

MY GOALS

I want to be able to strategise effectively in complex environments

I currently get quickly overwhelmed by complexity. My current cognition only focuses down on a limited part of reality. I want to be able to freely access thinking that allows me to more accurately represent complex reality.

I want to master complexity by developing meta-systemic cognition.

THE STEPS I AM TAKING TO EQUIP MY HIGHER SELF WITH META-SYSTEMIC COGNITION

1. I am using my capacity to operate from my higher self to dis-embed from my analytical/rational thinking and see it from the outside.
2. I am increasingly seeing the limitations of analytical/rational thinking now that I dis-embed from it. I see where it fails to model complex circumstances adequately and therefore does not enable complexity to be mastered.
3. I am beginning to see what analytical/rational cognition leaves out when it attempts to model and understand complexity. It tends to fail to adequately represent Context, Process, and Relationship, and fails to put these together fluidly to model the world as ceaselessly Transforming Systems. These are the Four Quadrants of Meta-systemic Cognition.
4. I am practising using these Four Quadrants and associated ‘mind openers’ to move my dis-embedded attention to the areas that tend to be ignored by analytical/rational thinking. I am building better mental models of complexity.
5. I am learning to ensure that I use dis-embedded attention to model the Four Quadrants. This enables me to access intuition, emotion, pattern recognition and other resources that are essential if I am to incorporate the Quadrants into my increasingly fluid mental models. I now understand that this is why a Higher Self must first be established if true meta-systemic thinking is to be developed.
6. I can now clearly distinguish between meta-systemic cognition and analytical/rational attempts to model complex phenomenon. Analytical/rational thought can attempt to incorporate the Quadrants in its models, but tends to produce only mechanistic representations of them. Most current ‘systems thinking’ comprises mechanistic models of complex phenomenon, and therefore fails to master complexity.
7. I am now able to use my meta-systemic cognition to navigate effectively through complex circumstances and challenges. I am continually finding that I can see things that analytical/rational thinkers fail to see, and I am able to take them into account in my strategizing.

SEE [APPENDIX C](#) FOR FURTHER NOTES ON THE DEVELOPMENT OF META-SYSTEMIC COGNITION