



# Journey Between Heart and Soul

## Briefing: The Control-Center

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### OVERVIEW OF METAPHYSICAL KNOWING CENTERS

The human spirit is conceptualized as having multiple "Metaphysical Knowing Centers," each with a distinct function and prime motivation. The Control-Center acts as the primary operator, integrating input from the other centers.

Center	Identifier	Core Function	Key Attributes	Prime Emotion
<b>Control-Center</b>	#1	Makes Decisions	Takes Physical Action, Monitors 5 Senses, Input Advisers	N/A
<b>EGO-Center</b>	#2	Service to Self	Selfishness, Self comes 1st	Fear
<b>Heart-Center</b>	#3	Service to Others	Selflessness, LovingKindness, Spiritual Connect	Love
<b>Memory-Center</b>	#1a	Provides Data	Conscious/Subconscious, Life Experiences, Knowledge, Trauma, Logic	N/A

### CORE INSIGHTS ON THE CONTROL-CENTER

The Control-Center is defined by its role as the central processor and executor within this metaphysical system.

- It is the hub of decision-making and action taking.
- It functions as the operating system of the human spirit.
- It is in a state of constantly processing input and issuing commands for action.
- It serves as the executive function of the metaphysical system, bridging inner knowing with outward expression.

### FUNCTIONS OF THE CONTROL-CENTER

The Control-Center has four primary responsibilities that define its operational purpose.

- **Monitors the 5 Senses:** It receives a constant feed of raw data from sight, sound, taste, touch, and smell, which grounds it in the physical world.
- **Lists to Input Advisers:** It does not operate in isolation. It actively weighs the influences and competing voices of its "advisers":
  - **Memory-Center:** Supplies data from past experience.
  - **Ego-Center:** Pushes for self-interest.
  - **Heart-Center:** Urges service to others.
  - **God-Soul:** Whispers wisdom.
- **Makes Decisions:** It interprets all incoming data and chooses a course of action, which involves balancing the competing inputs from the Ego, Heart, Memory, and God-Soul.



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- **Takes Physical Action:** Once a decision is made, the Control-Center directs the body into motion, converting thought into physical expression, such as speaking, moving a hand, or walking.

### THE DECISION-MAKING PROCESS

The core job of the Control-Center is to navigate the conflicting counsel from the Ego and Heart centers, informed by the Memory-Center.

- **Competing Inputs:**
  - The **Ego-Center** urges protection and self-interest: "*Look out for yourself first. Protect your comfort. Secure what you need.*"
  - The **Heart-Center** urges connection and compassion: "*Give, connect, serve. Place kindness and compassion before self.*"
  - The **Memory-Center** provides context from the past: "*Remember when that happened before?*"
- **The Balancing Act:** The Control-Center must choose between instinct, compassion, fear, and wisdom. The outcome of its decisions is determined by which influence it favors:
  - If it leans too far toward the **Ego**, actions become self-serving and potentially destructive.
  - If it leans only toward the **Heart**, it can lead to over-giving and self-neglect.
- **The Final Decision:** The Control-Center determines which adviser gets the "final say." This choice can manifest in several ways:
  - It can default to the **habit** of the Memory-Center.
  - It can bow to the **fear** of the Ego-Center.
  - It can choose the **compassion** of the Heart-Center.

### KEY CONCEPTS

- It's the executive function of the metaphysical system, bridging inner knowing with outward expression.
- On one side, the Ego-Center is shouting: "Look out for yourself first. Protect your comfort. Secure what you need."
- On the other side, the Heart-Center is urging: "Give, connect, serve. Place kindness and compassion before self."
- The Control-Center hears both. It also gets fed by the Memory-Center saying, "Remember when that happened before?"