

The Way Forward Beyond The Dysfunctions Of Modern Culture

Part 3: Adept at the New Strategy for Success

Dr Robert Gilman – November 30, 2021
The Stoa's Philosopher in Residence series

The Way Forward with 3 New Capacities

- Savvy about psychodynamics
- Skillful with diverse modes of cognition
- Adept at the new strategy for success

Contrasting Strategies For Success

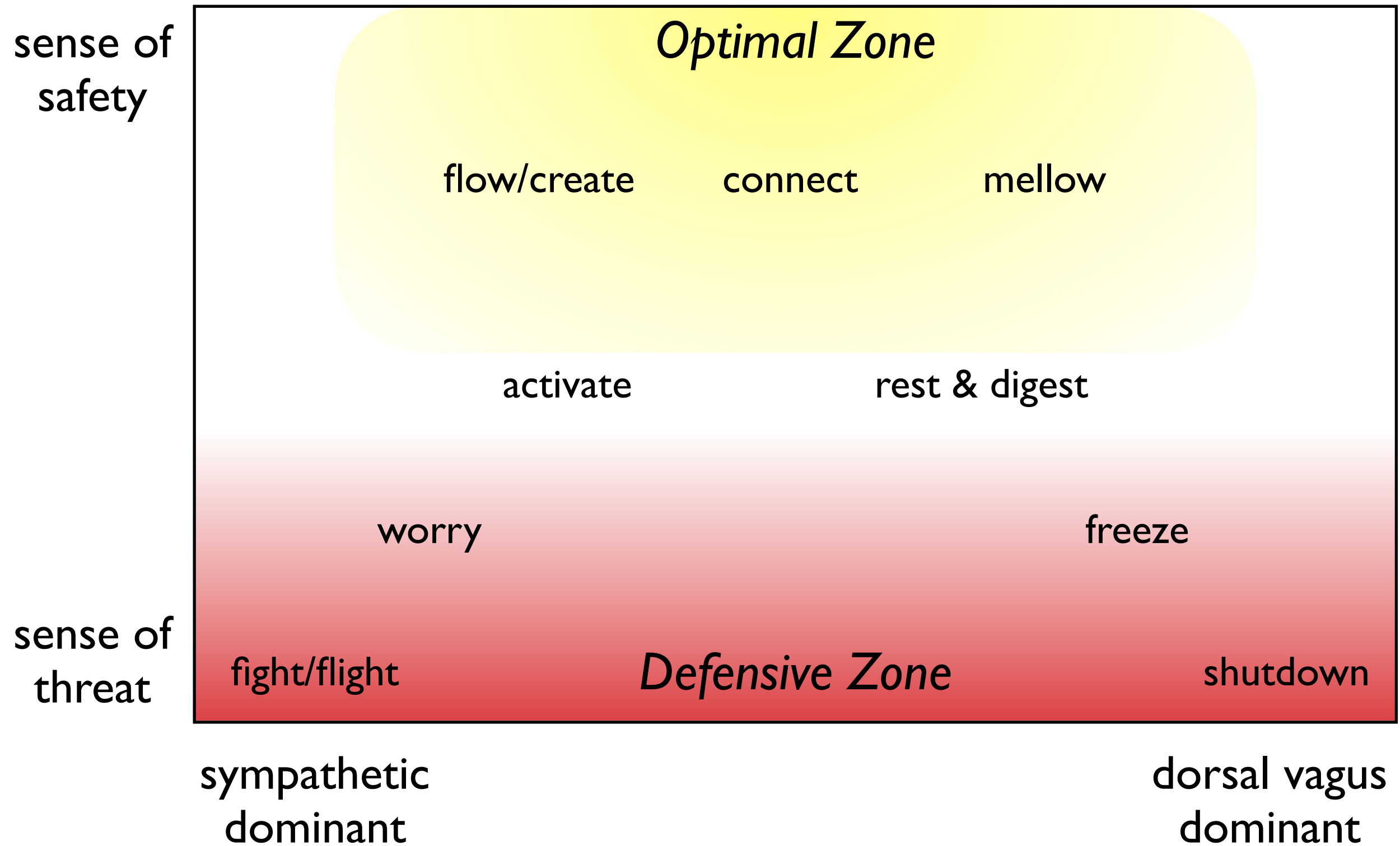
**Old: Enforce the domination
over self, others and nature**

**New: Embody the harmony
within, with others and with nature**

Contrasting Strategies For Success

	Domination	Harmony
Success =	winning power struggles	living the 3 harmonies
Motivation	fear	love and creativity
Fit in today's context	declining	rising
Support	familiarity, long history, woven into institutions	relevance to the present and the future
ANS Zone	Defensive Zone	Optimal Zone

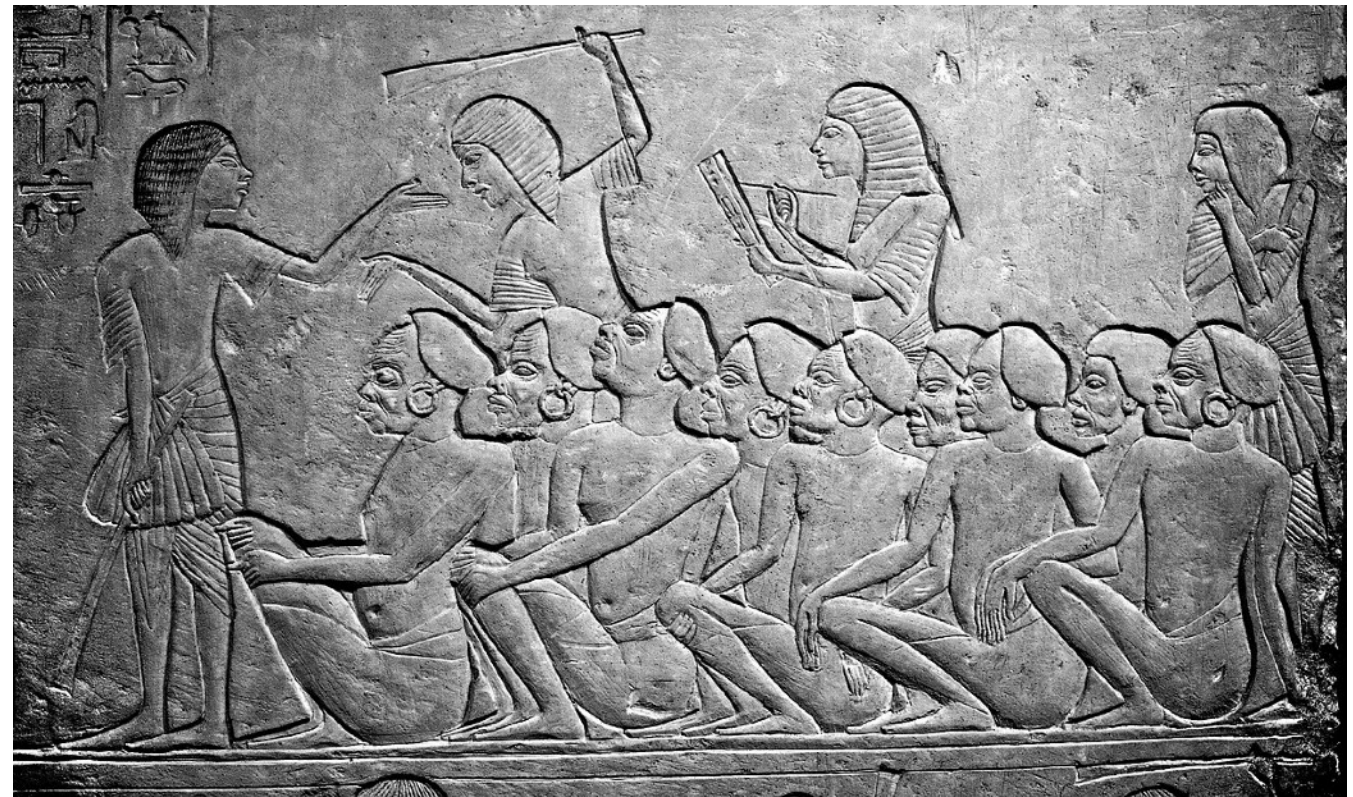
Contrasting Strategies For Success



Enforce the 3 Dominations

- All over the world for thousands of years

Enforce the 3 Dominations



Enforce the 3 Dominations

- All over the world for thousands of years
- Continues as the frequent strategy for worldly success in many cultures
- Built on willpower
- Treats “the other” as an exploitable object
- Works in a loosely-connected world where the “winners” can separate themselves from the consequences for the “losers”

Embody the 3 Harmonies

“Embracing the 3 Harmonies”

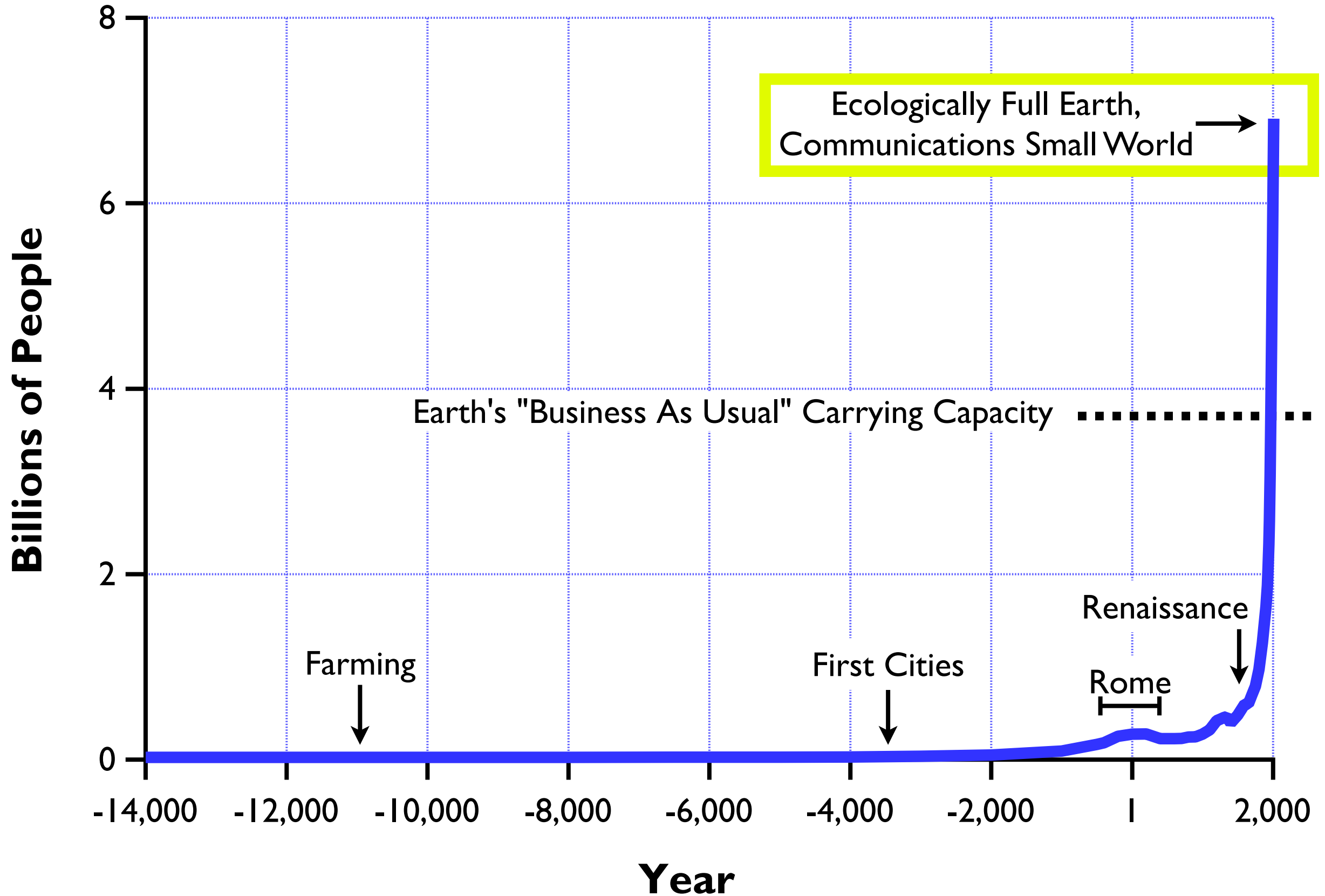
vimeo.com/425333448

- As a constellation of ideas
- As a vision
- As a practice
- As a tool

Embody the 3 Harmonies

- Partial precursors in moral systems
- New as a whole and in its details
- Win-win-win in place of win-lose
- Uses mind, heart and will in a mutually-supportive combination
- Treats “the other” as a territory worthy of empathy and respect
- Smart in today’s highly connected world

We're In A Different World



Adept At The New Strategy

- Three levels: yourself, groups and culture

Three Levels

Embody the harmony	within	with others	with nature
for yourself			
in small groups			
to benefit the culture			

Adept At The New Strategy

- Three levels: yourself, groups and culture
 - * How the old strategy works
 - * Ways the old strategy doesn't work
 - * What's different now
 - * The new strategy

For Yourself

Self: How The Old Strategy Works

Enforce the domination over self

- oriented to a life of power struggles
- accentuates qualities that go with the "fight" response, turns them into habits
 - * focus, self-discipline
 - * suppression of feelings and empathy
- makes the *conscious will* the ruler of your life
- success = capacity to win power struggles

Self: Ways It Doesn't Work

- locks you into your Defensive Zone
- cuts you off from Optimal Zone qualities like creativity, compassion and joy
- narrows the mind and cuts you off from the wisdom of the heart and the body
- exhausts the body

Self: What's Different Now

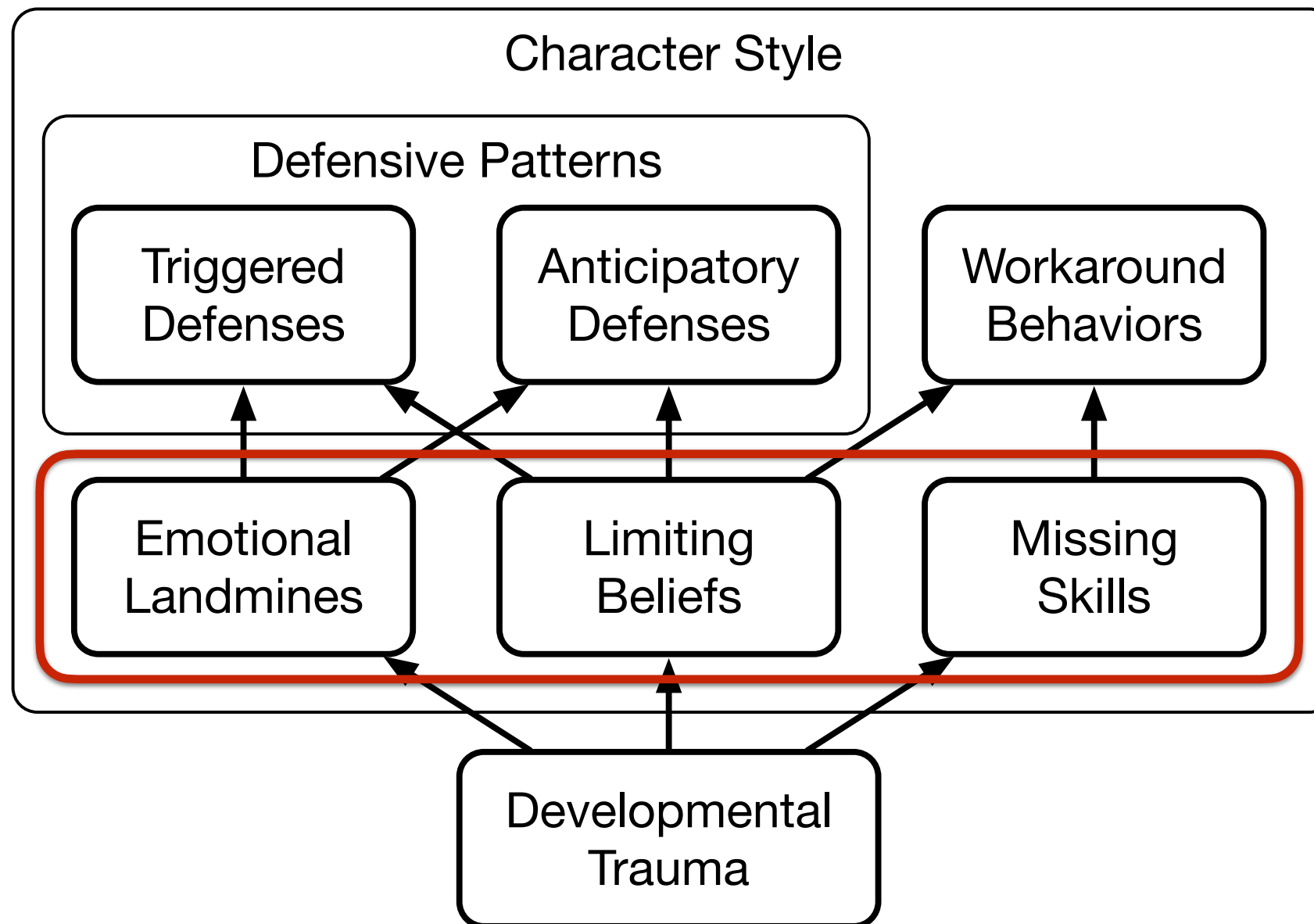
- Better understanding of psychodynamics allows us to work *with* our full complexity rather than attempting to control it
 - * neuroscience, trauma healing therapies, wisdom traditions
- Life in a highly interconnected world requires Optimal Zone skills
 - * creativity, collaboration, compassion
- Focus, self-discipline, courage are also part of the Optimal Zone toolkit

Self: The New Strategy

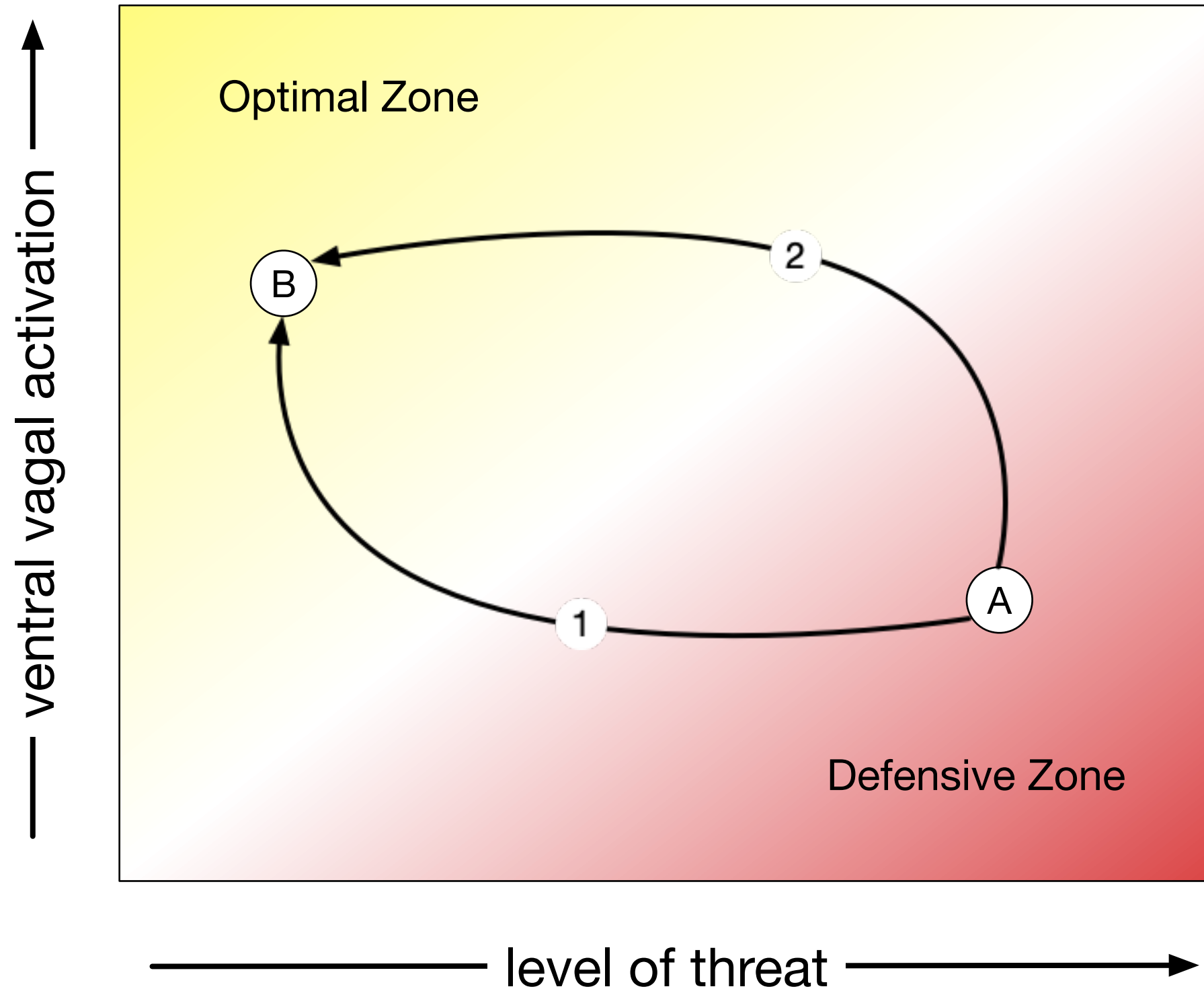
Embody the 3 Harmonies for yourself through

- Optimal Zone living
- Optimal Zone resilience
- Defusing your emotional landmines
- Updating your beliefs
- Learning new skills

Self: Pathways To Healing



Self: Optimal Zone Resilience



Self: Neurological Reset

“In this moment, I am physically safe”

Gentle self-hug

Three times...

Lift your cheeks, wiggle your nose

Breathe comfortably in through your nose

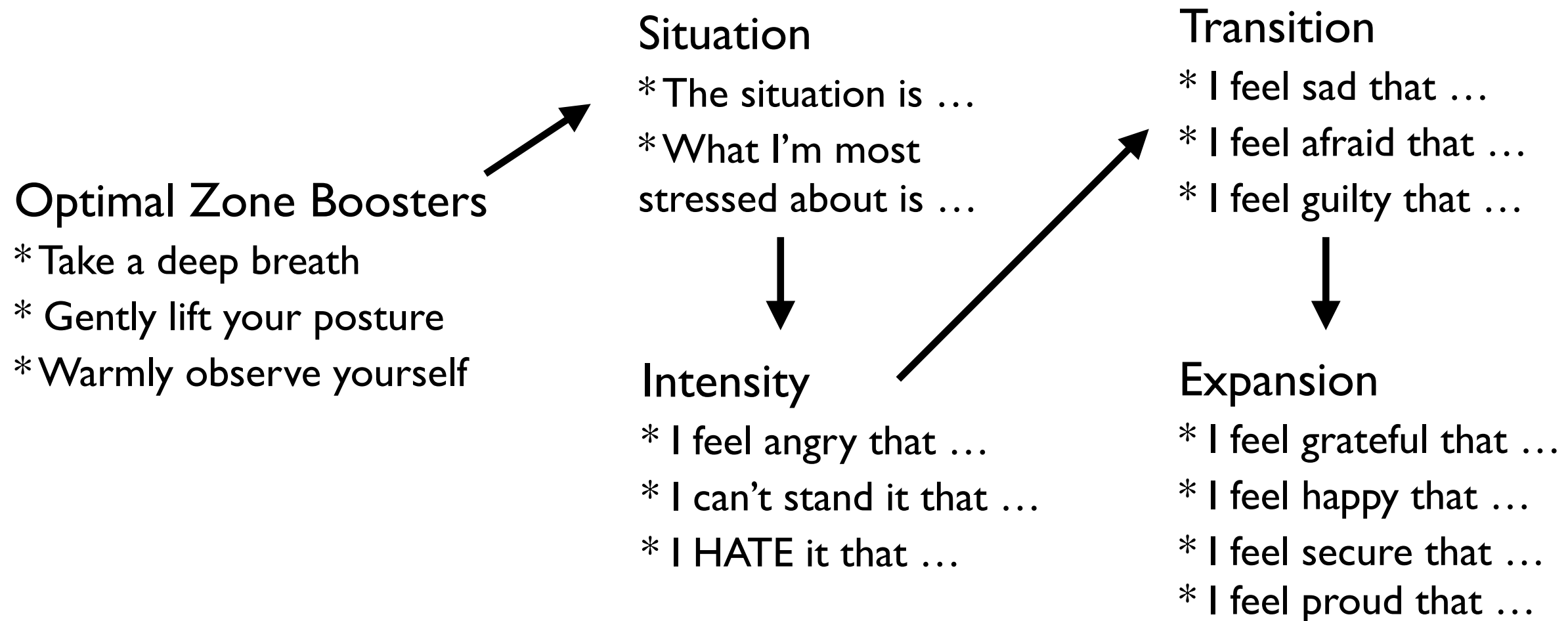
Breathe out, more slowly, through your mouth

Self: Emotional Brain Training



For landmines, beliefs and skills

Self: Emotional Brain Training

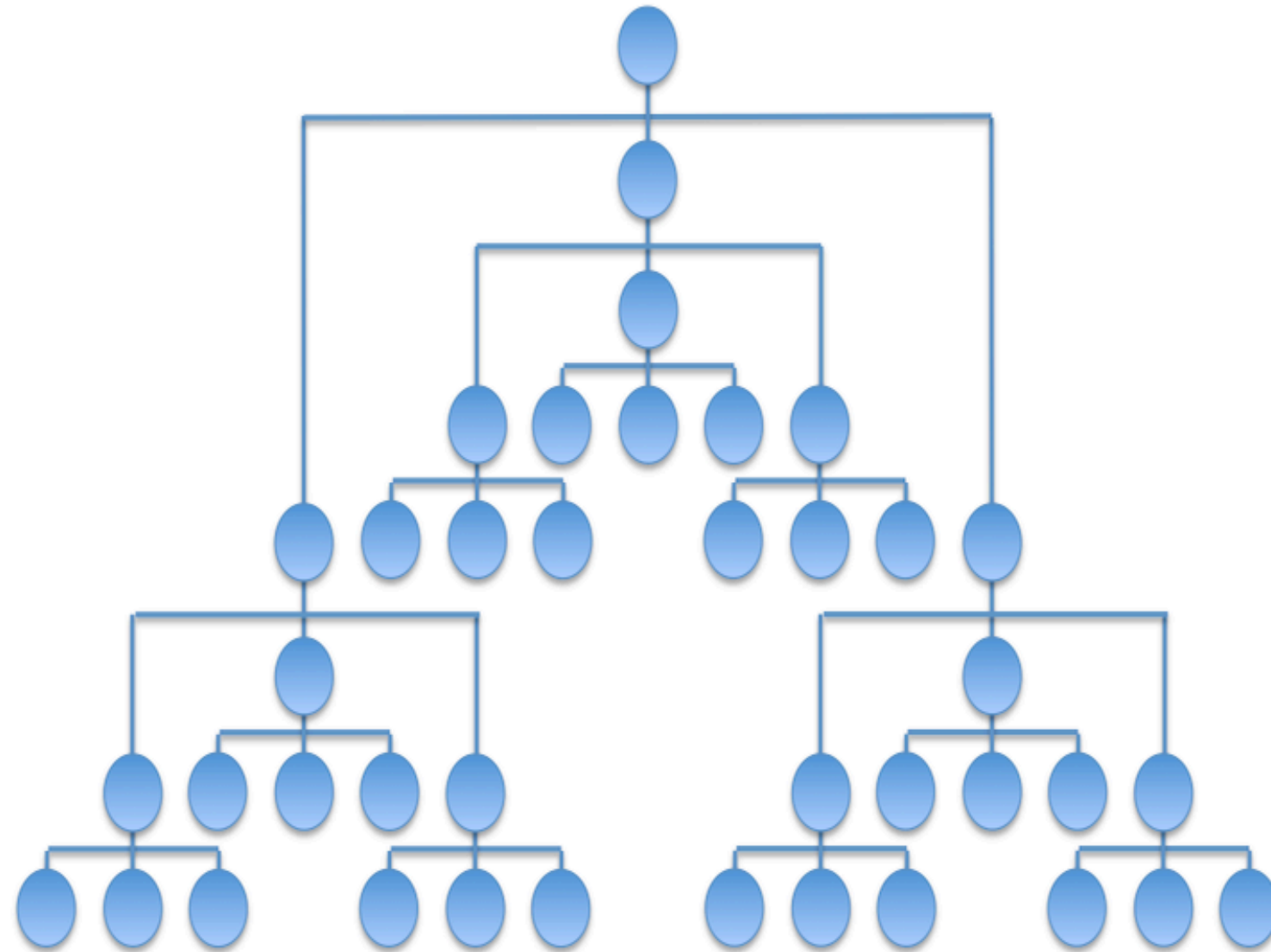


Memory Reconsolidation

In Small Groups

Groups: How The Old Way Works

Enforce the domination over others



Groups: How The Old Strategy Works

- Resources concentrated at the top
- Command and control from the top
- Patronage and violence distributed down
- Depends on low mobility, limited horizontal communications
- Success = establishing and maintaining control and concentration of resources

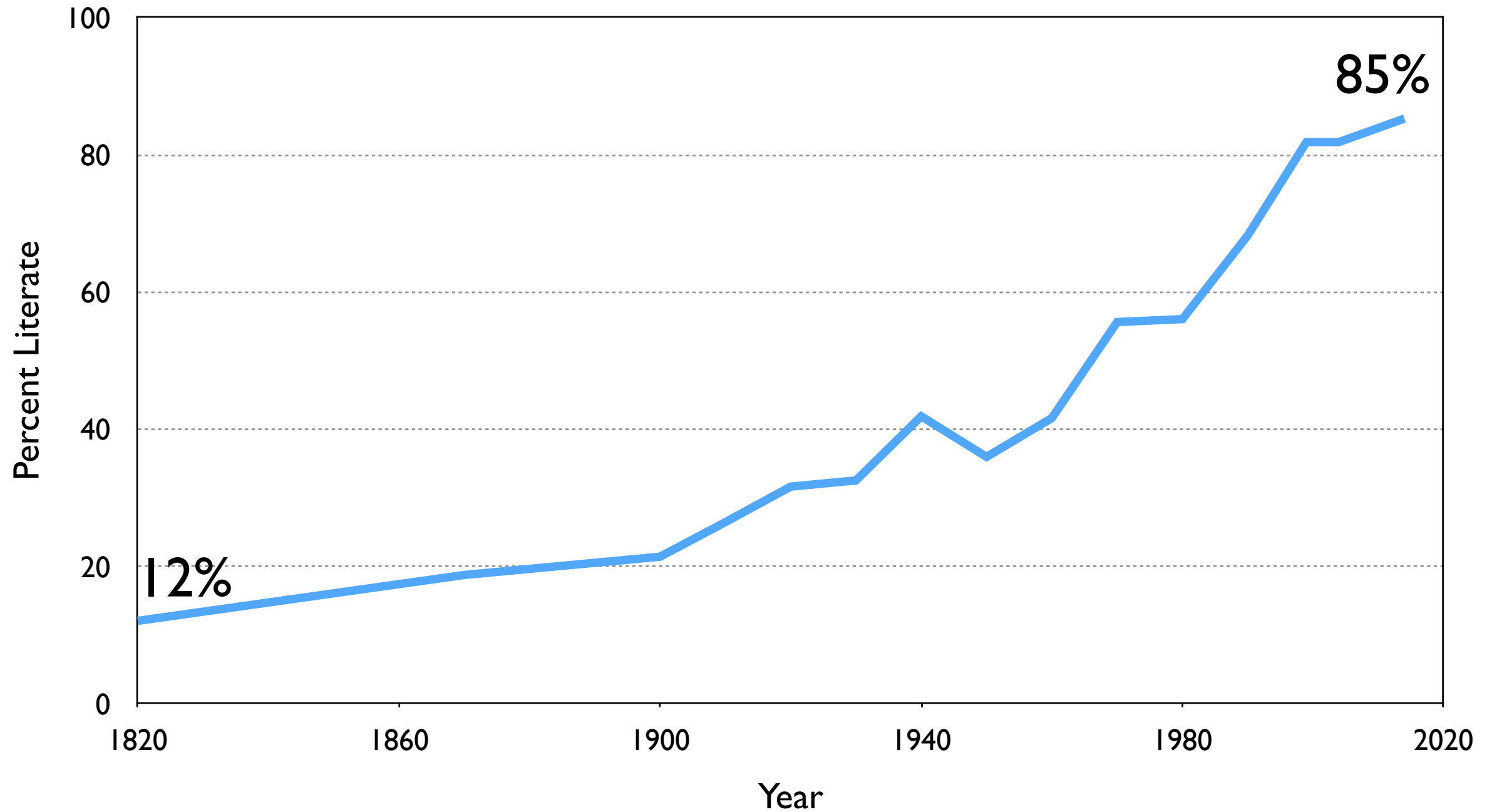
Groups: Ways It Doesn't Work

- Often traumatizing for everyone
- Makes poor use of the distributed intelligence in the group
- Suppresses creativity and commitment

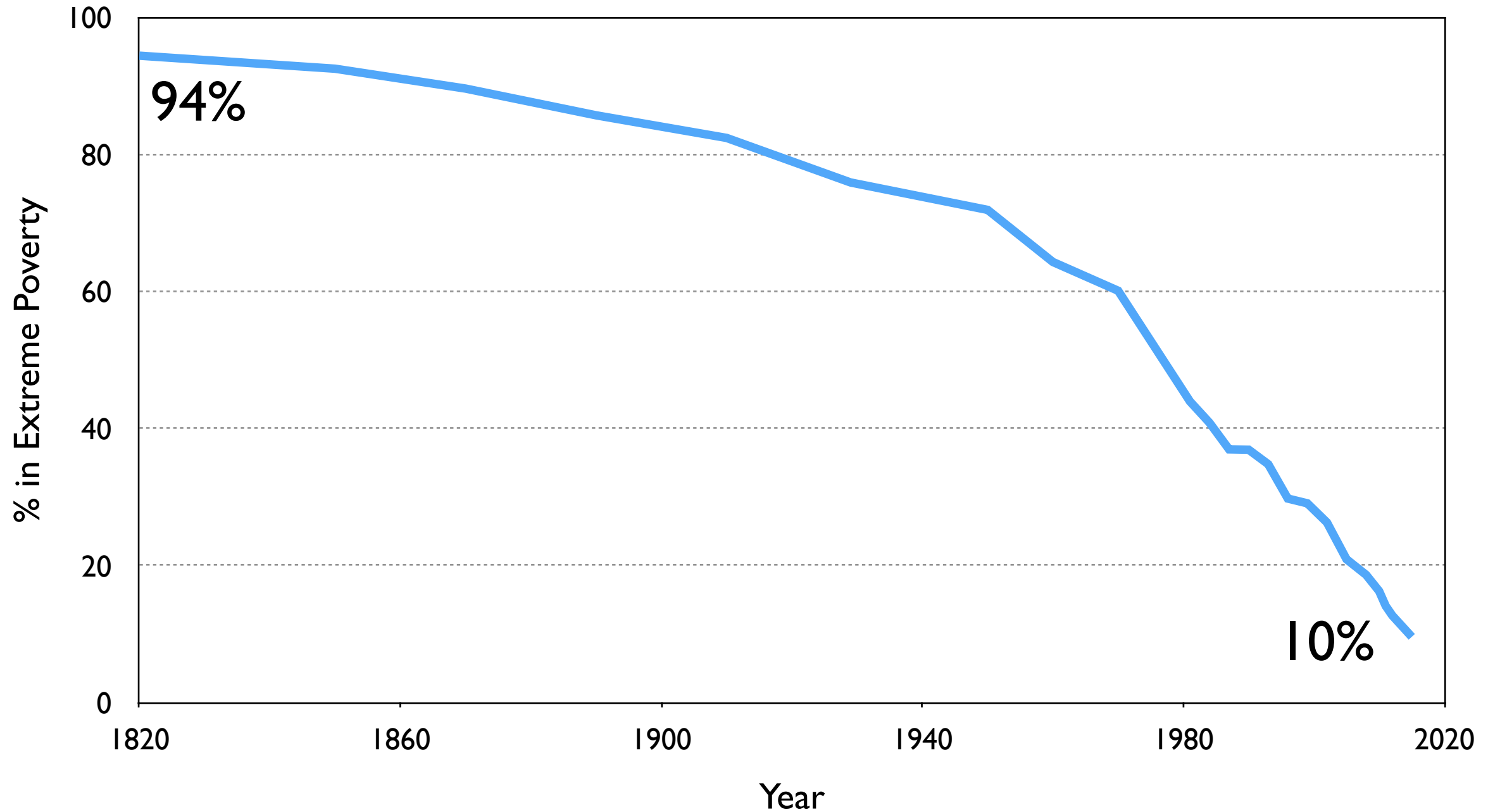
Groups: What's different now

- Literacy, education and quality of life are higher
- Peer-to-peer communication is easier
- Mobility is easier
- Optimal Zone qualities are more valuable

Average World Adult Literacy Rate



% of World Population in Extreme Poverty



Groups: The New Strategy

Embody the 3 Harmonies in groups through

- Shared Optimal Zone living
- Group Optimal Zone resilience
- Group creativity supported by diverse modes of cognition
- The synergy of agency and alignment

Groups: Optimal Zone Resilience

- Share Optimal Zone concepts in the group
- Share simple practices like the Neurological Reset
- Practice Optimal Zone first aid *before* the group needs it
- Use it when someone gets triggered

Groups: Support Creativity

- Become skillful with design thinking
- Support design thinking with visual and kinesthetic thinking
- Expand creativity with Optimal Zone intuition and somatic awareness

Groups: Synergy of Agency and Alignment

- Create a community of mutual support and open communication
- Align around shared vision and intention
- If needed, create a nested hierarchy of visions
- Trust people to do their best once they are aligned with the vision and understand where their piece fits in the whole

Groups: The Big Opportunity

New work groups that ...

- embody the 3 Harmonies
- with the help of the 3 Capacities
 - * Savvy about psychodynamics
 - * Skillful with diverse modes of cognition
 - * Adept at the new strategy for success
- to become wonderful *and* unusually productive places to work

To Benefit The Culture

Culture: How The Old Strategy Works

Enforce the domination over others and nature

- Grab the center of power
- Impose your will
- Success = being a ruler

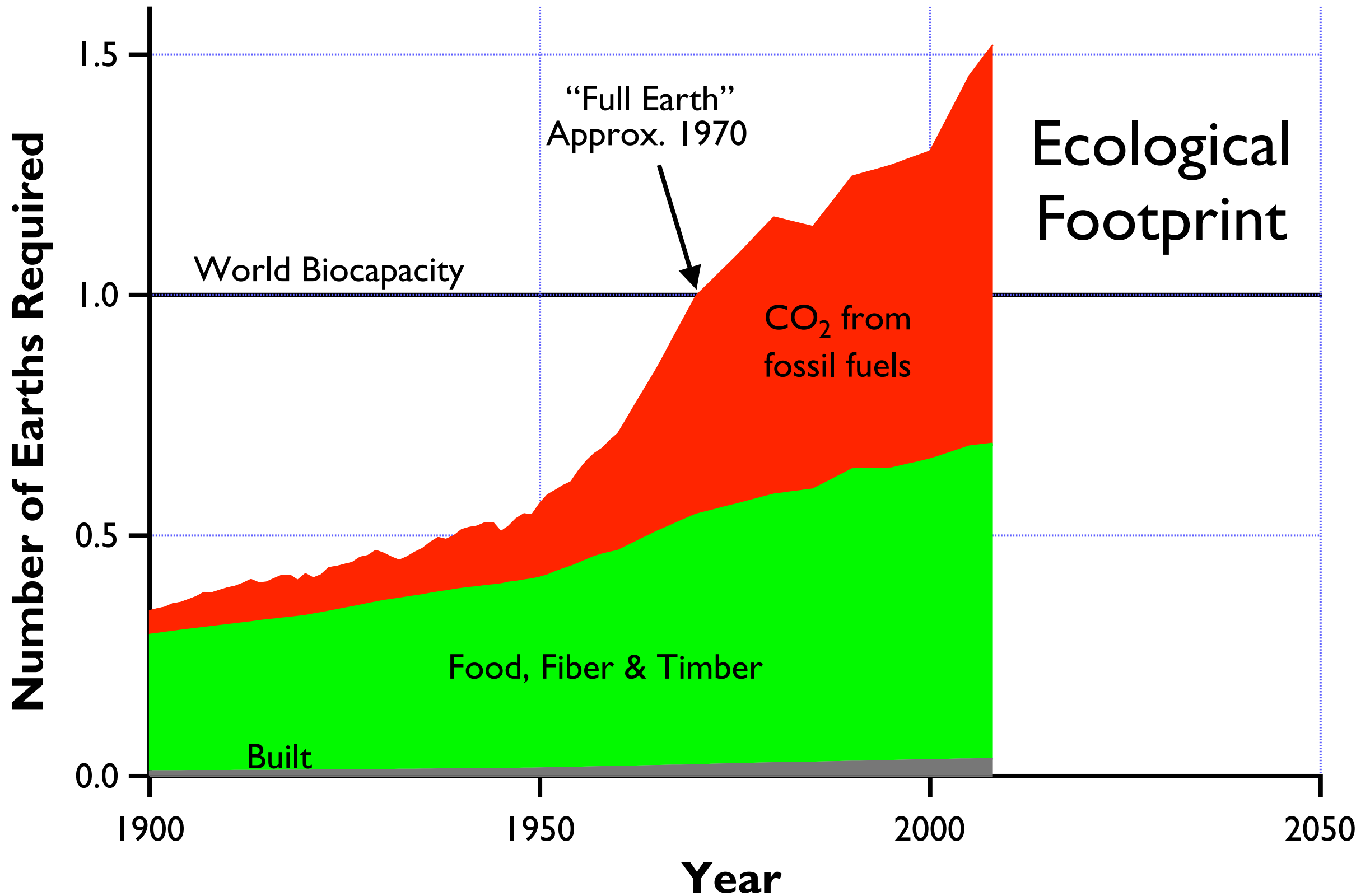
Culture: Ways It Doesn't Work

- Cultures are complex adaptive systems, not machines
- Power-grabs create a lot of trauma and provoke ongoing resistance
- A lot of energy goes into ongoing power struggles

Culture: What's Different Now

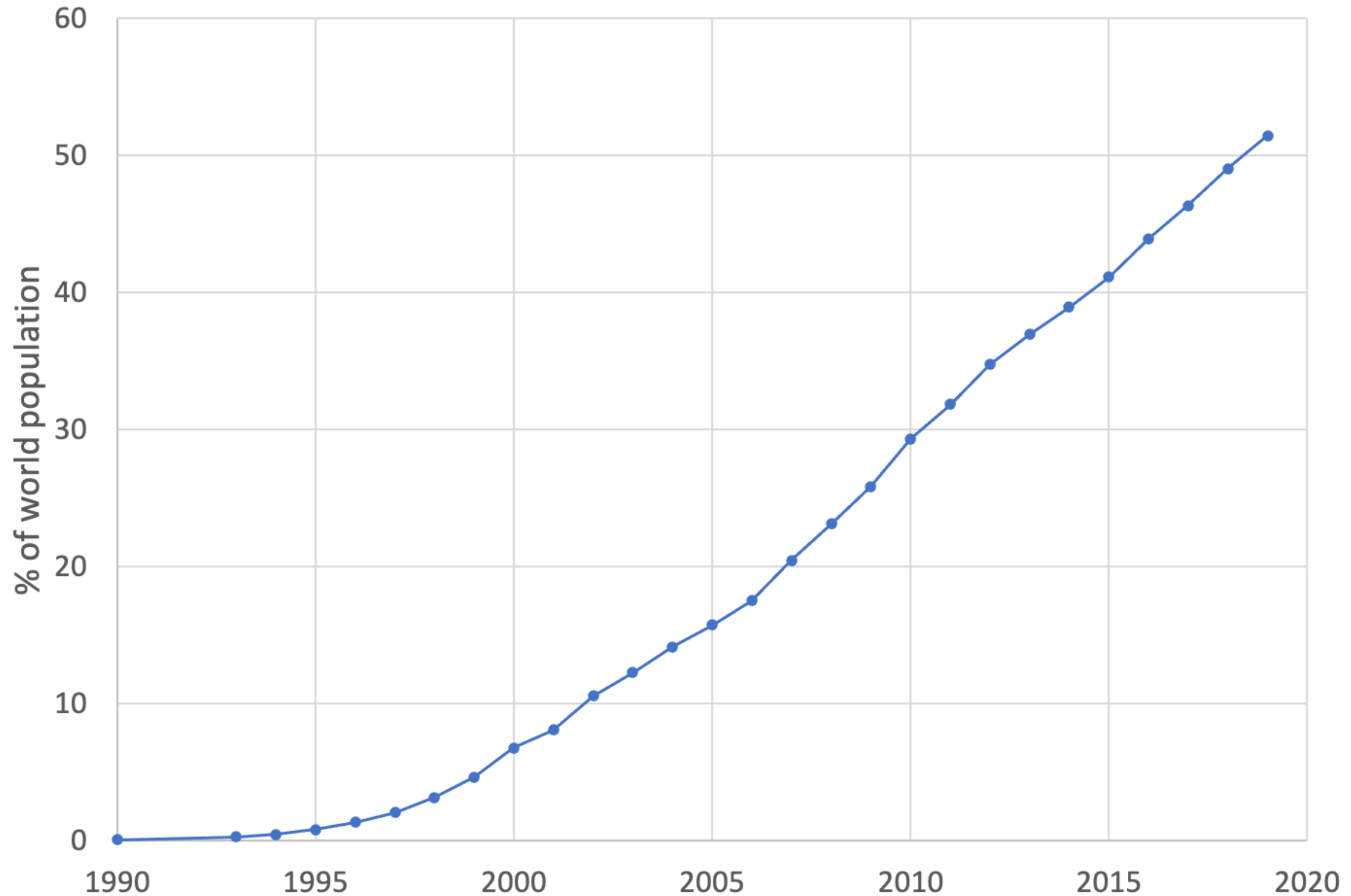
- All of the differences noted for “you” and “groups”
- Higher level of interdependence among societies and with nature

Culture: What's Different Now



Culture: What's Different Now

Worldwide percent of population using the Internet



Culture: The New Strategy

Help the culture embody the 3 Harmonies through

- Being a Cultural Co-Evolver
- Innovating-Implementing-Communicating
- Being savvy about the psychodynamics of the people you are communicating with
- Using diverse modes of cognition in your communications
- Focusing your efforts strategically

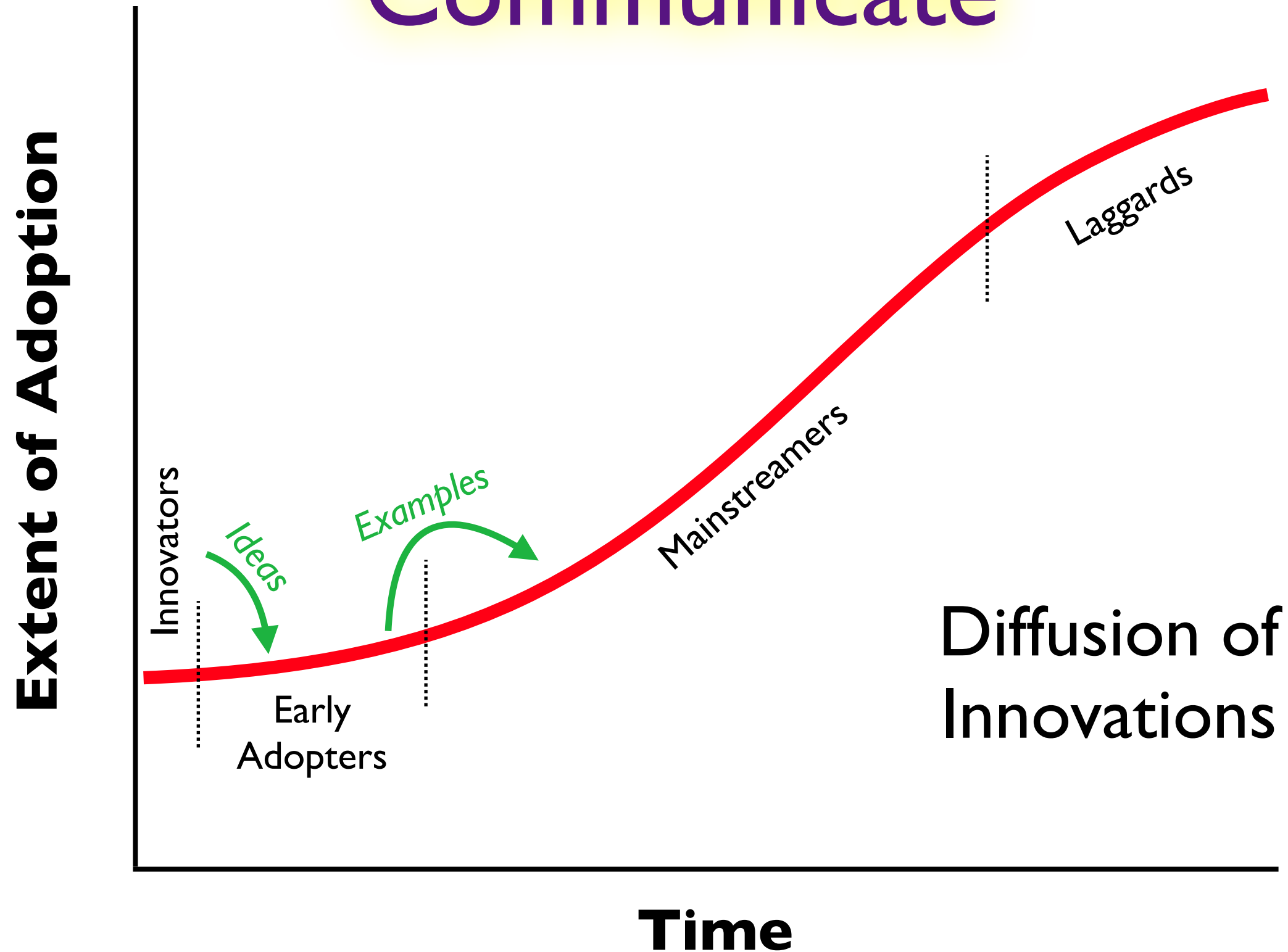
Culture: Being a Co-Evolver

- Understand culture as an evolving Complex Adaptive System – work *with* it
- Have a clear sense of direction, a compass; don't fixate on outcomes
- Prototype and iterate

Culture: Innovate-Implement-Communicate

“You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.” -R. Buckminster Fuller

Culture: Innovate-Implement-Communicate



Culture: Innovate-Implement-Communicate

Understand the layers of motivation in your audience

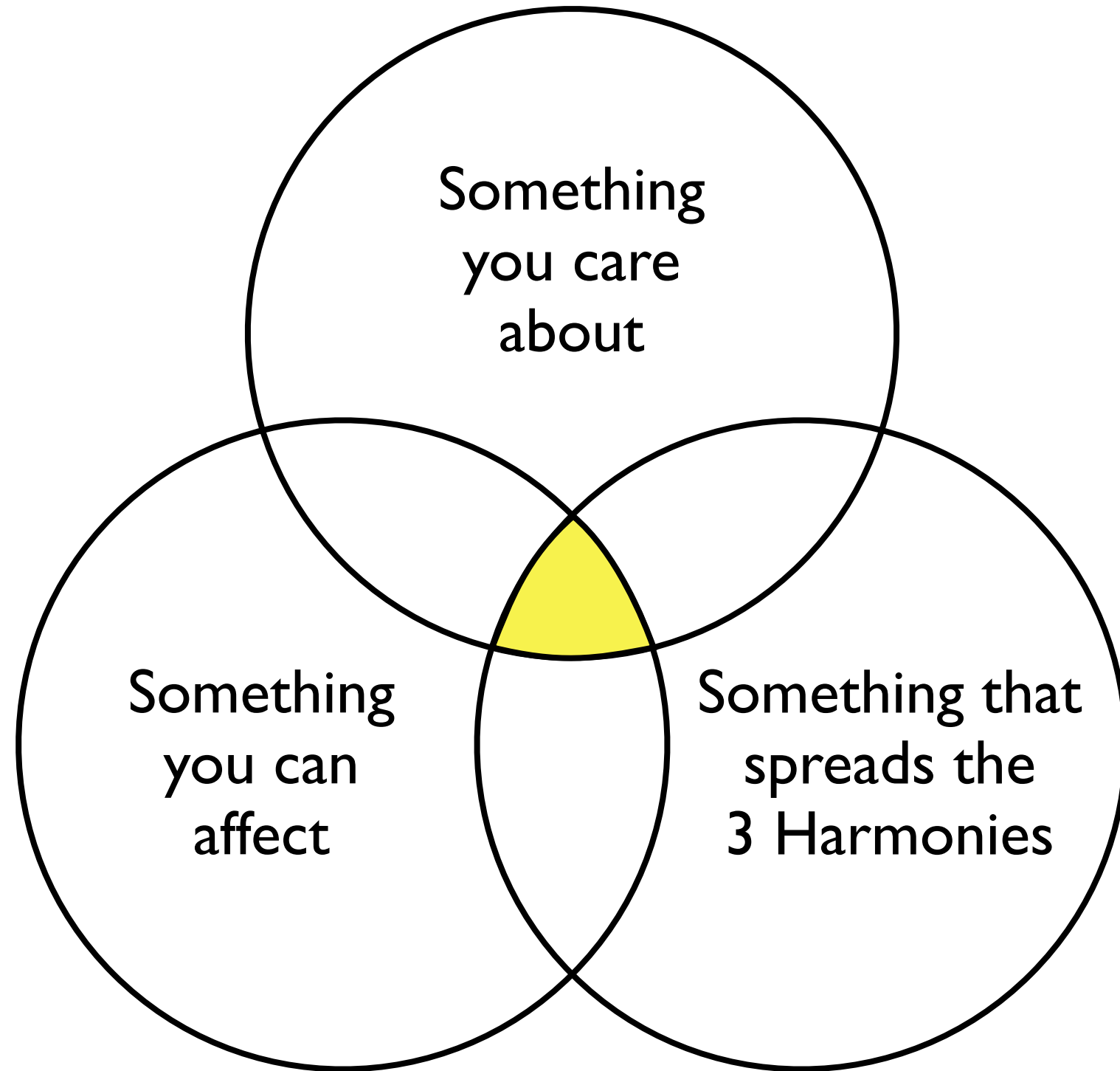
Find the resonant modes of cognition to connect with them

Culture: Innovate-Implement-Communicate

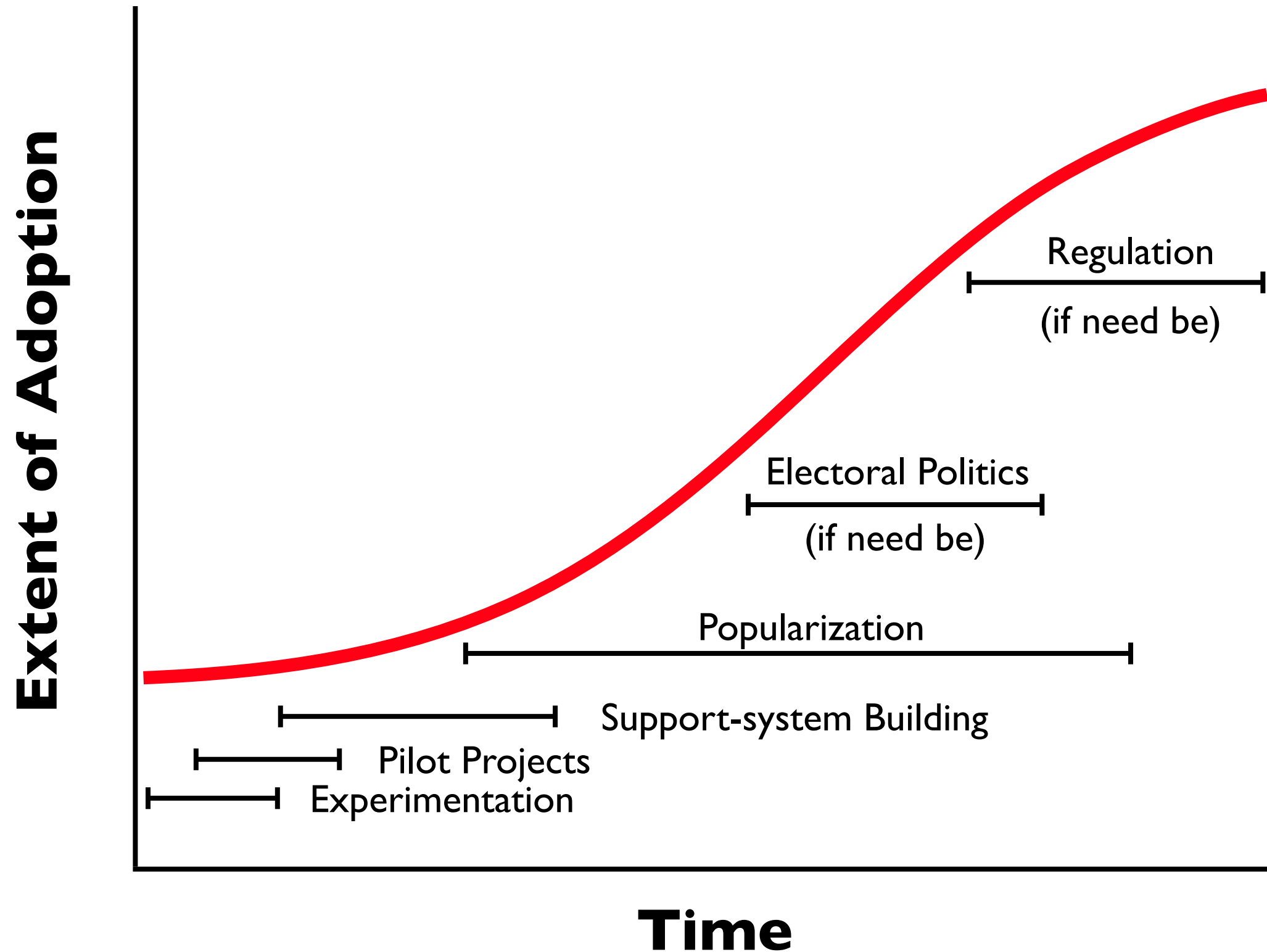
Use the strategy of water –
flow around the rocks

Voluntary adoption lasts longer and
generates less resistance

Culture: Be Strategic



Culture: Be Strategic



Adept Take-Aways

Embody the 3 Harmonies for yourself through

- Optimal Zone living
- Optimal Zone resilience
- Defusing your emotional landmines
- Updating your beliefs
- Learning new skills

Adept Take-Aways

Embody the 3 Harmonies in groups through

- Shared Optimal Zone living
- Group Optimal Zone resilience
- Group creativity supported by diverse modes of cognition
- The synergy of agency and alignment

Adept Take-Aways

Help the culture embody the 3 Harmonies through

- Being a Cultural Co-Evolver
- Innovating-Implementing-Communicating
- Being savvy about the psychodynamics of the people you are communicating with
- Using diverse modes of cognition in your communications
- Focusing your efforts strategically

Coming Up

- Weaving the threads of the 3 capacities
(Dec 7)

Want To Go Deeper?

Next Bright Future Now

Jan 8 - Mar 5, 2022

One (!) space still available

Registration ends Dec 18

context.org



Thank you!