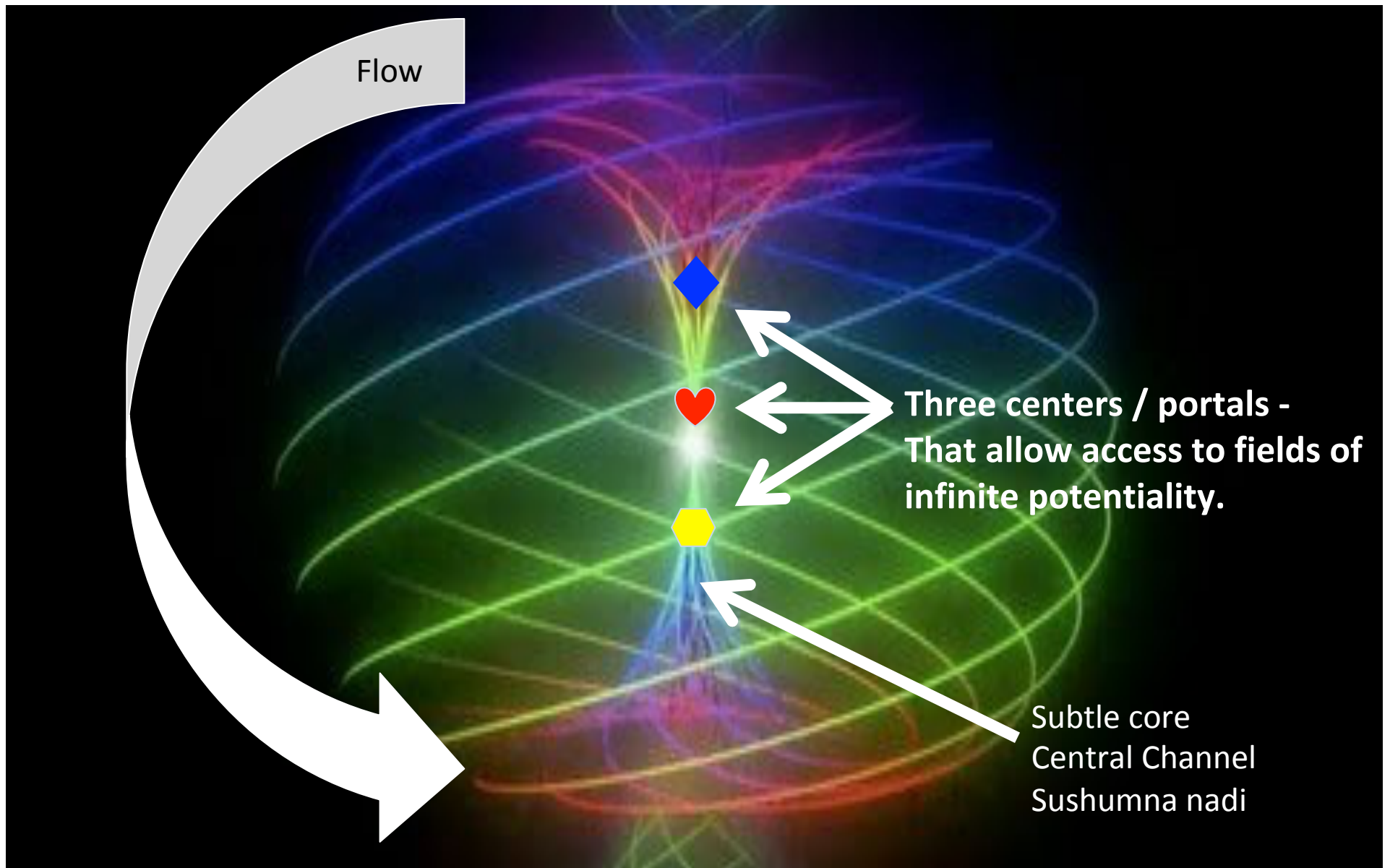


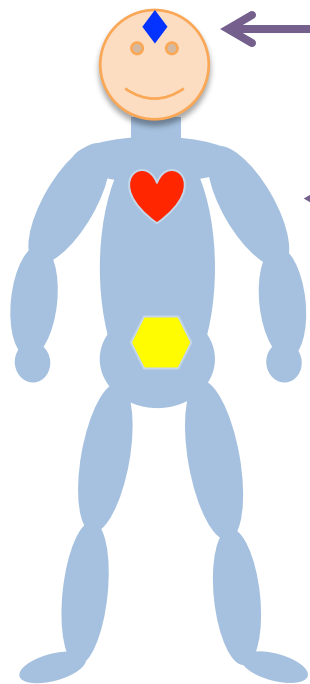
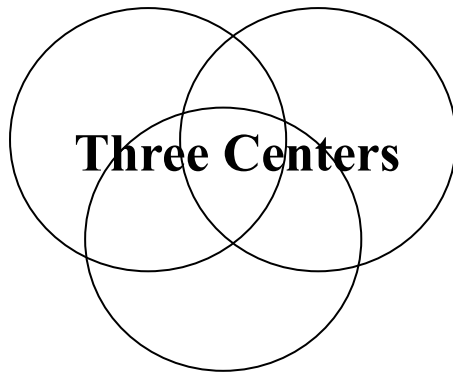
Point Of View – Trillium Awakening



The infinite transcendent ground which is always registering everything while remaining untouched and unbounded.

Imagine for a moment that at a very subtle level we are a toroidal field of energy

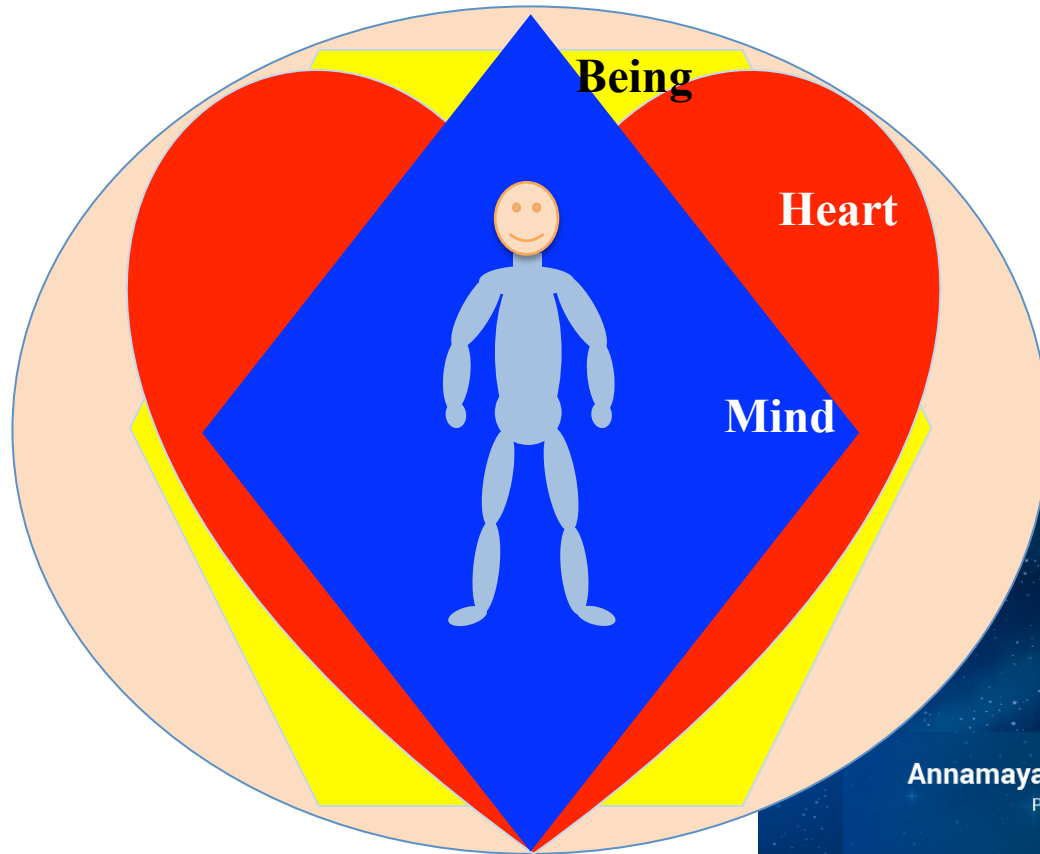




- ← Head Center – Mind / Consciousness / Spaciousness / Light
- ← Heart Center – Love / Mutuality / Relationship / Emotionality
- ← Belly Center – Being / Embodiment / Physicality / Non-separateness

These are fields of potentiality.
There is no way to describe them, they are infinite in expression.
All we can do is experience qualities / flavors of these fields.

One Field of Potentiality – Fundamental Consciousness



Yoga: Koshas / Sheaths / Layers

LAYERS TO THE SELF 5 KOSHAS

Annamaya Kosha
Physical body



Pranamaya Kosha
Energy Body



Manomaya Kosha
Emotional Body



Vijananamaya Kosha
Wisdom Body



Anandamaya Kosha
Bliss Body



Other Approaches having three body centers

The Fourth Way – George Gurdjieff

Intellectual/Thinking Center – makes an individual capable of logic and reasoning.

Emotional/Feeling Center – gives an individual the capacity to feel emotions.

Moving/Physical Center – associated with the physical body and can be broken down into motor functions, instinctual functions and sexual functions.

Diamond Approach – A. H. Almaas (Ali Hameed)

Above Head Center – when first three are opened and developed, this center is ignited which means that the conduit of individual consciousness is awake to itself as Living Being manifesting in human form.

Head Center – is the center of discerning intelligence

Heart Center – is the seat of our feelings and the conduit of love energy, sensitivity and personal contact

Belly Center – associated with the physical body and presence - kath

Enneagram – Oscar Ichazo

Head Center – Types 5, 6, 7: fixated in mind; planning, thinking, problem-solving, imagination; preoccupied with analysis and fear

Heart Center – Types 2, 3, 4: fixated in heart; relationships, emotions; preoccupied with how others and we perceive ourselves

Body Center – Types 1, 8, 9: fixated in body; gut and instinctual responses, energy; preoccupied with control issues and injustices

Qigong – Chinese Yellow Emperor Huangdi

Upper Dan Tian, “The Muddy Palace”, “Cave of the Original Spirit” - relates to our spiritual being, maintains the hardware and software of the brain and is responsible for transmuting energy into intelligence.

Middle Dan Tian, “The Crimson Palace” - relates to our mental and emotional states and is the center for transmuting kinetic energy from the Lower Dan Tian into passion and emotions

Lower Dan Tian, “The Golden Stove”, “The Ocean of Vitality” – where essence and spirit are stored and is related to sexual energies and regeneration and is the seat of Prana which is transformed into physical strength, stamina and sexual desire.

Realization Process – Judith Blackstone

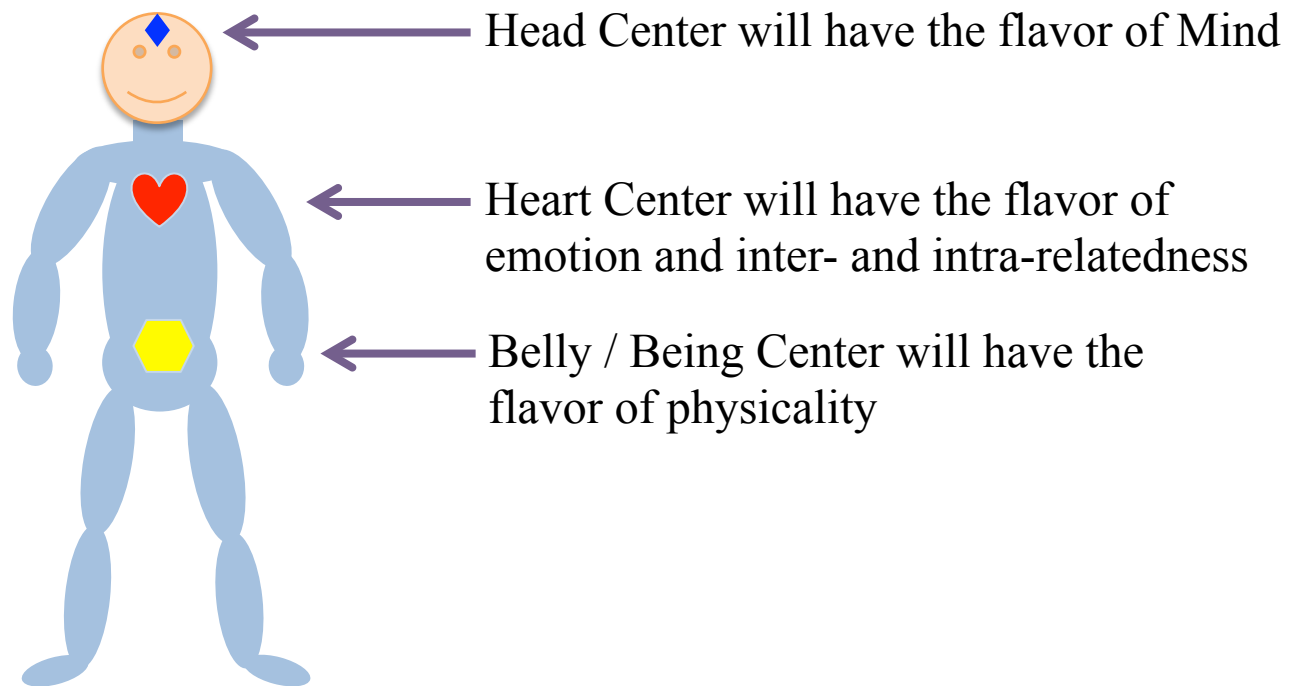
Center of the Head – The quality of Understanding

Heart Center – The quality of Emotion or Love

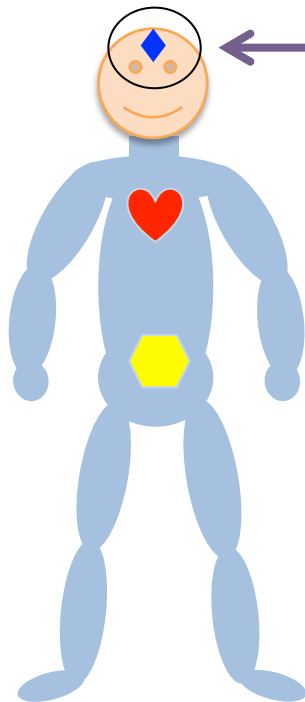
Pelvic Center – The quality of Gender

Awakening the Three Centers Essential Qualities

Essential Qualities – At birth, our essential qualities are seeds of potentiality that are associated with lines of development which need to be nurtured and mirrored as we are maturing as a human beings. They become innate capacities as they mature and become embodied. This leads to the paradoxical experience of feeling more solidity as a human and yet also more spaciousness at the same time. An essential quality can never be completely known since it is an aspect of infinite consciousness and cannot be truly separated from it.



Essential Qualities Experienced in the Mind / Mental Center

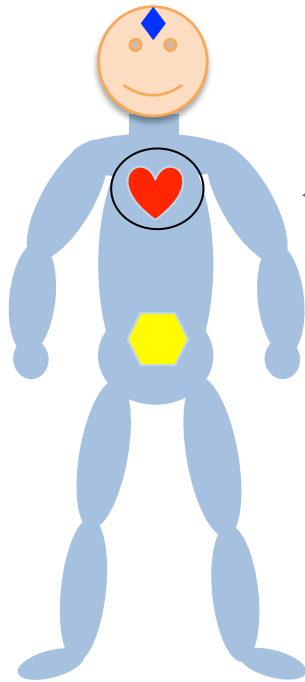


Head Center – Mind / Consciousness

Qualities:

- **Light** – the experience of our fundamental nature as consciousness, self-illuminating
- **Clarity** – the quality or capacity of being able to perceive truth directly and or instantaneously
- **Witness** – the ability to observe objectively and without judgment
- **Intuition** – the ability to immediately apprehend or realize truth or reality
- **Brilliance** – a quality of unusual keenness or alertness
- **Intelligence** – the ability to apply knowledge to manipulate one's environment or to think abstractly
- **Understanding** – the capacity to apprehend general relationships as well as the power to make experience intelligible by applying concepts
- **Discrimination** – the quality or power to fine distinguish one thing from another
- **Luminosity** – the capacity to receive insight as direct, basic knowledge
- **Stillness** – the ability to be unaffected by any movement, action or doing even while moving, acting and doing.
- **Expansiveness** – boundary-lessness, going on infinitely in all directions

Essential Qualities Experienced in the Heart Center



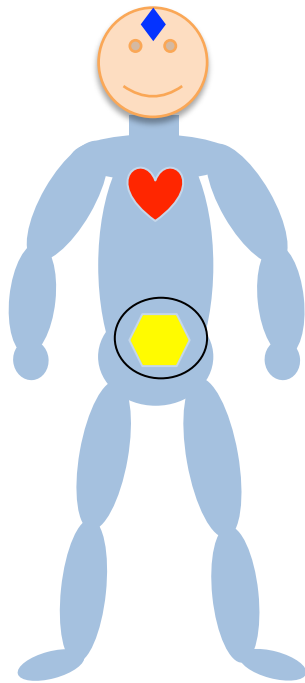
← **Heart Center – Relationship / Mutuality / Emotionality**

The Heart is a multi-dimensional field and can be experienced as raw emotion and/or intimate connection with oneself and others.

Qualities:

- **Unconditional Love** – affection without any limitation or conditions. Complete acceptance of oneself and others
- **Compassion** – the conscious ability to understand, appreciate and acknowledge others' distress and the desire to alleviate it
- **Contentment** – the quality of feeling or showing satisfaction with the world just as it is
- **Innocence** - the quality of being free from guile, cunning, guilt or shame
- **Kindness** – the quality of being able to hold deep respect and reverence for oneself and others and to act without harm to oneself and others

Essential Qualities Experienced in the Belly / Being Center



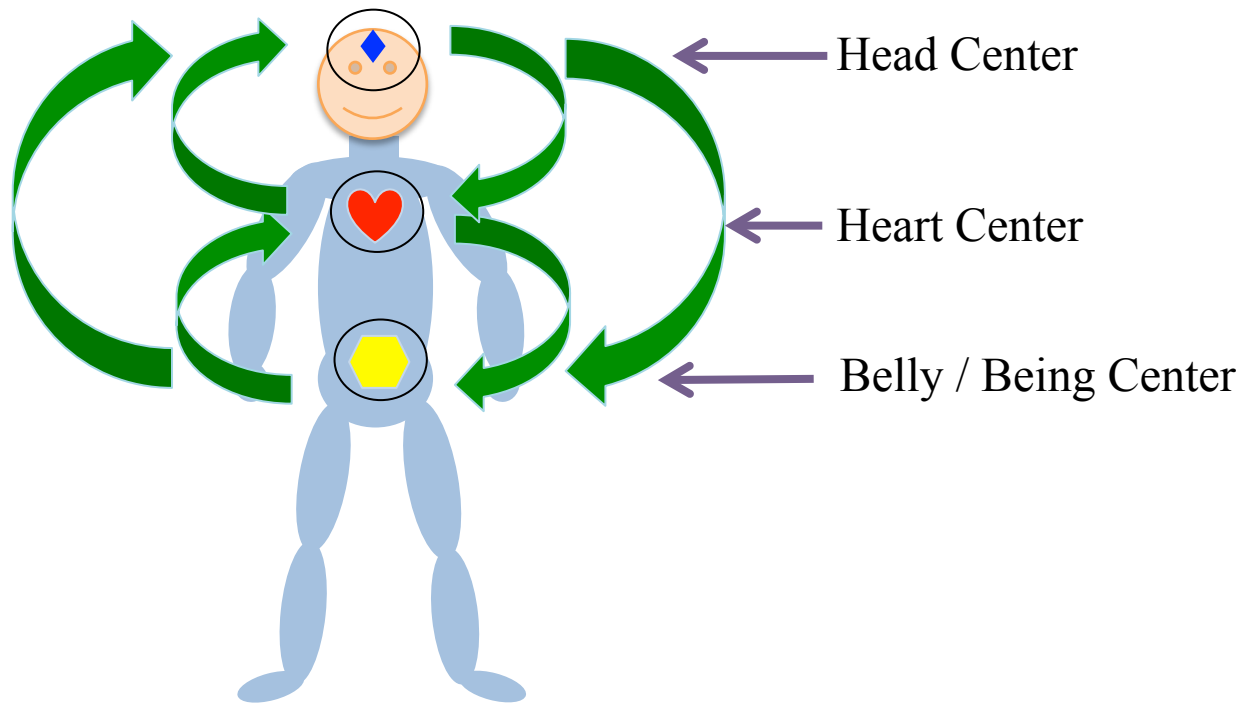
← **Belly / Being Center – Physicality / Non-separateness**

Can be experienced as a subtle vibratory energy, aliveness, or “ground existence”.

Qualities:

- **Power** – the ability to act or produce and effect
- **Strength** – the capacity for exertion and endurance
- **Identity** – the unique character or personality of a person
- **Resilience** – the ability to recover from or adjust easily to misfortune or change or trauma
- **Playfulness** – the ability to maintain awe and wonder of the world around oneself

Spiritual Development Is Not Linear



It has more similarities
to a vortex or spiral



<https://www.extremetech.com/extreme/120803-vortex-radio-waves-could-boost-wireless-capacity-infinitely>

Working with Essential Qualities

What do I know about this essential quality

- Official Definition
- Synonyms, Related Words and Antonyms
- My Definition
- What it is not
- How and when does it show up in my life / experience
- Where and how do I experience this in and around my body

Ex. Stillness

Websters: a state of freedom from storm or disturbance, near or complete absence of sound, restraint from speaking

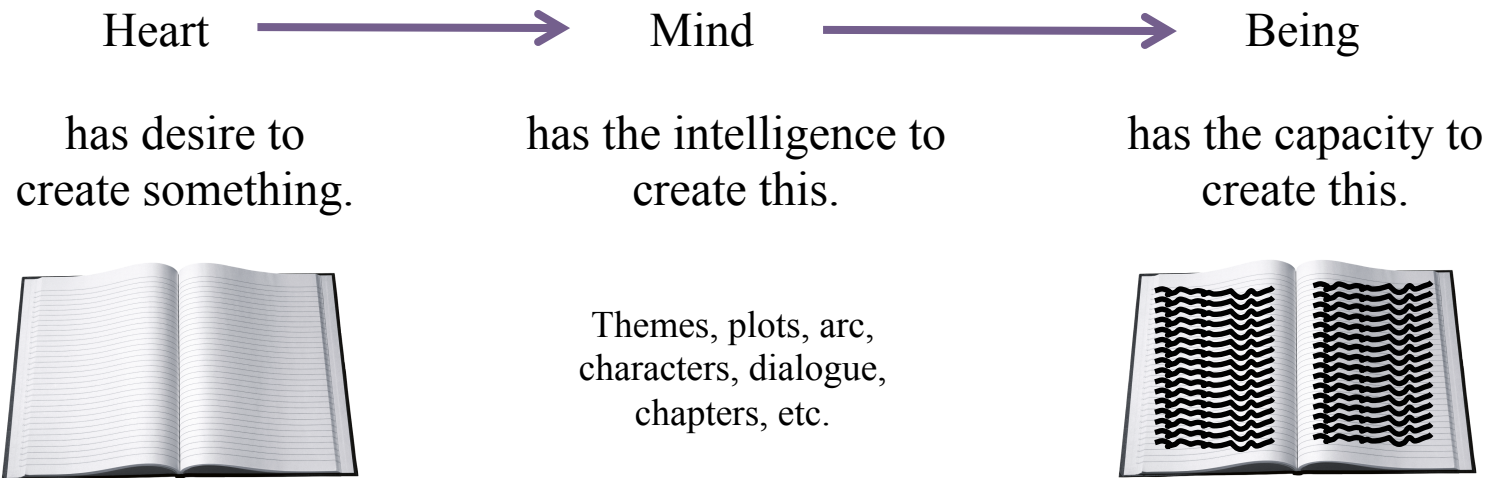
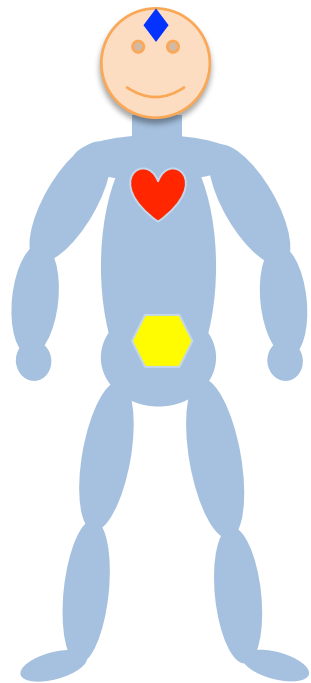
Synonyms: calm, peace, placidity, quiet, repose, restfulness serenity, tranquility

Related Words: lull, pause, respite, silence, concord, harmony, informality

Antonyms: bustle, clamor, commotion, din, pandemonium, racket, tumult, unrest

My Definition: a state of my Being when there is no need for motion or movement

Ideal Situation / Singularity Stage Harmonious Acts of Creation

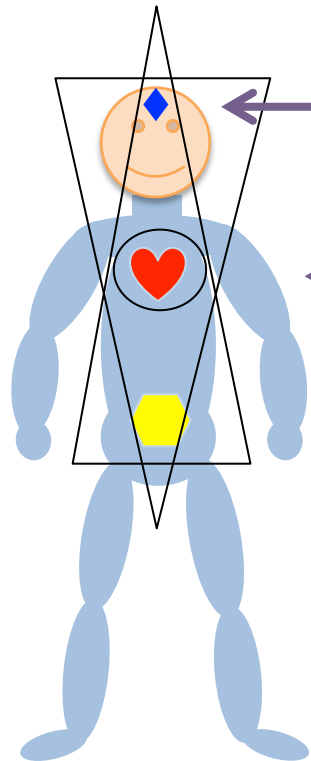


Being in the Flow →

All Three Centers Working Together



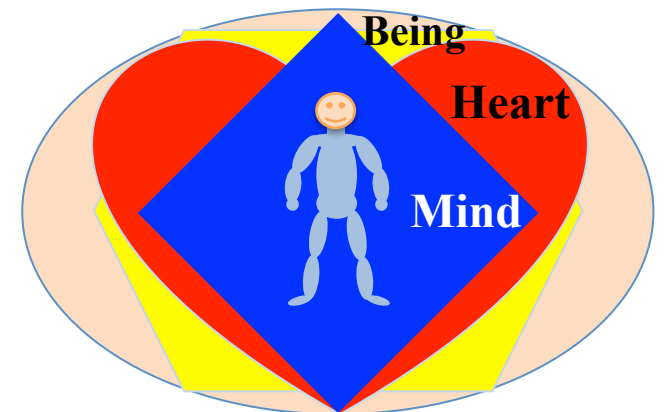
<https://vistapointe.net/cosmos.html>



← Head Center – Mind / Consciousness / Spaciousness / Light
“I-ness”

← Heart Center – Love / Mutuality / Relationship / Emotionality
“I Am-ness” – Doorway to the Soul

← Belly Center – Being / Embodiment / Physicality / Non-separateness
“Am-ness”



Shaking the Tree – Sensing the Being Center

1. Stand up and make sure you have enough room to swing your arms from side to side.
2. Take a few moments to do an inventory of how the “energy” of your body feels at this moment.
3. Begin to shake your gently shake your arms.
4. Begin to involve your torso by with some up and down movements and twisting side to side. Arms can move up and down and all around.
5. Involve your legs as much as you can.
6. Do this for 2 minutes. Then stop and be still.
7. Take an inventory of your “energy” feels now.
8. This accesses your physical center or Being center.



<https://www.shutterstock.com/image-vector/children-dancing-boys-girls-together-happily-1059256529>



<https://www.cnn.com/2020/04/18/politics/coronavirus-natural-disaster-response-fema/index.html>



<https://phys.org/news/2019-01-global-natural-disasters-wreak-bn.html>

Sensing the Heart Center



<https://www.cesarsway.com/how-to-care-for-newborn-puppies/>



<https://www.treehugger.com/the-biggest-challenges-all-new-puppy-owners-face-4863781>



<https://www.insider.com/award-winning-photos-of-polar-bears>



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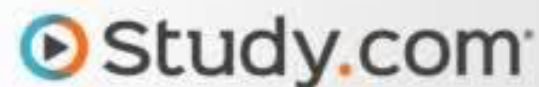
Sensing the Mind Center

THE TWO TRAINS PROBLEM

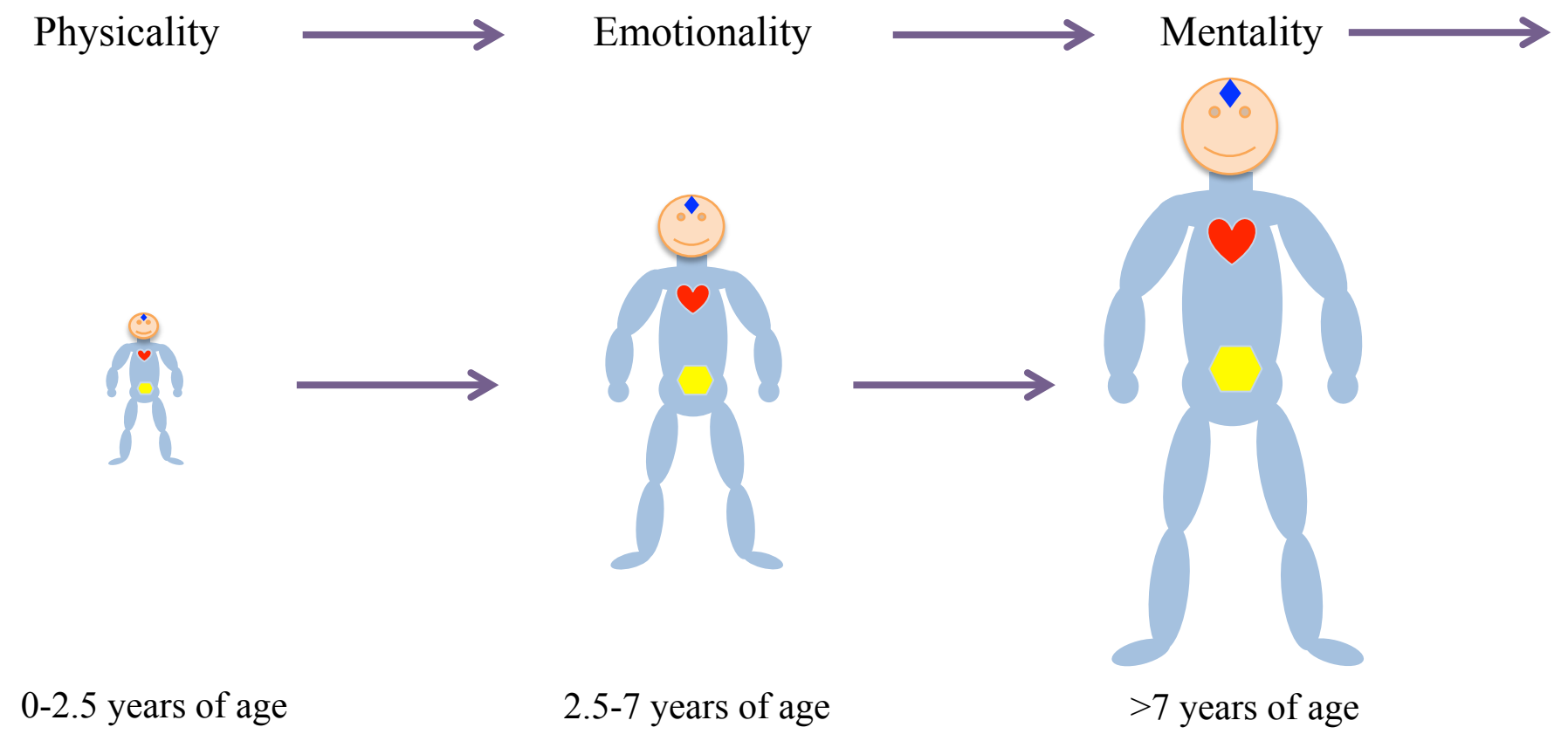


How far apart will they be in 1 hr?

When will they pass each other?



Healthy Progression Through Development



More like Reality

