

Greetings Fellow Traveler and Learner:

The following material is designed to support you in using the material presented at the ACTO workshop *UNLEARNING: The challenge of cultivating deeper understanding, presence, and openness.* I've outlined the documents in parenthesis (this doc as A) to correlate with each file.

With this material I invite you to open your mind at the Meta-Level. Many of these items are NOT *directly* related to specific knowledge or events; they do however shape the knowledge we apply and events we respond to. This is akin to gaining access to the Matrix of our lives – running in the background influencing our thoughts, focus and actions.

Why do we need a Meta Theory?

In these times we are facing a world of dynamic knowledge with half-life of 5-7 years, and content overload that leads to greater uncertainty and ambiguity (which reinforces Bias).

I am providing the following items to support your exploration of the main PowerPoint deck (B) I presented at the ACTO conference. That Deck is a journey. Each of the parts brings us from the **Meta level** to a **Whole View** to an **Individual Practice** as follows:

A- Items at The ACTO Presentation.

1- META Learning = Three-Dimensional View of Learning - *To expand our notion of learning to include unlearning*

Here is a critical element. The nature of the issues regarding bias, discrimination and oppression necessarily involves our learned norms, attitudes and behaviors/reactions. Only first-person learning can access the deep assumptions to begin the letting go (unlearning) process required to make space for new thoughts ideas and perceptions to arise.

2- WHOLE View = Four-Dimensional View - *To challenge our idea of separation.*

Here we explore a meta theory or framework that allows for all theories to exist from the perspective they are intended to reveal – a truly **inclusive view**. As I noted in the workshop, I've adapted this framework from Integral Theory, however *the Integral Theory scholarship has not adequately applied or researched these issues in the way I present them here.*

3- MIND = Mapping our Reality - *To surface background assumptions.*

It is important to focus on Quadrant One: Mind. Mind training has been dismissed or neglected in Western Society. We do not take time to interpret well and have not learned how to discern and dissolve our maps and filters. This section touches on some of the work of bias, which has clouded the mind. This bias prevents connecting to our heart and will and then shows up in Quadrants Three (culture) and Four (society).

4- PRACTICE = Create space by LETTING GO - *The practices to cultivate space for openness.*

Finally, the practice here of creating a GAP, to create space for what arises, and to learn to discover and let go of deep assumptions is the result of observing, reflecting and inquiry.

The following page will list the specific items attached here (next page):

B- Items attached to this packet of material.

- 1) The ACTO Slide Presentation (B).
- 2) The second Slide Deck (C) referred to (not presented) in the workshop that details the three world views: These details include attitudes, beliefs and values and offer both
 - a) What to unlearn, and
 - b) Where to focus.
- 3) Three worksheets presented at the conference as follows:
 - a) (D1) The Four-quadrant worksheet to practice dissecting *climate change*.
 - b) (D2) The Reflective Worksheet on the three world views to identify areas where you might wish to work. I suggest reviewing the second slide deck (C) before completing this worksheet.
 - c) (D3) The O-B-R-I Model that supports the following
 - i) Creating a Gap.
 - ii) Sitting in the Gap.
 - iii) Moving from Guilt to Remorse.
- 4) **Additional Notes:** I've also developed two items for additional learning on the Four Quadrant View.
 - a) Intro Four Quadrant Model (E1);
 - b) Sample of Four Quad Grids of Notes (E2)

If you have any further questions or comments, please contact me at: tony@bhavanalg.com