

A Mind-Hacker's Guide to Conscious Co-Creation

A Calm Clarity Concept Paper

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for Greater Wisdom, Fulfillment, and Joy*

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About Calm Clarity

Calm Clarity uses neuroscience to develop the leadership capacity of human beings to co-create a world where every person thrives. We synthesize science, mindfulness, and leadership development to provide a “user manual for steering brain development” that enables people to experience alignment and wholeness and harness their inner wisdom to improve their lives, their organizations, and their communities.

As a social enterprise, we use a sliding scale model to engage with and support people and organizations across the socioeconomic spectrum from grassroots community-based initiatives to Fortune 500 multinational corporations.

Definition of “mind-hacking” from the Calm Clarity book (Quach 2018)

mind-hacking: using science to enhance the best qualities of being human by proactively steering brain development in a way that physiologically supports greater physical, emotional, mental, and spiritual well-being, alignment, and integration.

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Purpose and Invitation



Our planet with a collective field in turmoil



Our planet with a healthy, vibrant collective field

The pictures above represent an artistic attempt at illustrating what the collective field of our planet might look like. On the left, I present what I see as the collective field of our planet today. It is a collective field in turmoil as a result of human beings aggressively extracting and exploiting resources, brutally killing to amass power and dominance, damaging ecologies and food webs across every continent, and releasing huge amounts of carbon into the atmosphere—accelerating the pace of destructive hurricanes, tornados, floods, droughts and wildfires.

In contrast, on the right, I present an image of our planet with a healthy, vibrant collective field. I believe this image will one day manifest when humanity finally learns how to co-create a conscious society and a conscious economy where every human being can thrive and flourish. The reason I am writing this concept paper is to inspire and motivate as many people as possible to join together to consciously co-create this potential future state.

This concept paper will not be a conventional academic white paper on leadership development produced by a management consulting firm or a business school professor. I am writing this as a user manual on how to be human that I would give my younger teenage self if I could travel back in time to give her a guidebook that could better prepare her for the journey ahead of her. It shares neuroscience-based insights that would have enabled her to navigate

the heart-breaking violence and seemingly insurmountable obstacles she faced growing up in inner-city Philadelphia without becoming overwhelmed or falling into despair.

My hope is that by reading this, you as a reader will gain a deeper understanding of yourself, your patterns, and how you interact with others. This self-awareness will give you more insight into the human condition and why other people are the way they are, enabling you to co-create healthier interactions in your personal life and professional career.

As a refugee who experienced many different forms of childhood adversity, I first turned to neuroscience as an empowering tool for understanding myself, healing the effects of trauma, and integrating fragmented aspects of my childhood. Then I discovered that neuroscience could also serve as a type of “Rosetta Stone” for constructing a more concrete understanding of meditation and other contemplative practices developed by ancient sages and spiritual traditions to enable people to experience higher states of consciousness—experiences that transformed people’s lives by transforming their brains.

Essentially, meditative practices change us because they activate and strengthen the neural systems for attention, resilience, meta-awareness and connection. (Goleman and Davidson 2017) The **attention system** helps us focus on what matters most, guiding our thoughts and energy toward meaningful action. The **resilience system** anchors us in moments of challenge, allowing us to regenerate and remain grounded through adversity. The **meta-awareness system** provides us with the clarity to observe our inner narratives and shed limiting patterns. Finally, the **connection system** deepens our sense of belonging and connectedness, allowing us to experience ourselves and others as part of a shared whole. These four systems serve as the foundation for creating a conscious life, a conscious relationship, a conscious family, a conscious team, a conscious organization, a conscious society, a conscious economy, and so forth.

Having now developed and practiced a neuroscience-based approach to meditation for more than a dozen years, I can say without a doubt that my life and my brain have changed. I am no longer the temperamental, depressed, and anxious control freak I used to be. I can experience anger without taking it out on the people around me. I can experience sadness without becoming pessimistic. I can experience moments of self-doubt and insecurity without getting swallowed up by negativity and paralysis. I can experience uncertainty and ambiguity without spiraling into anxiety and panic attacks. Instead of reflexively suppressing, rejecting, or escaping negative experiences, I can now greet these aspects of life with presence, curiosity, and compassion.

Using meditative practices to rewire my brain has enabled me to open my heart and my mind to the wisdom and insights that unfold through all life experiences. When I am present in

this manner, a higher state of consciousness flows through me and guides me to take actions that create positive ripple effects around me. I call this inner guidance my “Inner Sage.”

By bringing a higher state of consciousness to the present moment, I found myself feeling called to search for deeper solutions to the social challenges that impact my world. Thus, I began to listen to my Inner Sage to answer this call. I began to attract collaborators and worked closely with them to start social ventures that, despite having very limited budgets and resources, have impacted thousands of lives. I have now spent more than a decade exploring how to bring higher consciousness into the process of co-creating social change.

In many ways, I am writing this “user manual” for me and the people collaborating with me to develop and harness a deeper understanding of **conscious co-creation as a process for embodying higher consciousness to transform the world around us**. If I am successful, then this paper will provide the genuine depth and wisdom needed to inspire and enable more and more people to join with me **to co-create a conscious society and conscious economy** where every human being can flourish, realize their full potential, and experience lives that are free from violence, exploitation, and marginalization.

To me, a conscious society / economy is not an unreachable utopian fantasy. It is something that will naturally become a reality as people develop and strengthen the neural systems that enable us to live in a higher state of consciousness. When these systems are fully developed and engaged at a societal level, it will result in a profound shift in how human beings interact, create value, and build wealth.

Conscious organizations foster the level of psychological safety that enables creativity and collaboration to flourish. Conscious boards make decisions that are not driven by ego or fear but are guided by the collective wisdom of the organization. Conscious businesses channel purpose and passion to create valuable services and products that improve the quality of life and well-being of their customers and employees. Conscious leaders and employees alike empower each other to share their vulnerabilities, their creativity, and their insights. Conscious communities care for all their members, support each other to flourish and prosper, and align their actions with a higher collective purpose.

The many pressing challenges of our world can only be solved when human beings join together to consciously co-create innovative solutions. By reading this paper, you start your journey to becoming a conscious co-creator. Thank you for taking the time to do so.

Preface

"The human mind, no matter how highly trained, cannot grasp the universe. We are in the position of a little child, entering a huge library whose walls are covered to the ceiling with books in many different tongues. The child knows that someone must have written those books. It does not know who or how. It does not understand the languages in which they are written. The child notes a definite plan in the arrangement of the books, a mysterious order, which it does not comprehend, but only dimly suspects...We see a universe marvelously arranged, obeying certain laws, but we understand the laws only dimly. Our limited minds cannot grasp the mysterious force that sways the constellations."

—Albert Einstein, 1921 Nobel Prize Winner in Physics

Since the beginning, we as human beings have wondered: Why do I exist? Why am I on this planet? Is there a purpose to my life? Where or what was I before I was born into this body? What happens after my physical body dies? Do I continue to exist and evolve after this transition?

To search for answers, we have looked to nature, and in particular to the heavens, for clues to the great mystery of existence. We have turned to shamans, spiritual teachers, and religious leaders to give us answers. And more recently, we have looked to science to fill in holes and gaps that our spiritual traditions and religions leave unresolved.

If we look at this great mystery as an immense cosmic jigsaw puzzle, we may humbly guess that human beings on Earth have collectively gathered only 1% of the pieces of this enormous mind-boggling puzzle. Yet putting together the pieces we have gathered would still be a worthwhile exercise to give us a more informed view of what the bigger picture could be.

The field of science provides models for how this could be done. For example, [the Human Genome Project](#) was a publicly funded collaboration of scientists around the world that generated the first sequence of the human genome between 1990 and 2003.¹ This project produced a global DNA database that enables hospitals and research laboratories to do genetic testing for almost every disease, and firms such as Ancestry and 23andMe to provide customers with details about their extended family tree.

Another example is the ongoing [Human Connectome Project](#) launched in 2009 to enlist and support teams of neuroscientists around the world to build a neuronal map of the human

¹ See website here: <https://www.genome.gov/human-genome-project>

brain, called a connectome.² As a result, a library of thousands of MRI images now enable neuroscientists to study what healthy adult connectomes look like, observe how connectomes change over a lifespan, and analyze connectomes related to specific human diseases.

Unfortunately, launching a global collaboration to build a more comprehensive understanding of the cosmic jigsaw puzzle is extremely complicated. Over the past millennia, many religious institutions became entangled with power struggles, violent conquest, dehumanizing colonialization, brutal suppression, and other abuses. These activities created widespread trauma and fear while normalizing a dogmatic approach to religion. This history makes it exceedingly difficult and potentially impossible to bring together, examine, and synthesize the many jigsaw puzzle pieces contained in the world's diverse religious and spiritual traditions in a scientific manner.

Nonetheless, the degree of difficulty of such a project may underlie how extremely important and valuable this undertaking could be. Given the rising rates of addiction, anxiety, and depression being reported across the world, I believe it would be of great benefit to humanity to tackle this project as soon as the conditions and resources to effectively initiate it are finally in place.

To catalyze a conversation around this topic, I would like to offer one possible perspective that emerges from the limited jigsaw puzzle pieces I have gathered over the course of my life by collecting and synthesizing insights from other people who have searched for answers across diverse fields of experience. In my case, the major sources for my jigsaw puzzle pieces are science (neuroscience in particular), mindfulness, yoga, and interlinear readings of ancient texts (including the Bible, the Dao De Jing, and the Bhagavad Gita).

As someone who loves math and science, I will do my best to use logic to provide a demystified view of this mystifying jigsaw puzzle. Nevertheless, it is often difficult to explain complex concepts using written language. Therefore, I will also introduce metaphors, illustrations (most of which I made using my limited artistic skills), words from other languages such as Sanskrit which have no equivalent in English, as well as thought experiments to help convey these concepts.

Once again, please look at this perspective I offer here as *one of many possible ways* the puzzle pieces could fit together. There are probably big gaping holes that are waiting to be filled, and distortions created by my mind that you see more clearly than I can.

It is also important to acknowledge that at this point in time, we do not yet have the scientific means to prove or disprove the accuracy of this perspective, or any other perspective. I believe that the more complete a picture humanity can form by bringing our many puzzle

² See website here: <http://www.humanconnectomeproject.org/>

pieces together with an open mind, the more likely this picture can guide scientists to develop new technologies and design innovative experiments to validate how accurate it might be.

Chapter 1. A Possible Perspective

"As a man who has devoted his whole life to the most clearheaded science, to the study of matter, I can tell you as a result of my research about the atoms this much: There is no matter as such! All matter originates and exists only by virtue of a force which brings the particles of an atom to vibration and holds this most minute solar system of the atom together. . . We must assume behind this force the existence of a conscious and intelligent Mind. This Mind is the matrix of all matter."

—Max Planck, 1918 Nobel laureate in physics, originator of quantum theory

"We are already one. But we imagine that we are not. And what we have to recover is our original unity. What we have to be is what we are."

—Thomas Merton, Theologian

Here is my hypothesis on the great mystery of the universe: consciousness created the physical universe to experience co-creation.

The universe is comprised of many layers of "matter" that consciousness uses to create and incarnate into the physical universe that we both experience and change through living in human bodies. The layers range from very subtle to very dense forms of matter. As consciousness forms and becomes each layer, each progressive layer enables consciousness to have different qualities and experiences.

At the "highest," most subtle layer, consciousness is unified. In modern spiritual circles, this layer is often referred to as "Source." Since at this time, I cannot find a better word to describe the concept, I will also use the word "Source" to refer to this highest primordial layer. At the risk of redundancy, I use "Source Consciousness" to refer to the unified quality of consciousness at this "innermost" layer, which is often described by mystics as "oneness." In contrast, consciousness at the "outer" layer of the physical universe inhabited by our human bodies is experienced as individuated and separated.

It is hard to determine exactly how many layers there are between Source and the physical universe.³ Each layer "out" from Source serves as an interface that enables consciousness to build and mold the type of matter that makes up the next denser layer.

³A number of mystics have attempted to enumerate and describe layers that stood out to them as salient, and it is not yet possible to assess or validate the accuracy of their accounts. For instance, one of the earliest surviving

I want to note that I use the word “layer” when referring to consciousness differently from the way we traditionally conceive of layers as levels stacking on top of each other, such as in a layer cake. With regard to consciousness, “higher” “subtle” layers permeate and surround the “lower” “denser” layers, the way lighter gases such as helium permeate and surround heavier gases and other molecules. String theory, nanoparticles, atomic structures, and molecular bonds provide us with clues as to how the densest physical layer we inhabit interfaces with the more subtle layer “above” it.

Scientists now estimate the age of the universe to be about 13.8 billion years and the age of the Earth to be about 4.5 billion years. The first unicellular organism arose on our planet about 3.8 billion years ago. Then after another 3 billion years of evolution, the first multicellular organism only appeared about 800 million years ago. From there, it took more than 700 million years for multicellular organisms to evolve in ways that gave rise to human beings. (LeDoux 2019)

This means it took Source Consciousness more than 13.7 billion years to evolve the physical universe to the point where it became possible for human beings to arise on our planet, Earth. This was a significant milestone because the sophisticated nervous systems of human beings made it possible for Source Consciousness to more fully explore and experience higher consciousness and co-creation in an incarnated physical life form.

Incarnating into human bodies provides the “easiest” means for Source Consciousness to harness and manipulate physical matter and energy to manifest sophisticated and elaborate ideas, concepts, and visions. That said, the timeline for this process has been unfolding over millions of years as Source Consciousness guides humanity as a species to develop and experience our innate capacity to elevate our level of consciousness to co-create with each other in alignment with Source Consciousness. I use the term “conscious co-creation” to refer to this emerging capacity.

Since the first human beings emerged, Source has been patiently guiding the evolution of human societies, cultures, and technologies to support embodying higher levels of consciousness at a collective level. This has been unfolding slowly yet steadily across time as each generation co-creates by building upon what they inherited. In parallel with this, we have developed the ability to provide widespread access to safe drinking water, food, housing, healthcare, education, and transportation, resulting in dramatic improvements in quality of life and literacy rates across the world. More people than ever have access to opportunities to discover and realize their potential.

classifications are contained in the Taittiriya Upanishad, a Vedic text that scholars have dated to 6th century B.C., which delineates 5 koshas (translated as layers or sheaths) that Source Consciousness uses to incarnate into human bodies.

Over the more recent millennia, as commerce and travel increased the flow and exchange of information and resources between once isolated tribes and communities, co-creation has been shifting from a tribal level to a national level, and now to an international level. In the twenty-first century, a sense of belonging to a transnational cosmopolitan human community and a belief that all human beings have basic rights and freedoms have become widespread among people across the world.

Humanity is now finally on the cusp of an important milestone: developing and using our ability to consciously co-create on a massive transnational scale.⁴

⁴ This is perhaps what is referred to as the "Age of Aquarius."

Chapter 2. The Autopilot and Unconscious Co-Creation

"Nine hundred and ninety-nine thousandths [0.999 or 99.9%] of our activity is purely automatic and habitual, from our rising in the morning to our lying down each night" and that most of the activities that we carry out are so fixed by repetition that they could be classified as reflex actions."

— William James, father of American psychology

"One does not become enlightened by imagining figures of light, but by making the darkness conscious."

—Carl Jung

About one century ago, William James, the father of American Psychology, laid the foundation for how we understand habits and the autopilot. By observing his daily routine, he developed the insight articulated in the quote from him I share above. These observations led him to conclude: "All our life, so far as it has definite form, is but a mass of habits - practical, emotional, and intellectual - systematically organized for our weal or woe, and bearing us irresistibly toward our destiny, whatever the latter may be." (James 1899)

More recently, Nobel Prize winning economist Daniel Kahneman explained the energy-saving benefits of our autopilot in his best-selling book, *Thinking, Fast and Slow* by introducing readers to "the law of least effort." This law, he explained, "asserts that if there are several ways of achieving the same goal, people will eventually gravitate to the least demanding course of action. In the economy of action, effort is a cost, and the acquisition of skill is driven by the balance of benefits and costs. Laziness is built deep into our nature." (Kahneman 2011)

We now understand from neuroscience that the human capacity to go through life on "autopilot" is actually a miracle of evolution. The human brain tries to be as energy efficient as possible by coordinating essential activities to take place automatically such that no conscious effort or awareness is required to carry them out. These activities include respiration, eating, digesting, walking, talking, as well as habits that people train their autopilot to eventually perform effortlessly, such as typing, singing, swimming, playing a musical instrument, dribbling a basketball, etc. If we count the number of activities that the autopilot enables a human being to multi-task at the same time, it would definitely validate James' observation that a typical human being spends more than 99.9% of their life in some form of autopilot state.

That said, the deeper understanding that neuroscience gives us about the autopilot—and how it internalizes stories and beliefs from our social environment into emotional,

intellectual, and mental habits through a process called “social conditioning”—also validates James’ point that going through our lives mindlessly on autopilot could potentially organize our lives towards woe. To ensure this doesn’t happen, we have to invest conscious effort to mindfully examine our social conditioning and train our autopilot to internalize habits that move us towards well-being.

As incarnations of Source Consciousness, all human beings have the innate power to co-create the world we live in, a power that we wield both consciously and unconsciously. When we live in autopilot, a great deal of this power gets diverted by our social conditioning to turn the stories and beliefs we internalized about how society works and about how to survive by fitting in and conforming to our society’s expectations into self-fulfilling prophecies.

An untrained autopilot generally co-creates in ways that maintain the status quo, despite how much suffering it may cause. This unconscious form of co-creation unfolds throughout our lives when we allow our autopilot to mindlessly carry out the actions that the social environment around us says that we are supposed to do to feel happy, to be seen as worthy, to maintain our social status and where possible, advance into a higher level of status.

The paradox is that we do not feel fulfilled when we co-create unconsciously. When we are simply going through the motions in our lives, it feels like something is missing.

What is missing is Source Consciousness.

Chapter 3. The Brain as a Bio-Telecommunications System for Consciousness

"A human being is a part of the whole, called by us "Universe", a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest—a kind of optical delusion of his consciousness...Not to nourish the delusion but to try to overcome it is the way to reach the attainable measure of peace of mind."

—Albert Einstein, 1921 Nobel laureate in physics

"No man is an island entire of itself; every man is a piece of the continent, a part of the main."

—John Donne, Meditation XVII

The human nervous system, comprised of the brain integrated with all the nerves throughout the body, functions as a self-organizing instrument for coordination and communication that connects all the cells in the body and enables all these cells as well as the microbiome (all the microorganisms that live on the skin and inside the body) to work together to serve as the vehicle for a unified human consciousness (commonly referred to as a "soul") to experience life.

To highlight this integration of the brain with the whole body as a holistic system, I use the term "embodied brain." The embodied brain is a very sophisticated super high-speed neuronal coordination and communication system that enables Source Consciousness to think, feel, imagine, move, and create through a human body.

Collectively, the embodied brains of humanity function like a very complex, sophisticated network of bio-telecommunications systems. Similar to a network of physical telecommunications systems that includes satellites, towers, the world wide web, computers, radios, televisions, etc., embodied brains are constantly receiving and transmitting information. These transmissions take place between human beings and between layers/levels of consciousness, forming a collective field.

Neuroplasticity means that what we receive and transmit also changes the embodied brain by firing and strengthening neural pathways and networks that correspond to a specific manner of thinking, feeling, and co-creating that could be called a "neural program." The more an embodied brain runs a neural program, the stronger the neural pathways for that program become until they gain the ability to self-activate and "run" on autopilot on their own.

Neural programs spread between human beings like viruses in the form of stories, ideas, and beliefs. These programs are also passed to future generations through social conditioning in the form of belief systems, education, cultural norms, rituals, institutionalized narratives and practices, memes, etc... By remaining unconscious, human beings allow whatever neural programs exist in our environment to determine our lives.

This changes the moment we realize that we can consciously choose the type of neural programs we receive and transmit. In the next chapter, you will be introduced to the “tuner” that enables you to do this.

Chapter 4. Your “Tuner”

“Your vision will become clear only when you can look into your own heart. Who looks outside dreams; who looks inside, wakes.”

—Carl Jung

The “emotional heart” functions as the “tuner” for the human bio-telecommunications system. That said, discerning and defining what exactly the emotional heart is has been a source of confusion. I would like to propose that the full energetic field of the heart is the most accurate way to represent the “emotional heart” of a human being.⁵

Scientists have estimated that a human heart contains about 40,000 neurons (Alshami 2023) and generates the strongest electromagnetic field produced by the human body. (McCraty 2004) Nevertheless, the electromagnetic field that we can measure using magnetocardiography captures only one dimension of the full energetic field produced by the physical heart organ. The heart’s field may also have other qualities that may be measured in the future by new instruments and technologies that are not yet available today.

The degree to which the emotional heart is open impacts the size as well as the qualities of the energies in this field. Most important, the degree of openness of the emotional heart impacts the level of consciousness that a human bio-telecommunications system can receive and transmit. An open heart has an expanded field that naturally accesses Source Consciousness, allowing the person to effortlessly receive, transmit, and generate more Source Consciousness into the world. Thus, an open heart “radiates” qualities of Source Consciousness, often described as “love and light.”

In contrast, a closed heart has a contracted field that does not access Source Consciousness and thus is unlikely to radiate qualities of Source Consciousness. When the emotional heart is closed, its contracted field tends to receive, transmit, and generate very dense and gross energies that correspond to feelings like fear, resentment, malevolence, shame, blame, jealousy, etc., that tend to cause the field to contract even further.

⁵ The emotional heart is often referred to as the “heart chakra” using a nomenclature system from ancient India that has been adapted in modern times to refer to focal points of energy in the subtle body of a human being. I believe it would be more accurate to consider the emotional heart to correspond to the entire energetic field produced by the physical heart, which includes its electromagnetic field.

The inability to access Source Consciousness renders a person more likely to mindlessly act and interact in ways that co-create suffering, conflict, scarcity, destruction, war, etc. and to spread neural programs and belief systems that perpetuate contraction.

The emotions that a person feels triggers the emotional heart to “open” or “close.” When a person experiences adversity, such as trauma, the natural experience of feelings such as stress and distress will likely trigger the heart to close or partially close. How long the heart stays closed depends on the person’s stories and beliefs (which correspond to neural programs) about the adversity and whether their conscious mind has the capacity to discern the destructive impact of their stories and beliefs. Anyone can “re-open” their heart by choosing to selectively energize the stories and beliefs that support them to constructively process their emotions and feelings.

If that person has not yet developed their capacity to be consciously aware of their stories and beliefs, there is a risk that their unconscious mind can get “entangled” by neural programs that produce a protracted sense of disconnection, fragmentation, dissociation, rejection, stigma, fear, threat, hate, blame, shame, disappointment, and/or cynicism. Whenever a human being is mindlessly entrapped by such neural programs, their emotional heart becomes vulnerable to staying closed. This can result in their field contracting to the point where they “lose access” to Source Consciousness for an extended period of time.

It takes conscious effort and practice for a human being to re-open their emotional heart, especially when they are going through adverse experiences, such as a crisis. It is during these situations that it is critical for human beings to access Source Consciousness to bring in higher energies that enable us to co-create a path forward that brings us towards love, peace, health, thriving, and flourishing. The experience of these higher energies is often described using the words “inspiration” and “elevation.”

When human beings use contemplative practices to mindfully cultivate our neural capacity for awareness, resilience, connection, compassion, curiosity, and understanding, we co-create new neural programs that increase the ability of our emotional heart to stay open and to re-open after challenging experiences trigger negative emotions that cause our field to partially contract. Thus, learning how to sustain an open heart expands our field and reprograms our “bio-telecommunications systems” to access, generate, and transmit more and more Source Consciousness.

This reprogramming is like a series of operating system upgrades that makes it easier and easier for human beings to embody “love and light” and to continue to untangle our unconscious minds from inherited/legacy programs and belief systems that perpetuate suffering. The first step in this process is to discern what setting your tune is turned to.

Chapter 5. Your Tuner's 3 General Settings

"We see the world, not as it is, but as we are—or as we are conditioned to see it."

—Stephen Covey

"The great thing in all education is to make our nervous system our ally instead of our enemy."

—William James, father of American Psychology

The "tuner" (emotional heart) for the human bio-telecommunications system has three general "settings" that correspond to distinct emotional patterns of embodied brain activation that I refer to as "Brain 1.0," "Brain 2.0," and "Brain 3.0."

- In Brain 1.0: the emotional heart is closed in self-preservation mode, a form of defensive contraction like a turtle withdrawing into its shell.
- In Brain 2.0: the emotional heart partially opens to select a group of people, things, or belief systems that we find rewarding (as well as addictive) but otherwise, the heart is generally closed to other people, things, and ideas.
- In Brain 3.0: the emotional heart opens, allowing us to more fully access, receive, and transmit consciousness emanating from Source.

The infographic on the next page provides a summary of how I often introduce these patterns of brain activation when I run workshops.

This numbering sequence captures the developmental order in which the neural systems that underlie these brain patterns are formed. The neural systems of Brain 1.0 are fully developed when a human being is born. The neural systems of Brain 2.0 accelerate at the onset of adolescence and fully form during this stage of life. The neural systems of Brain 3.0 only become fully formed after a human being reaches an approximate age of 25 years.⁶

⁶ I started using this simple, easy-to-remember sequential naming system when I first shared the Calm Clarity framework in workshops to help high school students in inner-city Philadelphia understand how the brain is impacted by traumatic experiences and how to rewire their brains to support them to develop their full potential. This approach empowered the students to see the universality of these patterns, to realize that there was nothing wrong with them when they experience Brain 1.0 and Brain 2.0, and to activate the innate power they had within them to choose to bring forth more and more Brain 3.0 into their lives.

Brain 1.0, 2.0, and 3.0 are patterns of brain activation that affect how you think, feel, and act.

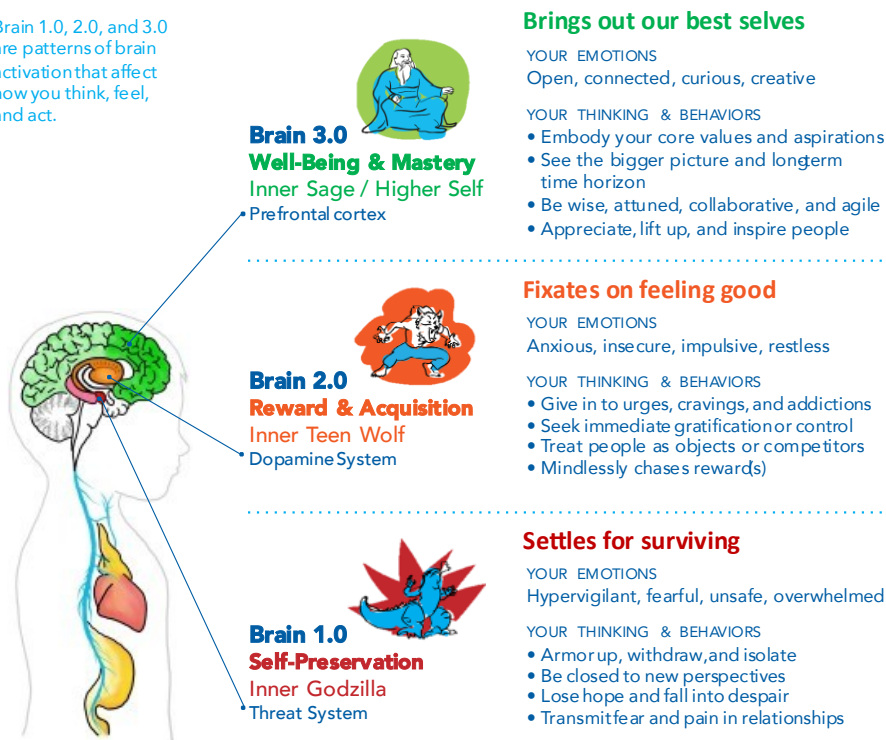


Figure 1. The Calm Clarity Framework: 3 Patterns of Brain Activation. Illustrated by Due Quach and Ellen Zhao

Your Default Mode Network Reveals Your Tuner's Setting

The default mode network (DMN) is a group of brain structures that self-activate and take hold of our minds whenever we are not focused on any other task. Scientists gave the DMN this name because they believe that its function is to perform critical activities that our brains evolved to carry out as a default setting. (Liberman 2013)

To learn what the DMN does, researchers asked participants in fMRI machines to describe what they experienced when their DMN activated. The participants shared that what was happening was like a stream-of-consciousness "inner narrator" commenting about their lives. These findings led scientists to propose that the function of the DMN is to continuously weave our experiences together to construct a mental model of our social world and to help us navigate this social world by predicting possible future scenarios that help us determine what actions we should or should not take. (Liberman 2013)

The discovery that this was the default activity of the human brain prompted scientists to realize that the brain must have dedicated so much capacity to processing these social simulations because doing this is extremely important to our survival. (Liberman 2013) This

finding also enabled me to appreciate the DMN/inner narrator as one of the most significant aspects of the experience of being human.

A deeper understanding of the DMN came from researchers in the field of contemplative neuroscience who study the impact of mindfulness meditation on the brain by doing brain imaging studies on advanced meditators as well as on new meditators who complete an eight-week training in Mindfulness-Based Stress Reduction (MBSR). Their findings indicated that mindfulness meditation gave people the ability to become aware of their inner narrator diverting their attention from focusing on their breath and that over time, this awareness resulted in decreased activity the structures of the default mode network that correspond to rumination and increased activity in the brain structures that correspond to present moment awareness. (Goleman and Davidson 2017)

As I practiced mindfulness while pondering these findings from contemplative neuroscience, I began to realize that my DMN/inner narrator serves as a bio-feedback mechanism that reveals what my tuner is receiving, generating, and transmitting.

- My DMN in Brain 1.0 is hypervigilant and worried. I nickname this aspect of my DMN my “Inner Godzilla” because it often lashes out and creates havoc or just wants to disappear, the way Godzilla destroys Tokyo and then withdraws into the ocean. When my inner narrator sounds like this, it is an alert that my field has contracted and has lost access to Source Consciousness
- My DMN in Brain 2.0 is restless and impulsive. I nickname it my “Inner Teen Wolf” because it compulsively chases what feels good, makes me popular, or improves my status, like the main character in the movie, “Teen Wolf,” played by Michael J. Fox. When my inner narrator sounds like that, it is an alert that my unconscious mind is tangled up in neural programs to chase things that make me feel good or make bad feelings go away. It also means that my field is transmitting those neural programs rather than Source Consciousness.
- My DMN in Brain 3.0 is calm and open. I nickname it my “Inner Sage” because it helps me see a bigger picture, take a long-term view, and feel compassion for the human experience. When my inner narrator sounds like this, I can further activate Brain 3.0 to tune in to my Inner Sage and receive wisdom from Source Consciousness.

Appreciating and Not Rejecting Brain 1.0 and Brain 2.0

Because many societies stigmatize various aspects of Brain 1.0 and Brain 2.0, people instinctively try to get rid of, deny, or suppress these elements of their life experience. However, any practice of self-rejection results in closing the heart and further reducing a

person's connection with Source Consciousness. In addition, self-rejection "wires" the embodied brain to dissociate, so that a person becomes more vulnerable to getting hijacked by neural programs in their autopilot that sweep them further into Brain 1.0 or Brain 2.0.

Therefore, I would like to take a moment to shed light on the evolutionary function of Brain 1.0 and 2.0 so people can learn to have compassion for these universal elements of the human experience, and to open their hearts so they can consciously integrate these aspects of their embodied brains with Source Consciousness. This helps to "re-wire" the embodied brain to transmit alignment and wholeness rather than fragmentation and dissociation.

In workshops, I often use the illustration below, which introduces an **X axis** that corresponds to the concept of **affective valence**.⁷ According to evolutionary biologists, affective valence is a mechanism that supports organisms to avoid the repetition of experiences that generally correspond to decreased survival by associating these experiences with negative, adverse, and unpleasant feelings and sensations. It also supports organisms to approach and crave the repetition of experiences that generally correspond to increased survival by associating these experiences with positive, rewarding, pleasant feelings and sensations. (L. F. Barrett 2017) In line with this theory, Brain 1.0 is a key part of the neural mechanism for negative valence and Brain 2.0 is a key part of the neural mechanism for positive valence.

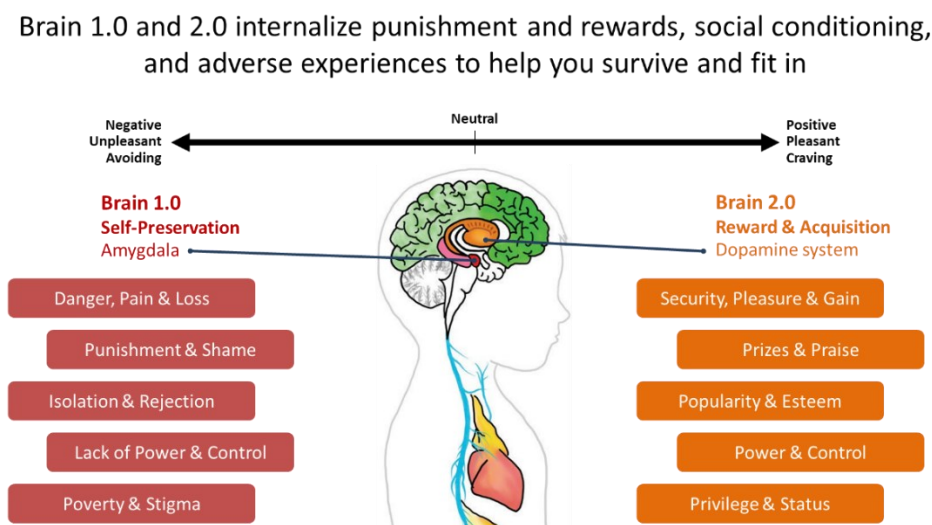


Figure 2. Affective Valence via Brain 1.0 and Approach via Brain 2.0. Illustrated by Due Quach

One key function of Brain 1.0 is to internalize into our autopilot whatever is socially condemned and considered "bad" by our culture by associating these behaviors or outcomes with negative emotions, feelings, and sensations. One key function of Brain 2.0 is to internalize into our autopilot whatever is socially rewarded and considered "good" by our culture by

⁷ "Affective" is the term scientists use to refer to the study of emotions.

associating these behaviors or outcomes with positive emotions, feelings, and sensations. Since belonging and social status are associated with increased survival, Brain 1.0 and Brain 2.0 function as very important components of our autopilot that support us to conform and fit into our society and culture.

As a general summary, human beings feel:

- Negative valence in connection with unpleasant sensations and social experiences via feelings such as sadness, loneliness, rejection, shame, and regret.
- Neutral valence in connection with sensations and social experiences that are neither positive nor negative.
- Positive valence in connection with pleasant sensations and social experiences via feelings such as happiness, satisfaction, comfort, validation, confidence, dominance, and control.

It is important to note that when there is a conflict between the behaviors that our society rewards and punishes and what Source Consciousness is guiding us to co-create, what often happens is that the neural programs in our autopilot that activate Brain 1.0 and Brain 2.0 neural systems interfere with our ability to use Brain 3.0 to access Source Consciousness.

Brain 3.0 as a “Vehicle” for Source Consciousness

The diagram below introduces a Y-axis that corresponds to the degree of consciousness we bring into the present moment as we go about our lives. This Y-axis helps illustrate how Brain 3.0 differs from Brain 1.0 and Brain 2.0.

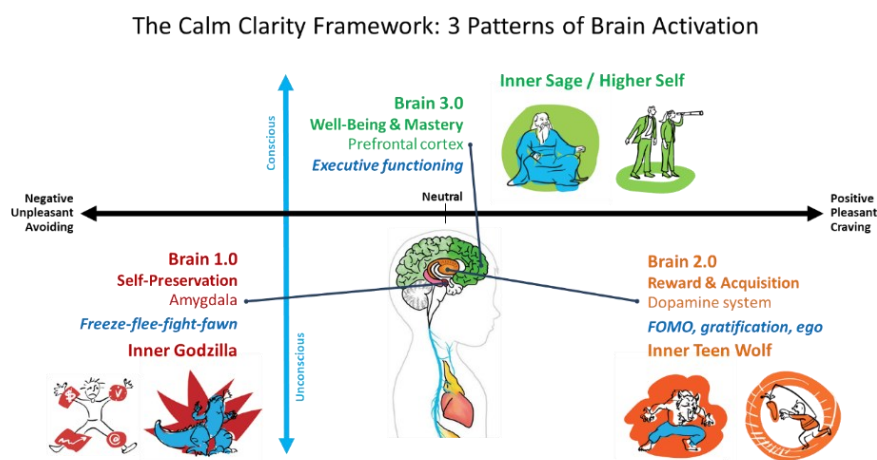


Figure 3. The Calm Clarity Framework: 3 Patterns of Brain Activation on X & Y Axes. Illustrated by Due Quach and Ellen Zhao

When we are unconscious, our autopilot is most likely running neural programs internalized by Brain 1.0 and/or Brain 2.0. Getting mindlessly swept up into Brain 1.0 and/or Brain 2.0 by these programs makes the ups and downs of our lives feel like a roller coaster.

By consciously choosing to activate and live in Brain 3.0, we gain the capacity to become aware when Brain 1.0 and/or Brain 2.0 get triggered without mindlessly reacting to those triggers by acting out and transmitting neural programs that increase our suffering. When we become familiar with our triggers, we gain the ability to anticipate them and respond in a higher state of consciousness. Taking slow, deep breaths to bring more blood flow to Brain 3.0 enables us to discern whether acting out the urges and impulses of Brain 1.0 and/or Brain 2.0 could undermine, even sabotage, the outcomes (such as well-being, love, and joy) we genuinely want to experience.

When we are conscious, we can notice the signals from our body alerting us that our heart is closing and that our field is contracting. Then we can take steps to activate Brain 3.0 to re-open our heart and expand our field so that Source Consciousness can once again flow through the neural networks of Brain 3.0. The more we do this, the stronger the neural networks of Brain 3.0 become. This positive spiral enables us to become conscious co-creators.

The inner voice of Brain 3.0, that I call the Inner Sage, is how a human being experiences Source Consciousness guiding them towards the actualization of their “Higher Self,” the version of them that they naturally become when Source Consciousness radiates through them. Through this journey of “self-actualization,” we bring more and more of our “Higher Self” into the physical world, and we experience a greater sense of alignment, wholeness, and oneness.

Humanity’s collective capacity to co-create consciously increases as more and more people support one other to develop and strengthen Brain 3.0. The stronger the “collective Brain 3.0,” the more Source Consciousness can flow through humanity into the world and guide us co-create innovative organizations, technologies, and systems that support us to thrive and embody increasingly higher levels of consciousness.

In the next chapter, I will walk you through the four key neural systems of Brain 3.0, which provide the foundation for integrating higher consciousness into our lives.

Chapter 6. The Four Key Neural Systems of Brain 3.0

“Any man could, if he were so inclined, be the sculptor of his own brain.”

—Santiago Ramón y Cajal, Nobel laureate in medicine, father of modern neuroscience

Brain 3.0 consists of four key neural systems that we can strengthen every day to steadily re-wire and re-program our bio-telecommunications system to embody, express, and transmit more and more qualities of Source Consciousness into the physical universe and manifest our “Higher Self.”

My understanding of these neural systems comes from a field called contemplative neuroscience that emerged about two decades ago when scientists began to study how the human brain changes as people practice mindfulness meditations. Scientists who focus on this growing field of research recently determined that mindfulness practices enhance four important neural systems: the attention system, the resilience system, the meta-awareness system, and the connection system. (Goleman and Davidson 2017) (Jha 2021) Upon learning more about these systems, I realized these are the key neural systems of Brain 3.0 that enable us as human beings to liberate ourselves from the suffering that arises when people mindlessly co-create in Brain 1.0 and Brain 2.0.

Before I dive into these four systems, I want to take a moment to provide some important background on neuroscience. Scientists first learned what different structures of the brain do by studying what people with brain damage were no longer able to do. They then concluded that the damaged parts of their brain were responsible for the missing abilities. With the advent of brain imaging technologies, scientists could instruct study participants to perform a specific activity and see what areas of the brain used more glucose and oxygen as they did the activity. As a result, neuroscientists often describe areas of the brain according to the function(s) they seem to enable a person to perform. In this way, our present-day understanding of the brain represents the accumulation of educated guesses made by scientists throughout history using whatever technologies and metaphors were available during their period of research. This means the field of neuroscience is a work in progress. We are continuously updating our understanding of the brain as new technologies and metaphors emerge.

The building block of the nervous system is a nerve cell, called a neuron, which connects with other neurons to form neural pathways. It is estimated that about 128 billion neurons form the embodied brain of a human being. (L. F. Barrett 2020) Each neuron can be part of many neural pathways, and each neural pathway can be part of many neural networks,

which in turn can be part of many neural systems. A neural network is simply a naming construct used by scientists to describe clusters of neural pathways that work together to perform a specific function. Similarly, a neural system is a construct used to refer to groupings of neural networks that activate together when we perform a higher-level function. Therefore, two neural systems often overlap and enhance each other because they include many of the same neural networks. For example, the neural systems for talking and for reading both include neural networks corresponding to vocabulary.

In this manner, the four key neural systems of Brain 3.0 are naming constructs we can use to refer to many clusters of neurons that activate together to perform the high-level function denoted by the names for each system. Each of these systems share many common neural networks with the other three. In fact, the attention system serves as an essential component of the other three systems. Therefore, the order in which I introduce these systems below reflects my view on how the four systems build into each other.

The Attention System enables you to direct and focus your attention and sustain concentration. Strengthening this system involves learning to constructively manage the seesaw relationship between the focused attention network (FAN) and the default mode network (DMN). Basically, the DMN self-activates whenever your FAN is not focusing on a task or is tired and needs to rest. A very strong attention system enables you to direct and redirect your attention whenever it gets diverted or scattered. The stronger this system is, the better your concentration, retention, attention to nuance and detail, and accuracy.

The Resilience System involves directing your attention system to notice and become aware when your sympathetic nervous system (SNS) is escalating. As this happens, it sets off a biochemical cascade that directs blood flow away from Brain 3.0 to your arms and legs, making it easier for Brain 1.0 and/or 2.0 to hijack your mind. It also involves taking steps to calm and de-escalate your SNS as needed to restore blood flow to Brain 3.0. Strengthening your resilience system improves your capacity to recover from distress and reduces the harmful effects of chronic stress on the body (e.g., inflammation, insomnia, etc.). A very strong resilience system enables you to maintain composure in times of challenge and crisis so you do not get hijacked by Brain 1.0 and/or Brain 2.0, and you can access Source Consciousness to think clearly and make good decisions.

The Meta-Awareness System involves directing your attention system to notice, observe, and become more aware of how your DMN continuously weaves experiences and narratives together to form a mental model of the world, and constructs simulations and predictions to navigate your world. It also involves using your resilience system to discern and recognize any unconscious stories, habits, and patterns hardwired into your DMN that propel you into negative spirals (i.e., into hypervigilance, anxiety, rumination, despair, conflict escalation, paralysis, etc.). A very strong meta-awareness system enables you to catch yourself

in an autopilot pattern that is not serving you and make a conscious choice to activate and strengthen Brain 3.0 neural systems that support you to act in greater alignment with your values, aspirations, and intentions.

The Connection System enables you to form emotional connections, see other people's perspectives, and tend and befriend in Brain 3.0 under stress. The connection system both draws on and enhances the functions of the attention, resilience, and meta-awareness systems to give us the conscious ability to regulate urges and impulses in Brain 1.0/2.0 that "deactivate" the connection system. For instance, when freeze, flee, fight, or fawn survival mechanisms take hold of our mind, they turn "off" the connection system, prompting us to contract, withdraw, and isolate, making us feel disconnected and alone. According to research by Dr. Barbara Frederickson, strengthening your connection system increases your sense of "inner connectedness" and interconnectedness with the world around you, and improves your well-being and positivity. A strong connection system supports you to build healthy, meaningful, and fulfilling relationships and motivates you to take actions that benefit the greater good. (Frederickson 2013) A very strong connection system enables you to become a generator of compassion, empathy, and kindness in challenging circumstances.

I made the illustration below to try to capture how these neural systems overlap, reinforce, and build upon each other.

The Four Key Neural Systems of Brain 3.0

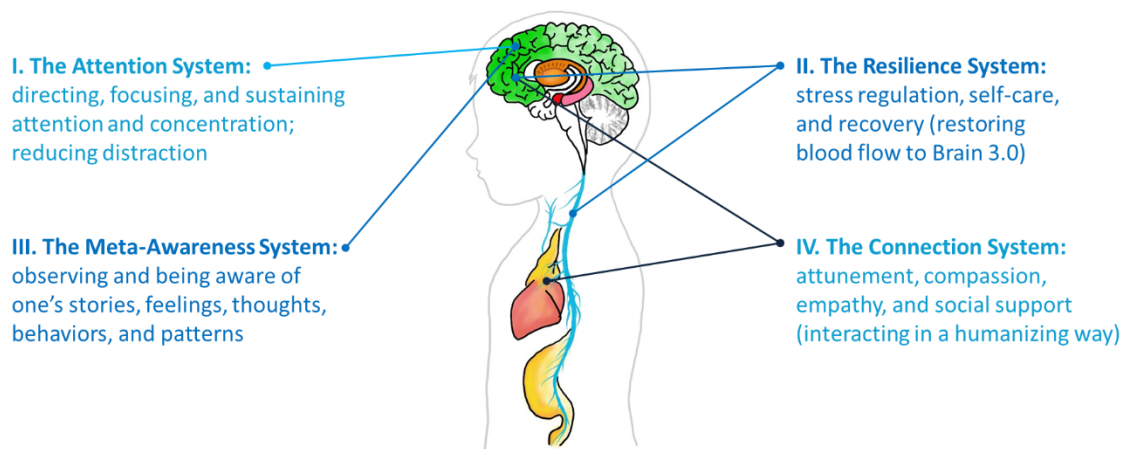


Figure 4. The 4 Key Neural Systems of Brain 3.0. Illustrated by Due Quach

What effectively happens as you build these four systems is that your Inner Sage / Higher Self starts to use them to guide you. You will start to experience what I call a "Brain 3.0

spotlight” as your Inner Sage directs your attention system and meta-awareness system to notice and take in what your Higher Self / Source Consciousness wants to bring to your attention and awareness. As you engage with the world around you through this Brain 3.0 spotlight, you will find that stories, events, and situations that trigger and stimulate Brain 1.0 and Brain 2.0 neural programs become less captivating to you.

Your Inner Sage will use your Brain 3.0 spotlight to give you a higher-level perspective on your behaviors, stories, and patterns in Brain 1.0 and Brain 2.0, providing you with insights and guidance on how to act and interact more effectively in Brain 3.0. Then it becomes easier to stay grounded and be resilient in situations that escalate your sympathetic nervous system. Your connection system becomes less vulnerable to becoming “deactivated” when you experience stress and conflict. Instead, your Brain 3.0 spotlight will guide you to see and act on opportunities to form and deepen connections with others to better understand the situation and work together to address the causes of stress and conflict.

So long as these four neural systems remain underdeveloped, our attention can get hijacked by whatever activates Brain 1.0 and Brain 2.0. Living in this manner is like being on a boat with a malfunctioning navigation system being tossed about by the wild tidal waves of a hurricane. As we develop these key neural systems, a Brain 3.0 spotlight emerges which functions like a navigation system upgrade. Like cutting through static and noise to tune into a signal, the Brain 3.0 spotlight attunes us to the frequency of our Inner Sage providing guidance to navigate through any adversities we may encounter and prevent our fears, anxieties, and resentments from building into destructive emotional hurricanes. As it becomes stronger, this Brain 3.0 spotlight becomes our bridge to Source, enabling us to re-discover our oneness and interconnectedness with all humanity, all life, and the entire universe.

In the next chapter, I will talk more about how human beings interact in ways that co-create connection or disconnection depending on their pattern of brain activation.

Chapter 7. Co-Creating Interactions

"Pain that is not transformed is transmitted."

—Richard Rohr

"Although the world is full of suffering, it is also full of the overcoming of it."

—Helen Keller

Our interactions with other people are the primary means by which we transmit the energies of our field into the world around us. Our interactions also serve as a mirror reflecting our level of consciousness. See illustration below.

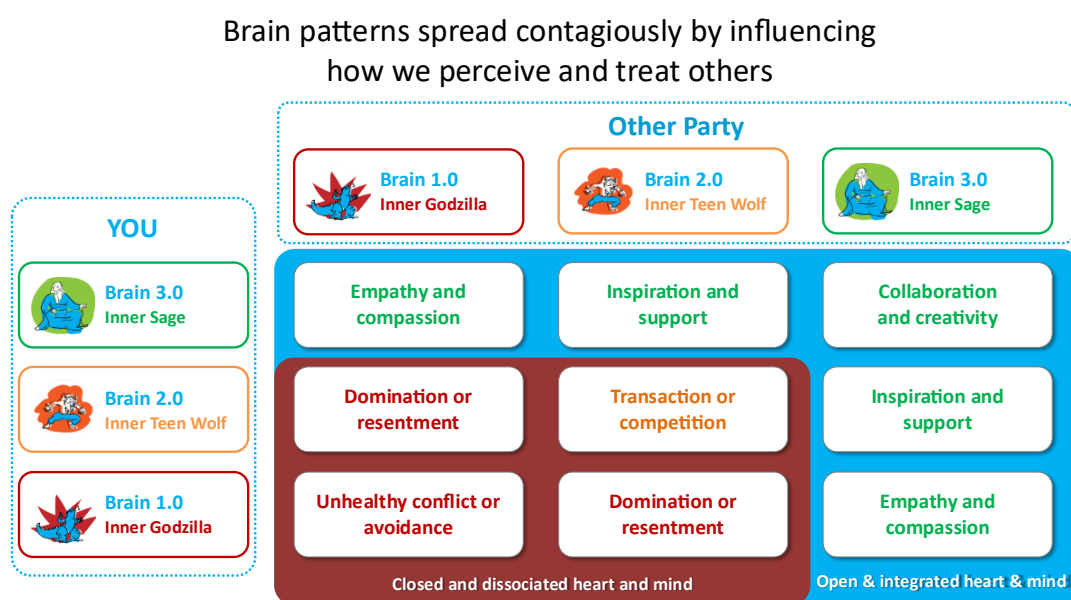


Figure 5. Brain Pattern Interaction Matrix. Illustrated by Due Quach (Emoticons by Ellen Zhao)

In general, interacting in Brain 1.0 and Brain 2.0 tends to close and disconnect our hearts and minds. These experiences wire the embodied brain to compartmentalize, fragment, and dissociate. When we are in Brain 1.0, we tend to transmit Brain 1.0 and co-create unhealthy conflict and avoidance. When we are in Brain 2.0, we tend to transmit Brain 2.0 and co-create transactional or competitive interactions that often lead to activation of Brain 1.0 in ourselves and others, which in turn co-creates conflict and generates domination or resentment.

Interacting in Brain 3.0 requires that we use the four key neural systems described in the previous chapter to continuously open and/or re-open our hearts and minds to maintain a state of inner connectedness and integration whenever a trigger occurs that may cause us to contract and disconnect. Elevating experiences of interacting with others in Brain 3.0 wire the embodied brain towards greater integration and wholeness, as well as alignment and oneness with Source Consciousness. When two or more people are interacting in Brain 3.0, they transmit Brain 3.0 and elevate each other's ability to access Source Consciousness in ways that enhance connection, collaboration, and creativity. Thus, relationships that are built in Brain 3.0 are fulfilling, energizing, and uplifting.

When one party is in Brain 3.0, and the other party is not, the party in Brain 3.0 can notice that the other person is transmitting Brain 1.0 and/or Brain 2.0 without escalating and adding to this dense energy. Instead, they can stay anchored in Source Consciousness and support the other party to calm and de-escalate Brain 1.0 or Brain 2.0. This often involves providing empathy and compassion to someone whose Brain 1.0 was activated by stress and adversity or providing inspiration and support to someone who is acting on urges in Brain 2.0 to deny, numb, escape, or control their negative feelings (instead of bringing Source Consciousness to the situation). It is possible to transmit Brain 3.0 nonverbally through listening and acts of caring in ways that activate the other party's Brain 3.0 networks. Similar to how we can jumpstart a dead car battery by connecting it to a running car, being in the presence of someone in Brain 3.0 makes it easier for anyone swept up in Brain 1.0 or Brain 2.0 to re-activate their Brain 3.0 networks. Whenever we feel lost and confused, a fast way to regain access to Source Consciousness to see a bigger picture perspective and/or a longer-term view is to connect with someone who is grounded in Brain 3.0.

At present, many societies do not yet proactively cultivate the capacity of human beings to interact with each other in a state of alignment and wholeness. Most education systems and professional development programs tend to foster interactions in Brain 2.0/1.0. Very few schools and organizations proactively focus energy and resources to support leaders, staff, clients, and other stakeholders to develop the key neural systems of Brain 3.0 so they can consciously interact in Brain 3.0. Consequently, the vast majority of people are socially conditioned to interact primarily in Brain 2.0 or Brain 1.0 at school, at work, and in public.

Unfortunately, this means that for many people, it is an unusual occurrence to experience the life-enhancing benefits of interacting with another human being in Brain 3.0. Because human beings are social creatures, our quality of life and well-being could improve dramatically simply by experiencing regular interactions with people in Brain 3.0.

In the next chapter, I will dive deeper into the impact of human beings generating and transmitting energy in Brain 1.0 or Brain 2.0 to each other in our daily lives and the positive changes that could unfold by generating and transmitting more energy in Brain 3.0.

Chapter 8. Human Beings as Energy Generators and Transmitters

*"A new type of thinking is essential if mankind is to survive and move to higher levels...
Past thinking and methods did not prevent world wars. Future thinking must prevent wars."*

—Albert Einstein

I would like to now ask you, the reader, an important question: are you able to honestly assess what percentage of time you are generating and transmitting energy in Brain 1.0, in Brain 2.0, and in Brain 3.0?

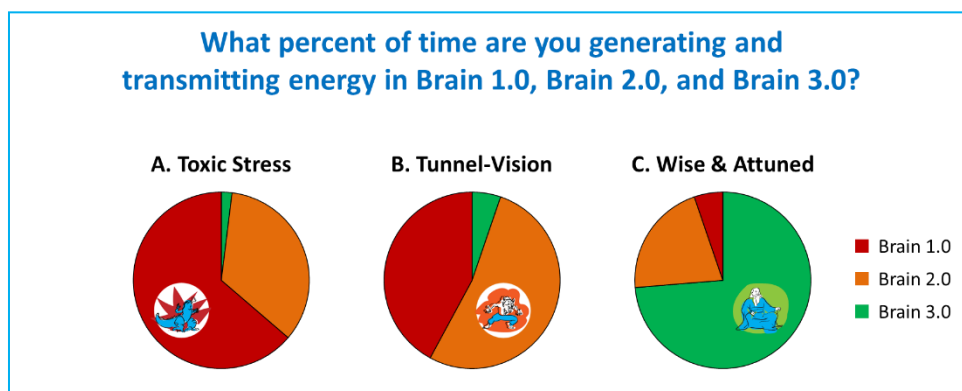


Figure 6. Archetypes for Brain Patterns as Pie Charts. Illustrated by Due Quach (Emoticons by Ellen Zhao).

The pie charts shown above represent three possible archetypes (these pie charts will be presented in an illustration in the next chapter). These archetypes are based on periods of my life in which I behaved in the manner I describe below.

Pie chart A represents a person who spends most of their time in self-preservation mode in Brain 1.0, in a chronic state of hypervigilance and fear. Their body most likely has elevated levels of inflammation. They likely also turn to Brain 2.0 to escape, numb, and suppress negative sensations and feelings without healing or addressing the underlying pain. In this state, they rarely experience a state of heart opening and expansion that would allow them to embody an elevated level of consciousness in Brain 3.0.

Pie chart B represents a person who spends most of their time chasing and acquiring things in Brain 2.0, a state of tunnel vision in which they hyper-focus on what they can do to acquire specific rewards and ignore or neglect other aspects of life. When they get what they are chasing, they experience a short-term dopamine surge that eventually fades and leaves them feeling once again like they are missing something, and so they chase something else. When they do not get what they want, they can spiral into Brain 1.0. Every now and then, they may experience a state of heart opening and expansion that could bring them into Brain 3.0. Yet once Brain 2.0 reactivates, they go back into tunnel vision.

Pie chart C represents a person who has strengthened the four key neural systems Brain 3.0 to the point where these systems can easily self-activate and help them calm Brain 1.0 and Brain 2.0 whenever they are triggered by the stresses and challenges that come up in their daily life. As a result, they can make a conscious choice to keep their heart open so they can continuously access Source Consciousness. By keeping Brain 3.0 activated, they experience a strong connection to Source Consciousness that provides a sense of alignment and wholeness. Being human, Brain 1.0 and Brain 2.0 continue to be part of their bio-telecommunications system, performing a conscious function to assess threats and rewards. The four key neural systems of Brain 3.0 enable the person to become aware of and access the “data” stored in Brain 1.0 and Brain 2.0 without becoming swept into Brain 1.0 or Brain 2.0 for long periods of time. This data provides insights to deconstruct neural programs that got internalized by Brain 1.0 and Brain 2.0, such as those that we absorbed from our family and society, before we developed the capacity to consciously evaluate them.

To what extent do any of these archetypes describe what you were like in different stages of your life? Do these archetypes enable you to get a better sense of the relative amount of energy you generated and transmitted in Brain 1.0, Brain 2.0, and Brain 3.0 during those time periods?

Next, consider what archetype is most similar to what your life is like now. What would your pie chart look like for the last 30 days? How much energy did you generate and transmit Brain 1.0, Brain 2.0, and Brain 3.0 through your interactions with yourself and with other people?

A Macro-Level Perspective

Now I would like you to consider what this looks like at a macro level. There are now 7+ billion human beings across the world all generating and transmitting energies in Brain 1.0, Brain 2.0, and Brain 3.0, just like you. If you were to guess, how much energy in aggregate are human beings generating and transmitting in Brain 1.0, Brain 2.0, and Brain 3.0 respectively?

While we do not yet have the scientific instruments to quantify these figures, we could use the following thought experiment process to do the math.

First, draw what you think a pie chart might look like for how much time the average human being generates and transmits energy in Brain 1.0, Brain 2.0, and Brain 3.0.

Next, let us estimate how much of the energy that a human being metabolizes each day is influenced by these brain patterns. We know from basal metabolic rate research that human beings metabolize about 1,300 to 2,000 calories a day, depending on their age and how physically active they are. Research has also revealed that of all the organs of the body, the brain uses the most energy, consuming about 20 to 25 percent of the body's overall energy production.⁸ Therefore, we can estimate that for the average person, at least 260 calories to 500 calories each day could be influenced by whether that person is in Brain 1.0, Brain 2.0 or Brain 3.0 at the time their body uses that energy.⁹ To simplify the math, let's use 500 calories.

The next step is to multiply the percentage for Brain 1.0, 2.0 and 3.0 in your pie chart by 500 calories per day. To estimate a yearly figure, multiply the calories for Brain 1.0, Brain 2.0, and Brain 3.0 by 365 days. Finally, to calculate the aggregate collective figures, multiply the numbers you obtained by seven billion people.

Next, let us consider the impact of these figures you estimated. What is the impact of human beings adding these quantities of Brain 1.0, Brain 2.0, and Brain 3.0 into the collective field each year? How do increases in these energies influence and impact what human beings co-create? From my own observations, I believe these energies can be linked to significant trends across the world.

Increasing Brain 1.0 in the collective field corresponds to increased hypervigilance in every corner of the world. Brain 1.0 energies are driving people to mindlessly co-create:

- Isolation and depression
- Violent conflict and war
- Demand for weapons and defense systems at the individual, local, state, and national levels

⁸ If we consider the embodied brain (the brain plus the entire nervous system), this percentage would be higher. However, this figure was not readily available because it is probably harder to measure.

⁹ Based on research on how much less energy the brain consumes on autopilot compared to when people are actively thinking in a more conscious manner, we can hypothesize that it requires much more energy to use Brain 3.0 than it does to use Brain 2.0, which is the key mechanism used by the autopilot for forming and carryout habits. Since Brain 1.0 is associated with an escalated state of stress, Brain 1.0 most likely also requires more energy than Brain 2.0 and Brain 3.0.

Increasing Brain 2.0 in the collective field corresponds to increased tunnel vision, self-centeredness, polarization (us versus them stories), escapism, reward chasing and status seeking. Brain 2.0 energies are prompting people to mindlessly co-create:

- High rates of addiction, drug abuse, and crime
- Government policies and businesses that condone the exploitation of human beings and resources for profit
- Increasing socioeconomic inequality and rising plutocracy
- Decreasing innovation and creativity (increasing stagnation)
- Decreasing social stability and security

Increasing Brain 3.0 in the collective field corresponds to more and more people accessing Source Consciousness and becoming inspired to develop and contribute their gifts and talents to co-create in ways that benefit the collective, often through projects that improve the quality of life for human beings around the world. Brain 3.0 energies are inspiring people to co-create:

- Altruistic projects to alleviate suffering and end poverty
- Scientific innovation and breakthroughs to cure diseases
- Government initiatives to provide for the holistic well-being of their citizens
- Diplomatic efforts to find peaceful solutions to conflict
- Technological innovations to address pain points and create valuable new products and services
- Mission-driven businesses to serve the needs of consumers with integrity while take caring of staff and investing in their communities

To anyone who feels despair about the current state of the world, and the vast amounts of Brain 1.0 and Brain 2.0 being generated and added into the collective field each year, please find hope in the impact that the overall increase in Brain 3.0 over successive generations has made on our lives. In particular, over the past four hundred years, rising education rates, increased literacy, and increased access to information have contributed to the accelerated development of a "collective Brain 3.0" which has made a dramatic impact on society.

To summarize, let us start with the Age of Enlightenment which historians trace back to the 1600s, when a group of philosophers and scientists started to exchange and develop ideas in Brain 3.0. The proliferation of the printing press enabled their ideas to spread widely, fertilizing Brain 3.0 to sprout across the globe. The ripple effects of this change reshaped what

human beings expected and demanded from their governments. Consequently, monarchies crumbled as people organized to set up a revolutionary new form of government in which citizens elected leaders by voting. These democracies then poured massive investment into building education infrastructure, which further nurtured the “collective Brain 3.0.”

As the collective Brain 3.0 grew stronger, it inspired the generation of new ideals that quickly spread. These ideals include beliefs that many people now take for granted such as these: that all human beings have dignity, that no human being should live in a state of slavery, oppression, poverty or starvation, and that it is the task of good governments to provide universal access to education, healthcare, and affordable housing. As humanity generated and transmitted more and more energies in Brain 3.0, governments institutionalized Brain 3.0 ideals through legislation such as those that abolished slavery, granted universal suffrage, provided universal education, and safeguarded civil rights.

Today, many people feel despair and cynicism when governments, institutions, and leaders fall short of meeting these Brain 3.0 ideals. When idealists get frustrated by what they perceive as setbacks and stalled progress, it can be grounding to remember that for most of human history, these ideals might not even have been imaginable.

It is important for anyone who wants to see the world continue to change for the better to recognize that the amount of energy that human beings generate in Brain 3.0 is an essential fuel for progress. We must also acknowledge that the vast energies being generated in Brain 1.0 and Brain 2.0 by our generation and all the human beings who came before us still impact our world and must be healed and transformed rather than ignored or suppressed.

In the next chapter, I will share more about the state of the collective field.

Chapter 9. Living in and Transforming the Collective Field

“The mind can proceed only so far upon what it knows and can prove. There comes a point where the mind takes a leap—call it intuition or what you will—and comes out upon a higher plane of knowledge, but can never prove how it got there. All great discoveries have involved such a leap.”

—Albert Einstein

The math exercise in the previous chapter gives you an idea of the enormous amounts of energies in Brain 1.0, 2.0 and 3.0 coming into the collective field each year. Now it is time to consider how the accumulation of these energies since the dawn of human existence affects the collective field and impacts us as human beings living in the collective field.

About ten years ago, an image started appearing in my mind to guide me to navigate life as a human being in this collective field. In many ways, it served as both a roadmap for my own journey towards self-actualization and a visual synthesis of the jigsaw puzzle pieces I have gathered. When I wrote the Calm Clarity book, I did my best to capture this image in an illustration that was shared in the final chapter on page 294. (Quach 2018) I have since received feedback from many people that the illustration also applies to their own personal journey. I would now like to walk you through an updated version of this illustration (on the next page), sharing new insights I have gained since completing the book in 2017.

The vertical Y-axis represents different layers of consciousness in the collective field. It starts at the bottom with the dense physical world we interact with using our bodies and senses and moves up to the highest, most subtle layer that represents Source. The collective field has several salient components. I use the term “Collective Field of Humanity” to refer to the “frequencies” that correspond to the “radio spectrum” of the embodied human brain. Within the Collective Field of Humanity, the lower spectrum where Brain 1.0 and Brain 2.0 are transmitting is what I call the “Field of Entanglement,” because we get energetically tangled up with the stories, narratives, and neural programs that keep us circulating them in Brain 1.0 and Brain 2.0.

The horizontal X-axis represents a Sanskrit concept called “sharanagati” that can be translated as “spiritual conductivity.” I see it as describing the degree to which a human being as a bio-telecommunications system can receive and transmit Source Consciousness. The more “spiritually conductive” a person is, the stronger their ability to access clear transmissions from Source, the further right they would be on the X-axis.

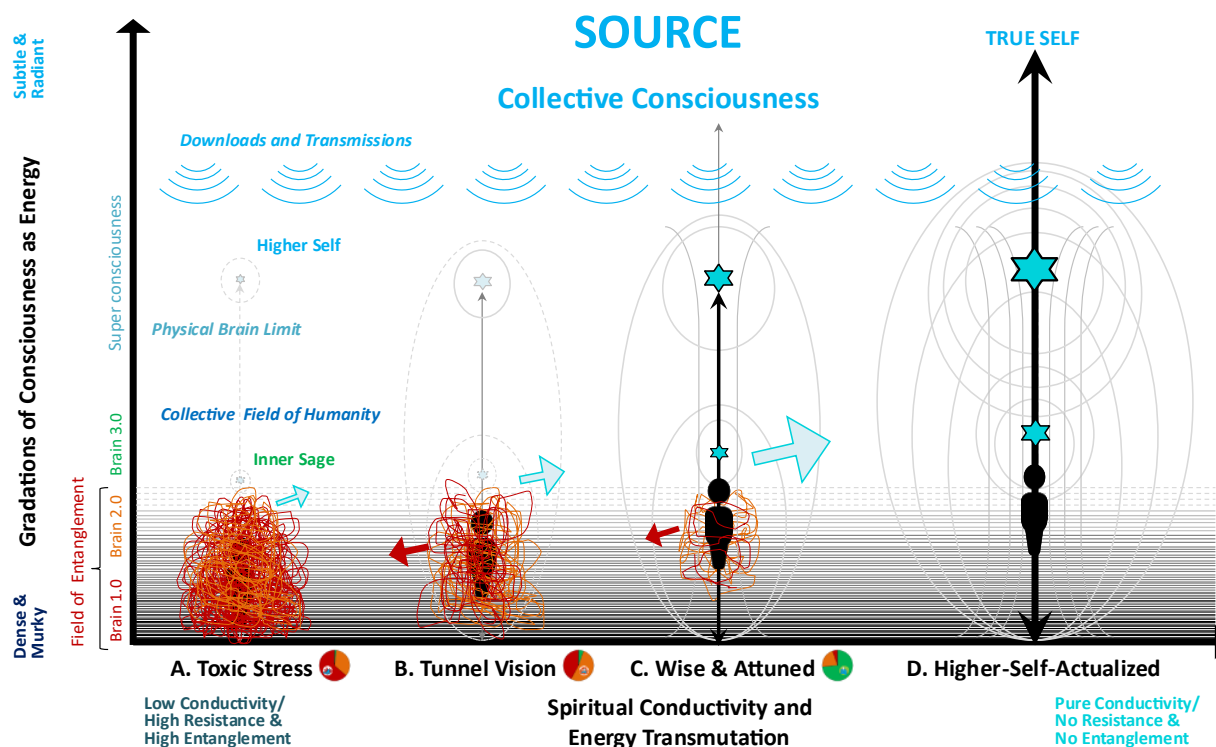


Figure 7. Navigating the Collective Field. Illustrated by Due Quach

In this version of the illustration, I also overlay the pie chart archetypes from the previous chapter to highlight how Figures A, B, and C serve as an illustration of the corresponding archetype. These figures also capture the arc of my own journey of evolution, as I have experienced stages in my life where my level of consciousness could be represented by Figure A, Figure B, and Figure C.

Together, Figures A, B, and C illustrate that the capacity of a human being to perceive and understand consciousness at levels higher than the Collective Soup is limited by how our embodied brains are activated and wired. As a reminder: the stronger Brain 3.0 is and the more frequently we activate Brain 3.0, the more access we have to higher levels of consciousness. The stronger and more frequently activated Brain 1.0 and Brain 2.0 are, the more our hearts and mind "close," the less blood flow goes to Brain 3.0, the less access we have to higher consciousness.

- Figure A is so ensnared in the Field of Entanglement that they rarely access higher consciousness and therefore, might even presume that higher consciousness does not exist.
- Figure B may have some glimpses of higher consciousness, but the belief systems, stories, and narratives they are tangled up in distort or eclipse those experiences and distract them from developing their capacity in Brain 3.0 to discern the distortion and “untangle” transmissions they receive from Source.
- Figure C has strengthened and developed Brain 3.0 to the point where they are continuously tuning in to their Inner Sage and listening to its wisdom to further liberate themselves from the Field of Entanglement. As a result, they spend less and less of their life swept up in Brain 1.0 or Brain 2.0.

Figure D represents what an idealized enlightened person could be like. My guess is that such a person would still have a human brain, and thus could still experience the activation of Brain 1.0 and Brain 2.0. The difference from Figure C is that Figure D is liberated from the Field of Entanglement, meaning their Brain 3.0 is so strong that they can no longer be entangled by the narratives and social conditioning that sweep people into prolonged states of Brain 1.0 and Brain 2.0.

I want to clarify that the structures of Brain 1.0 and Brain 2.0 likely still exist in the brain of Figure D, yet now they serve as data gathering tools that enable this person to observe and discern what emotions, energies, and stories are being generated and transmitted in the Field of Entanglement. Figure D uses this data to gain insights on how to support more people to liberate themselves from the Field of Entanglement. They attune with Source Consciousness to bring a greater awareness to these stories and access guidance from Source (which are often described as “Divine Transmissions”) that provides them with wisdom to address the various forms of entanglement they encounter.

As human beings represented by Figure C free themselves more and more from the Field of Entanglement, they increase their capacity to co-create consciously like Figure D. It starts on an intermittent basis and gradually becomes more continuous. This is because their conscious minds are still susceptible to being swept into the Field of Entanglement by the narratives, stories, and programs that continue to “captivate” their autopilot.

This image often appears in mind to guide me to notice when I am entangled. It helps me see how like figure C, I move to the left towards B and A when I get swept up in Brain 2.0 and/or Brain 1.0 and I move to the right towards D when I open my heart and mind, and consciously activate and strengthen Brain 3.0 to access Source Consciousness to untangle my unconscious programming. By freeing myself more and more from the Field of Entanglement, I can actualize more and more of my capacity to be a conscious co-creator.

Humanity is naturally moving towards C and then D as more and more people strengthen their capacity to access and transmit more and more Source Consciousness into the world. As more and more human beings become increasingly self-actualized by moving towards D, the Field of Entanglement naturally dissolves.

As I will explain in the next chapter, humanity is finally on the verge of co-creating a conscious society and a conscious economy. What we need is a critical mass of people to become conscious co-creators to make this shift.

Chapter 10. Envisioning a Conscious Society and Economy

"We but mirror the world. All the tendencies present in the outer world are to be found in the world of our body. If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him. This is the divine mystery supreme. A wonderful thing it is and the source of our happiness. We need not wait to see what others do."

—Mohandas Gandhi

At the present moment, humanity as a whole is generating more energy in Brain 3.0 than ever before. Even though humanity is still generating vast quantities of energies in Brain 1.0 and Brain 2.0, the energies of Brain 3.0 have been manifesting palpable changes in what we desire and expect from our governments, institutions, businesses, and leaders.

For instance, Brain 3.0 energies are fueling the following trends:

- The rise of conscious consumerism, whereby people align their spending with their values and aspirations to make a positive social impact.
- The growth of technology-enabled altruism through crowdfunding platforms like GoFundMe, community-based giving platforms like Buy Nothing, and volunteer platforms like Catchafire.
- The widening adoption of environmental, social, and governance standards to assess an organization's environmental and social impact.
- The growing number of businesses establishing as benefit corporations, a corporate structure that legally commits to making a profit while also achieving a greater purpose to make a positive impact on society.
- The growing awareness of the brutality of European colonization and the need to address and heal the many inequities experienced by historically oppressed and marginalized communities.

These trends are signs that a larger collective shift is underway. Nevertheless, across the world, we see high levels of suffering because societies are still being shaped by people unconsciously co-creating in Brain 1.0 and Brain 2.0. Were this to continue, the mindless

consumption of resources carried out by unconscious societies could lead to ecological destruction, mass famine, and widespread disease--potentially resulting in mass extinction.

Therefore, it is critical that as many human beings as possible support one another to strengthen Brain 3.0 to continue to generate the energy and capacity to consciously co-create a society and economy that supports all of humanity to become self-actualized, flourish, and live sustainably.

A key step for moving forward is to have a clearer vision of what a conscious society and economy looks like. Since many of us have never seen or lived in one, I believe it will help to start by clarifying how a conscious society would be different from the unconscious societies we live in today.

There are two key points of difference that I want to highlight. The first relates to how money is used as an instrument of consciousness. The second relates to whether attention is focused on co-creating genuine value versus artificial value. Together, these two differences serve as critical pillars for forming a conscious economy that grows by supporting human beings to innovate, flourish, prosper, and live sustainably in Brain 3.0

1. Money as an instrument of consciousness.

Money serves an important function as an instrument of consciousness that concretizes a society's implicit values. How money is used and distributed reflects what a society actually rewards and assigns "worthiness" to. Monetary transactions and messages transmit social conditioning and neural programs on a massive scale from autopilot to autopilot.

In the Field of Entanglement, stories and narratives connected to money spread implicit beliefs that a person's worthiness, belonging, status, power, and influence are tied to their material wealth. These beliefs drive human beings to behave in ways that co-create and perpetuate competition, scarcity, hierarchy, exploitation, and poverty. By internalizing and believing these stories, people use and hoard money and possessions in ways that tangle them up further in Brain 1.0 and Brain 2.0 potentially for their whole lives.

In an unconscious society, money is weaponized into a tool of exploitation. Plutocrats are often given free rein to use their wealth and power to exploit their fellow human beings, extracting disproportionate profits from labor that they underpay their workforce to do.

In contrast, for people who have cultivated the capacity to use Brain 3.0 to disentangle themselves from these stories (and the Field of Entanglement in general), money serves as an instrument for Source Consciousness to co-create prosperity and thriving. They can steward

their wealth and use the monetary system as a critical platform to share, exchange, and allocate resources effectively, efficiently, and fluidly in Brain 3.0 to support the well-being of all.

Therefore, in a conscious society, money is valued, appreciated, and harnessed as an instrument for co-creating with Source Consciousness in ways that increase collective well-being. As I will explain next, this happens when people consciously direct and allocate their money and resources towards projects, ventures, services, and products that produce genuine value.

2. The co-creation of genuine value versus artificial value

A conscious society would discern value in Brain 3.0 in a fundamentally different way from how an unconscious society mindlessly assigns value in Brain 2.0/1.0. **A conscious society recognizes that genuine value is created when something improves well-being and quality of life and contributes to elevation, expansion, wisdom, connectedness, and joy.**

An unconscious society often assigns *artificial value to something scarce that does not improve well-being in any meaningful way, yet its scarcity makes it a marker of status.* Artificial value is often driven by social conditioning and mass hysteria and is best demonstrated by market bubbles. When enough people realize that possessing the scarce item does not produce any genuine value to support the exorbitant prices, the bubble pops.

Unconscious societies in Brain 2.0/1.0 financially reward practices and activities that destroy genuine value, strengthen the Field of Entanglement, and disconnect people from Source. Examples of such practices and activities include manufacturing and selling addictive substances like opioids, cigarettes, and alcohol, predatory lending practices, operating casinos, destroying rain forests, exploitative labor practices, confiscating land from Indigenous peoples, enslaving people, and so forth.

In contrast, a conscious society would not financially reward businesses that produce such harm and devastation. A conscious society recognizes that genuine value is cultivated and increased by the sustained opening of people's hearts so that they increase their access to Source Consciousness and develop their ability to embody their Inner Sage to collaborate effectively in teams in Brain 3.0. A conscious society would actively encourage people to tune in to Source Consciousness to download insights and guidance to co-create new goods, services, tools, and technologies that improve well-being, health, and quality of life.

A conscious society also recognizes that the amount of people acting out neural programs in Brain 1.0 and Brain 2.0 that cause suffering and harm is a reflection of the size of the Field of Entanglement. When people are swallowed up by the Field of Entanglement such that they are disconnected from Source Consciousness, they are capable of the following:

- Exploitation, abusing, cheating, and taking advantage of other human beings
- Hoarding to create artificial scarcity and manipulate prices
- Destruction of habitats for the extraction of natural resources
- Withholding or overcharging for access to vital resources

Therefore, a conscious society would guide its citizens to develop the four neural systems of Brain 3.0 to free themselves from the Field of Entanglement. Once people experience such liberation, they naturally align with Source Consciousness to co-create a conscious economy that ensures that all people access the education, resources, and goods they need to experience well-being. In such a conscious society, every person can live with an open heart, develop their gifts in Brain 3.0, and continuously co-create with Source.

As I shared earlier, humanity is approaching a turning point where enough energy is being generated in Brain 3.0 to fuel a collective shift towards higher consciousness. What we need is for a critical mass of people to become conscious co-creators who use money as an instrument of Source Consciousness and direct wealth and resources towards ventures and enterprises that use Brain 3.0 to create genuine value.

This starts at a smaller scale when groups of people who come together to collaborate on a project develop their ability to generate and transmit enough energies in Brain 3.0 into their collective field to liberate their team and project from the Field of Entanglement.

In the hopes of inspiring a critical mass of people to become conscious co-creators, I will share more about the stages of such a journey towards self-actualization in the next chapter.

Chapter 11. The Stages of Becoming a Conscious Co-Creator

"As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives."

—Henry David Thoreau

"If you do follow your bliss, you put yourself on a kind of track that has been there all the while, waiting for you, and the life that you out to be living is the one that you are living. When you can see that, you begin to meet people who are in your field of bliss, and they open the doors to you."

—Joseph Campbell

Throughout history, human beings have embarked on many paths towards self-actualization and conscious co-creation. To me, the myriad number of spiritual paths developed by human beings across the world indicates that a one-size fits all approach is not what we should be searching for. Perhaps, as human societies evolve and change the collective field, new approaches that are better suited for various cultures, eras, and groups are supposed to emerge.

In addition, because of neurodiversity and neurodivergence, every human being has a unique embodied brain. People naturally gravitate towards the approaches that work best for their embodied brain. For example, some people may prefer science-based and logical approaches, and some people may prefer approaches that provide social support and a strong sense of belonging and community. That said, the progress that a person (and a community) makes over a period of time will manifest changes in the amount of energy they generate and transmit in Brain 1.0, 2.0, and 3.0.

Hypothetically speaking, if we imagine that such a measurement tool could be used to look at the evolution of the world's major spiritual traditions, we might see a common pattern. The original founder most likely generated and transmitted an enormous amount of Brain 3.0, and their teachings likely enabled tens of thousands of their contemporaries to experience a profound paradigm shift that enabled them to embody higher consciousness. Then over centuries, like a game of telephone, as followers spread their teachings from one region to another and from one generation to the next, the teachings likely became increasingly entangled by the Brain 1.0 and Brain 2.0 energies of the people who derived power from leading and controlling the spiritual tradition. As some of these spiritual traditions transformed

into powerful organized religions that rose to political dominance, the path to self-actualization that initially inspired them likely became more and more obscured by the Field of Entanglement, like an ancient path through the wilderness grown over by plants and trees.

Fortunately, it is now possible to navigate through the wilderness of Brain 1.0 and Brain 2.0 to re-discover these paths thanks to breakthroughs in the field of neuroscience. In the past two decades, scientists have started to use brain imaging technologies to learn how ancient spiritual practices to experience higher consciousness impact the human brain. These emerging insights can serve as a compass to guide us to develop an experientially grounded and science-based understanding of these ancient paths to self-actualization that have been preserved and handed down over centuries and millennia.

In 2012, I embarked on this type of self-initiated exploratory journey to experience mindfulness meditation retreats and yoga teacher training in Asia through the lens of neuroscience. In the years since, I have benefited enormously from using what I learned to re-wire my brain and retrain my autopilot to live more and more in alignment with my Inner Sage. I remain deeply fascinated by how meditative practices have been rewiring my brain and gifting me with insights on how my embodied brain works, what patterns move me towards self-actualization, and what patterns keep me entangled. I continue to follow and integrate new findings in the field of neuroscience to rewire my brain and as my Brain 3.0 gets stronger, I continue to experience new epiphanies on how to become a more conscious co-creator.

While I am still a work-in-progress, I believe it would be helpful to share what I have found to be important insights I have gained over the past 12 years to help others navigate their journey towards actualizing their Higher Self.

3 Primary Stages in a Journey towards Higher-Self-Actualization

Based on my review of neuroscience and behavioral psychology, my explorations of diverse spiritual traditions, and my own journey of transformation, I have come to recognize there are three primary stages in any journey towards what I call Higher-Self-Actualization: Foundation, Aligning, and Conscious Co-Creation.

I call the first stage “**Foundation**” because it involves building a foundation to support transformation by strengthening the four key neural systems of Brain 3.0. I call the second stage “**Aligning**” because it involves using these four key neural systems to re-wire your autopilot, so it naturally embodies more qualities of your Inner Sage or Higher Self. I call the third stage “**Conscious Co-Creation**” because it involves embodying a sustained state of higher consciousness as you interact with people around you, allowing Source Consciousness to guide

you to co-create relationships, teams, and projects that are genuinely fulfilling, elevating, and enriching.

It is important to highlight that these three stages unfold in a cyclical spiral, rather than a linear progression. Whenever we reach the limits of our skills and capacity, we start another spiral. To continue to grow and evolve, we have to add to our foundation, then align our autopilot to more fully embody higher consciousness, and then experience co-creation at this new higher level. See diagram below.

Higher-self-actualization unfolds like a cyclical spiral

**The Journey towards Higher-Self-Actualization
is non-linear**

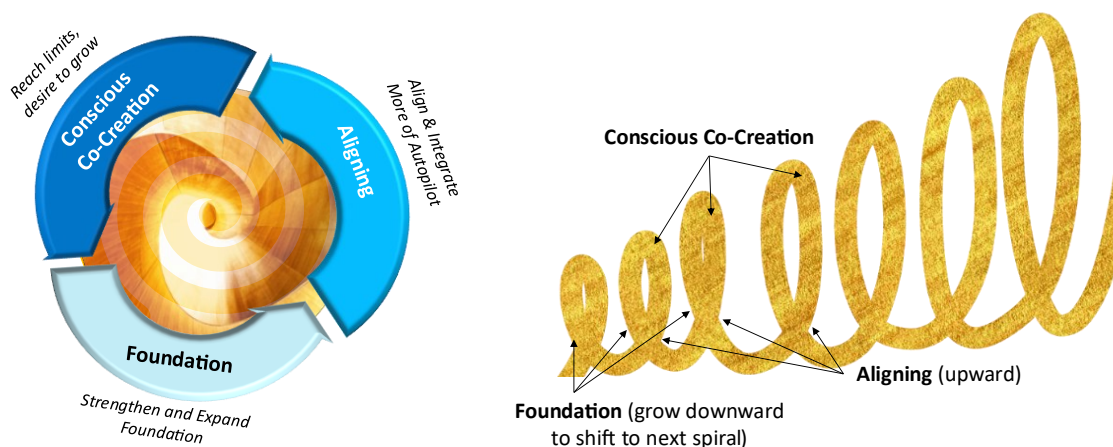


Figure 8. Stages in a Journey towards Self-Actualization. Illustrated by Due Quach

Often, when it is time to start a new spiral, it may feel like we are hitting a wall or regressing. What is really happening is that we are being challenged to embody our Inner Sage in a situation in which our autopilot has been strongly conditioned to react in Brain 1.0 and Brain 2.0, and in which we have not yet built our neural capacity to regulate and re-train our autopilot. Examples of such situations could be a stressful performance review, conflicts with a family member or a colleague, driving during rush hour traffic, etc. We have to exert conscious energy and effort to activate and strengthen the four key neural systems of Brain 3.0 while we are in this context to bring higher consciousness to the situation.

It takes time to build Brain 3.0 neural pathways for all the various contexts and situations we may encounter, especially the most challenging ones. It also requires patience and compassion to manage the inevitable lapses when our autopilot takes over and carries out

our previous neural programs simply because those old neural pathways are so strongly conditioned to self-activate.

Yet as the new neural pathways of Brain 3.0 get stronger, they eventually become strong enough to self-activate and thus, also become part of our autopilot. Eventually, when the Brain 3.0 pathways get stronger than the Brain 1.0 and/or Brain 2.0 pathways in this context, our autopilot will naturally engage in behaviors and patterns that are aligned with higher consciousness.

Higher-Self-Actualization Brings Us into Alignment and Wholeness

Over the past 12 years, I have found that the consistent effort I put into strengthening the four key systems of Brain 3.0 has enabled me to become more aware of my autopilot and observe how it reacts to various triggers that activate neural programs in Brain 1.0 and Brain 2.0 that cause me to interact with the world in a state of discombobulation and disconnectedness. Over time, as these four systems got stronger, they enabled me to re-train my autopilot to replace more and more of my Brain 1.0 and Brain 2.0 reactions with a Brain 3.0 response. As this happens, it requires less and less effort to embody my Inner Sage. As a result, I began to naturally experience an increasing sense of alignment and wholeness in my everyday life.

To me, alignment and wholeness means living in a state in which we as human beings feel centered and grounded, embody our values, access our inner wisdom and compassion, and harness our talents, skills, and energies to be co-create healthy and vibrant relationships, teams, projects, organizations, and communities. In contrast, when we as human beings do not feel aligned and whole, the feeling of “not being enough” can prompt us to mindlessly speak, think, and act from a place of insufficiency, insecurity, unworthiness, and scarcity. We can get stuck in negative patterns and inadvertently spread these limiting patterns to the people around us at work and at home.

My personal experience of the transformation that strengthening these four neural systems made in my life inspired me to create a leadership program that guides people to experience and maintain a deeper state of alignment and wholeness by building the four key neural systems of Brain 3.0. As these systems become stronger, people will increasingly align their autopilot with their Higher Self and increasingly access Source Consciousness to co-create a conscious society and economy.

This program, called the Calm Clarity Lead in Alignment and Wholeness Program, consists of stages that correspond to the three primary stages in a journey of Higher-Self-Actualization. See diagram below.

The Calm Clarity Lead in Alignment and Wholeness Program

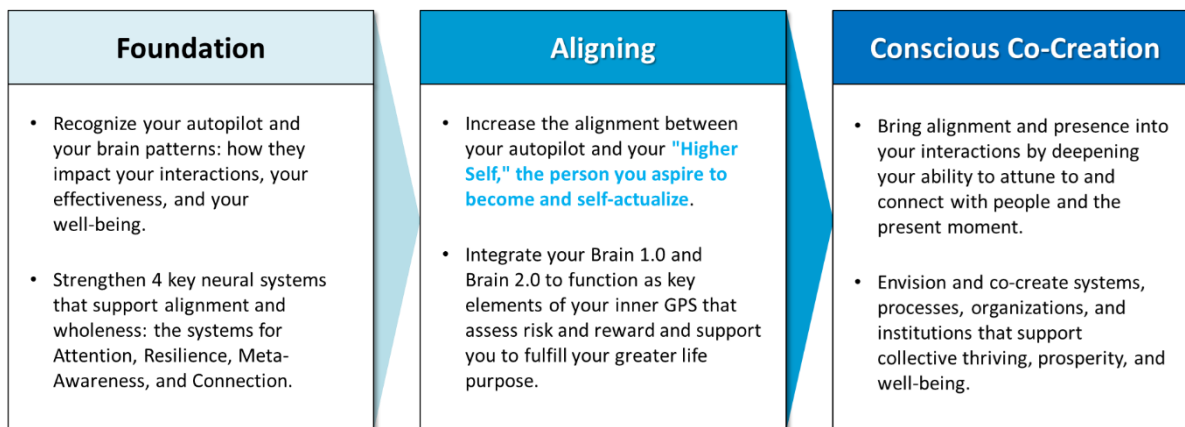


Figure 9. Stages of the Calm Clarity Lead in Alignment and Wholeness Program. Created by Due Quach

The Calm Clarity **"Foundation Program"** consists of a series of experiential learning sessions that provides participants with a visceral understanding of their brain patterns and how their Brain 1.0 and Brain 2.0 reactions have kept them from developing the gifts of their Inner Sage, which are unlocked by strengthening the 4 key neural systems of Brain 3.0. They then start to activate these four systems to bring themselves into a state of alignment and wholeness in which they can more effectively co-create the life and career they want.

In the first session, participants will apply the Calm Clarity framework to understand how differently they interact when they are in Brain 1.0, Brain 2.0, and Brain 3.0. Then they use a tool I developed to understand and assess the strength of their four key neural systems. In the subsequent sessions, participants will dive into each of the four systems sequentially and practice exercises that "workout" each of these systems in this sequence: the attention system, the resilience system, the meta-awareness system, and the connection system.¹⁰

As participants work out each system, they also experience how these four neural systems work together, with each system enhancing and reinforcing the functioning of the other three. In the final session, participants build a personalized plan to strengthen their four systems over the next 6 months. They then use another assessment tool I developed that uses their answers to create a pie chart of how much energy they are generating transmitting in

¹⁰ The workouts consist of two types: 1. meditation exercises inspired by research confirming that specific mindfulness meditation techniques, which were originally developed thousands of years ago, can effectively target and strengthen each of these 4 systems; 2. reflection and writing exercises that activate these 4 systems to see one's autopilot patterns and gain self-awareness.

Brain 1.0, 2.0 and 3.0. They will then enter updates into this assessment tool on a monthly basis to track the progress they are making towards their “ideal” pie chart.

To get a glimpse of the tools and exercises shared in the Foundation Program, you can see our four-page summary guide here: <https://bit.ly/CC-SummaryGuide>

In the “**Aligning stage**,” people work in communities of practice with tools and exercises supported by Calm Clarity coaches to use these four neural systems to become more conscious of their autopilot and train their autopilot to act in alignment with their Inner Sage. They engage their meta-awareness system to discern the triggers in their life that most frequently activate various aspects of their Brain 1.0 and/or Brain 2.0 to “hijack” them and carry out specific patterns and stories that they want to change. The coaches support them to embody their Inner Sage and access Source Consciousness to integrate these “dissociated” aspects of Brain 1.0 or Brain 2.0, reducing their vulnerability to getting “hijacked” by these parts of their unconscious. The coaches also support them to become more familiar with and embrace the qualities of their Higher Self (their gifts) that they are being called to embody and transmit to fulfill a greater life purpose.

In the “**Conscious Co-Creation stage**,” groups, teams, or organizations work with a facilitator to harness the energies of Brain 3.0 that they generate and transmit individually and collectively to collaborate as their Higher Selves and support each other to embody Source Consciousness. The facilitator guides the group to access Source Consciousness and form a clearer vision of how their gifts enable the larger group to fulfill a greater purpose and the specific opportunities and projects that resonate most with their personal and shared sense of purpose.

To keep the project, group, or organization from getting ensnared in the Field of Entanglement, the facilitator provides advice and guides the group to co-create processes and systems to support the group and/or organization to access and sustain a higher level of consciousness throughout the project. Then the group would use these processes and systems to work together to manifest their shared vision.

As you can now see, the Calm Clarity Lead in Alignment and Wholeness Program presents a path to conscious co-creation that is logical and scientific. Nevertheless, it is by no means easy. It requires us to shift again and again out of irrational reactive patterns that take hold of us in Brain 1.0 and Brain 2.0—the parts of us that reflexively act out primal survival instincts and gets distracted by short-term rewards. It is only by continuously and consistently making a conscious choice to re-activate and strengthen Brain 3.0 that we steadily shift into a way of being that is grounded in wisdom, connectedness, creativity, and collective flourishing.

Epilogue: Answering the Call to Become a Conscious Co-creator

"Enlightenment, joy, and peace can never be given to you by another. The well is inside you.

—Thich Nhat Hanh

Have you ever dreamed of living in a world that lovingly embraces each and every human being, a world that provides each of us with resources and opportunities to develop our gifts and talents, a world that supports all of us to live fulfilling and enriching lives?

By reading this paper, you have received an invitation to make this world a reality by attuning to a higher state of consciousness that enables you to shift from fear, isolation, and insecurity to resilience, connection, and collaboration.

You were born with the neural systems to become a conscious co-creator. Yet you have to develop and strengthen these systems before you can harness the beneficial powers they bestow upon you.

The path to becoming a conscious co-creator begins with a choice. You can continue to tune in to the cacophonous frequencies of fear and division and experience yourself as a separate individual fighting for survival. Or you can attune to your Inner Sage to co-create a world where flourishing is not just possible but inevitable. As you stand at this crossroads, the choice is yours to make.

The path is open to all. Are you ready to walk it?

For anyone who would like to experience the Calm Clarity Lead in Alignment and Wholeness Program, I invite you to join one of our workshops. To see our calendar of events and register for an upcoming workshops, please visit our website here:

<https://www.calmclarity.org/events>.

As a social enterprise, we intentionally offer scholarship programs to make this training accessible to people at various levels of income. We sincerely invite you to take advantage of our scholarship programs to purchase a ticket at a price that makes it affordable for you to invest in your own growth and transformation.

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