

CATSU: The Human Consciousness Architecture Model

C	A	T	S	U
Consciousness Co-Creation	Activating Advising	Teaching Telling	Science Spirit	Unique/ Undefined
<p><i>The C of CATSU is the ground of being of the whole model, the scaffolding upon which the co-creative relationship is built.</i></p> <p>1) Human Consciousness Architects (HCAs) base their work in a commitment to increasing levels of consciousness in themselves, the people they work with, and the world.</p> <p>2) HCAs are passionately committed to the process of co-creation, so the relationship with others is that of peers and equals, with attention paid to the others' needs, issues and desires for the sake of the learning and growth of both parties.</p>	<p><i>The A and T of CATSU are the manner in which Human Architects work with others.</i></p> <p>1) HCAs activate people's own inner knowing and create receptive brain states by engaging in deep curiosity and asking open-ended questions.</p> <p>2) HCAs advise based on the HCA's own intuition, experience and expertise.</p> <p>HCAs also learn <i>when</i> and <i>how</i> to advise based on neuroscience in order to elicit the most effective response from others, using the Three R's:</p> <ul style="list-style-type: none"> • RELATIONSHIP • RESPECT • RESTRAINT 	<p><i>The A and T of CATSU are the manner in which Human Architects work with others.</i></p> <p>1) HCAs teach people about their brains, consciousness, and more, in order to build their own capacity for self-knowledge and self-direction.</p> <p>2) HCAs tell stories and share ideas for the sake of learning and growth.</p> <p>HCAs also learn very specifically <i>when</i> and <i>how</i> to teach and tell based on neuroscience in order to elicit the most effective response, adding two more R's:</p> <ul style="list-style-type: none"> • RELEVANCE • Just RIGHT 	<p><i>The S-es of CATSU are the theoretical frameworks supporting the work.</i></p> <p>1) The work of Human Consciousness Architecture is based in cutting edge, empirically verifiable science, with a focus on neuroscience and the wisdom of nature.</p> <p>2) The work of Human Consciousness Architecture also honors the deep wisdom of the spiritual traditions of our world, and leaves room for and embraces the mystery of what is not yet measured or is, perhaps, immeasurable.</p>	<p><i>The U of CATSU leaves room for whatever else the HCA has available to bring to the relationship, as well as the gifts of others.</i></p> <p>1) No two Human Consciousness Architects will ever work in the same way with the same tools. Each is unique.</p> <p>2) HCAs work to help others discover their own uniqueness—the deep purpose and gifts they have to share with the world.</p> <p>3) In addition, the U acknowledges that there may be undefined things people need that are not best served by that particular HCA.</p>