

The Exercise with the four quadrants to evaluate mind sets, patterns, thoughts and beliefs that were formed in our past but no longer serve who we are in the present

The first Quadrant: Family of Origin & The second Quadrant: Tribe

Here you are bringing into consciousness any beliefs, thoughts and promises that were formed when you were growing up in your family of origin and within your culture or tribe. You are looking to see if any of these beliefs and thoughts are still playing out in the present. Perhaps these beliefs served you at one time, to feel safe and wanted and to have a sense of belonging, but today they no longer serve who you truly are and are not healthy in your current relationships. We must identify what beliefs we still carry before we can disidentify and let go of old patterns. **Make of list of thoughts and beliefs or promises that were formed in your Family of Origin and Tribe beside each of those quadrants.**

At certain times in our lives, usually adolescence, we come to rebel and react against what was imposed on us as a way of coming to find our own truths about who we are and what we believe. Look at your list from the first two quadrants and see if you are still conforming to or reacting to your history.

After identifying our behavior that no longer fits for us, we are able to disidentify and let go. We then are able to come into an integration or syntheses of what is true for us as we let go of old programming and ways that we are in reaction. We allow new beliefs, thoughts and promises we make to ourselves to emerge and become new ways of behaving and being.

For example, in my Family of Origin I was taught that outside appearance was very important. It mattered more what I looked like on the outside than what was happening on the inside. So as a child and into young adult life I mostly paid attention to my appearance. But then I reacted and rejected this way of being and swung to a polar opposite of not paying any attention to my physical appearance. I stopped wearing any make up and didn't concern myself with what I was wearing. At some point in my late 40's. I came to synthesize these two polar opposites. I came to understand what my true feelings and thoughts were about my physical appearance. Today, I wear a bit of make up when I feel like it, I enjoy buying

clothes that feel good as an expression of me without placing my inner value on what I look like.

Another example working with Tribal energy is that I was taught to defer to authority, particularly white middle aged or older men. How I reacted to this learning is to rebel, shut down, and protect myself against any white male authority figure (police men, teachers, church figures). How I am in balance and integration today is that I am more open and curious when engaging with white male authority figures. I can approach them with mutual respect without the defiance.

Work with the first quadrant of Family of Origin and then do the second quadrant working Tribe/Culture. Take a moment to meditate on your list of beliefs, promises and thoughts that you formed out of your childhood (you might just work one belief at a time). Reflect on how you might still be reacting. And see if you can come into some synthesis or integration of the two (formed belief and reaction to it). Come to the still place inside of you and see if an image or picture comes into your mind that represents what is wanting to emerge that feels truer for you today.

Draw a picture or image in both quadrants that symbolize what it feels like to embody what you have synthesized that is now true to your deeper self coming out of your Family of Origin and Tribe.

The Third Quadrant: Synthesis of Family of Origin and Tribe:

Often the 'rules' or ways of being and behaving that we learned or developed in our past have deeper values or gifts once we have healed and integrated what has come more into consciousness. Once we identify those patterns in quadrants one and two, we can then disidentify and take away what we learned as gifts for who we now are.

In the third quadrant draw an image of what is wanting to emerge as you have synthesized your past with who you are today. What do you feel is wanting to move through you and into more expression of who you truly are today?

The Fourth Quadrant: What is wanting to emerge from the soul self that will be in larger service to the world or to your community.

In the fourth quadrant draw an image of what is wanting to emerge from your soul as an expression of your true self and in service to the larger good of your community or humanity.

(It might be a good idea to keep the list of promises, beliefs, thoughts and patterns that are still active today in a place you can see them and be working on them. This will help you stay more aware of the patterns you are letting go of. You might also want to do ceremony or ritual as a way to continue to release those patterns from the past that no longer serve you.)