



Navigating Life with Care

The Radar Settings Analogy

By Esther Dageraad

The invention and implementation of the radar had great impact on the world of water-and air transport.

Having real time information available on where you are right now, having an extra perspective of what is going on around you and seeing where you are heading, has made navigating so much easier.

No big vessel in this world considers nowadays to work without the use of radar, although the way it is used varies; modern radars have many options and settings, all influencing the way the real-time information is presented on the screen.

I'd like to invite you in an analogy, to see your community as a (big) ship, having its own purpose, with a (large) crew on board.

Knowing that there is a desire to make life and work on the vessel more harmonious (preferably in a simple way), I'll propose in this analogy to use the mental radars on board in a different way.

I am confident that *altering a setting* has the potential to raise the real time awareness of ' where we are now' and gives a clearer sense of ' where we are navigating towards' to. This increases the response ability of the whole vessel, the quality of what is happening and the levels of wellbeing for all involved.

I'll speak to you now, in this analogy, in the voice of a teacher of the Academy for Sailing the Soul Dream, explaining how you and your crew on the vessel of your community can alternate between various settings of the mental radars, to be more effective in working together.

Thank you for giving attention to the explanation of working in a different way with (mental) radar.

Note up front:

Please **play** with these concepts.

Allowing yourselves and the crew to play with your mental radar, helps to explore and expand its possibilities, features and trippy gadgets for yourselves. Sharing the joy of finding out what works best on your vessel is very helpful for it to be part of *sustainable* developments.

That means..

This is a *quick guide*, only meant to point you in the direction of a possibility.

There **is** a setting on the mental radar that is often not known or actively applied in everyday living and working.

Which is a setting, in my experience, that...when used more frequently, makes live on board and dealing with responsibilities so much easier.

Mental radar?

*The mental radar, is a smart navigation tool, that **is already** used daily by all crew members.*

We, as human beings, are all equipped with it, we just use it in different ways.

Often we are not consciously aware of the many options and settings it is capable of and simply use the one (or few) setting(s) we are brought up with that are 'common' as 'default'.

By the way, in case you are confused now about this beautiful tool, I am stating you are already using..... the more commonly used name of the mental radar is 'mind'.

But I deliberately and actively step away here from that word in order to allow this information to be considered as an option.

For.....it is quite common that mental radars are operating under a 'change prohibiting' (overruling) program....

When seriously challenged, it automatically falls back to the common setting.

*Unfortunately, what is **common** (using a certain setting always as default, particularly in challenging situations) is not necessarily the **most effective** strategy to achieve what you desire to achieve, as a person and as a community.*

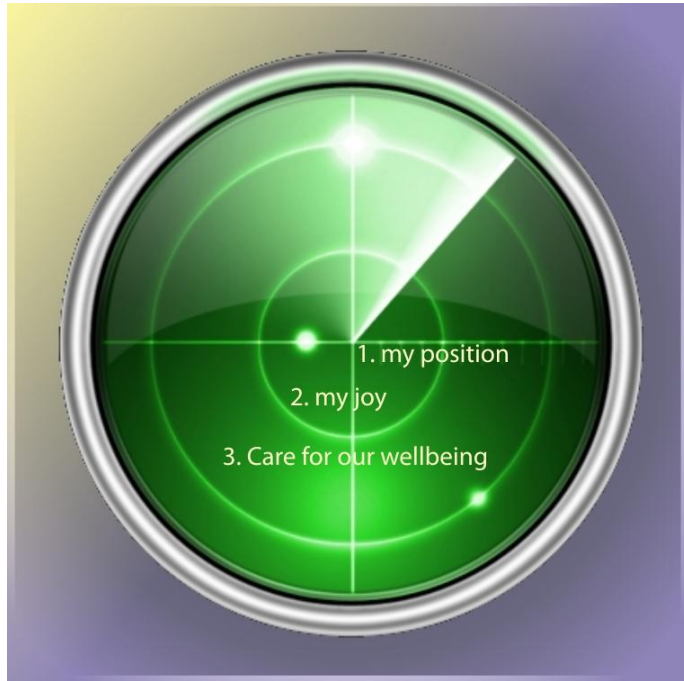
Time to look into some other, likely to be more effective, ways of using this mental radar in working and living together.

This is probably not 'easy' stuff....for it is about abstract settings on an invisible devise, operated on...imagination. Relating it to a similar system in the physical world, serves as a guide to theyour imagination to understanding how the mental radar can be operated.

First let us take a look at the screen of the mental radar:

You see the base setup:

- The main ring (silver)
- The cross
- Two circles (dividing the whole area in three fields)
- The floating, turning line
- A couple of 'dots'



The main ring is holding your span of attention... what of your world is shown to you.

Various settings are possible... as we will see later.

I advice the setting as illustrated on the left to play with (more often).

The cross is helping you to orientate in time and place.

The floating, turning line is constantly scanning the environment.

Where there is an 'object' of significant mass, it shows a dot.

It usually has a lot of impact to bump into those masses, so knowing where they are

and how they move, helps the investigation in how to interpret the current situation in order to deal wisely with it.

I've marked in the illustration three important concepts.

Keep in mind that we are here looking into in an abstract world of wonder. You'll have to use your imagination here.

The idea of a mental radar, is made visible presenting it in the image of a device relatively well known: a radar.

1) My position

This is something most people need some time for to get their head around, because in this view, one enlarges the view from 'personal' position, to 'collective' position.

Now, here... although the vessel is moving through life and the person is moving within it, 'my position' never changes. It is always right in the middle.

There is no great risk of losing your position. As long as you all pay attention to what you are doing and are navigating the waters wisely and the vessel is afloat, you'll keep on seeing yourself on the mental radar right there in this view.

Side note on this:

No efforts are needed to protect having the position you have right now, in this view.

Throwing the anchor out in order to resist going anywhere else, is not the natural state nor purpose of any vessel. Sticking to its position as a goal in itself, or seeing having this position (whichever position) as the ultimate safety measure... is the quickest way of 'going under' in an ever evolving ever changing and often challenging environment.

2) My joy

Now we are in the personal sphere of individuals on board ship.

Here I am talking about each and every persons individual joy, when it comes to navigating the the community according to its purpose and mission.

In this field, the values that matter (have enough significant mass to show up on the radar) to each individual person involved in the daily events are made visible.

Made visible to everybody, who is consulting the mental radar in this view.

Joy may need some more explanation. It is a wider concept than pure pleasure or sheer happiness. In a nutshell: it is also the joy of knowing how to deal in a harmonious way with grief, loss, sadness, challenges etcetera.

3) Care for our wellbeing

This vessel has an overall, everlasting main purpose, all its movements are aiming to: CARE.

In all situations.... when what you are aiming at is not seen, not a noticeable clear dot in the everyday reality (the silver ring of the mental radar) it is very difficult to 'hit it'....and stay on a course heading in the right direction.

But if you make sure that the lighthouse of CARE (called 'our wellbeing'), the brightest, lightest, biggest dot that really matters is always showing on your mental radar, it is so much easier to see it and adjust your course in the right direction.

When you then catch a light beam of 'our wellbeing' through the window of reality (your heart, as many refer to it....) you feel it, see it, sense the lightness and actually feel being on track.

Scale:



I advice to use this setting , where the lighthouse is always at 12.00 on the ring, at the top, on the second ring, despite the fact that it **can** have a confusing effect in its appearance on the mental radar, more often than is now common.

There can be confusion, because, looking at the image on the mental radar, you may feel you never get any closer to your destination.

It is true.... in this model, this representation of reality, the lighthouse is always in the same place and you are always two steps away from it, no matter what you do.

You may even at times be confused that at some stage there are even more 'challenges' (dots on the radar) you need to deal with than ever before. That may not strike you right away as an improvement, but rather as frustrating. Bear with me.....

Please don't be discouraged by this, because the benefits to using this view regularly are many.

The fact that you see CARE everyday in your reality, the fact that its significant bright mass is never falling beyond the horizon (of your attention), helps you to navigate and stay on course.

On the radar image, the way the data are presented in this setting... granted, it may not make much difference what you do. But in the reality when you look out of the window, the experience changes every day for the better.



Also, if you were to **look from 'above'**, you could see you are moving everyday closer to the lighthouse, to the bright beacon, home to care. (see image)

The closer you get to the shore, the more rocks are in the water and the more vessels are around you. You probably need to make adjustments more often to your course and speed. Yes, that may seem more work then when you are on the middle of the ocean. Indeed, there you can have the same course for days.

But if you use that calm open water opportunity to practise interpreting the mental radar in this setting... then, in busier, more challenging waters, you are more agile as a vessel, able to adjust your course in time without losing momentum/speed or having to waver too far from your course to Care.

What gets attention grows.

Giving attention to what you want to see more of is activating the turbo on developments for the better.

I believe, in this light, that it is more important and powerful to focus on what you are aiming for and seeing, knowing, experiencing that it is already there... revealing to you how you can get even closer to it, than to focus on how far you are away from it, in time or distance, giving most attention to what is lacking or can be lost....

...All you can be sure of, is what is really there, in the here and now. That's all you can even really deal with.

What may or may not pop up on the radar tomorrow, can't be dealt with today.. for the simple reason you are not there yet and the field of dots changes constantly, not all by your doing and under your influence.

Best make sure to have a fair understanding of what is the matter, right now and how it is relevant to your course.

Interpreting dots.

I feel the need to spend a couple of words on interpreting dots on the mental radar.

I see in my work that many people are making (navigating through) life a lot more complicated, by taking unnecessary risks and engaging in unnecessary actions, wasting time and energy on (micro-) managing insignificancies.

Reason? They don't interpret very well how they relate to what is appearing on the radar.

Anything that matters in your span of attention, which meansanything that has a significant mass of valuable energy, shows up as a dot on your mental radar.... it flares up when you are in its presence.

With glancing briefly over one single picture that represents a single moment in time, you can't really interpret the nature and relevance (to you) of the dots. All you can say, seeing a big dot, is that there is something out there containing a lot of energy that matters to the vessel the radar beams you are sending out, bounce back from and are picked up by your receiver.

But how that mass of energy matters to you and your course, still needs to be investigated!

*The simple fact that something 'flares up' (captures your attention) does NOT in itself **make** it relevant **to you!***

The event of something 'showing up on your radar' does NOT justify a course change, in itself.

*Bigger dots have no **intrinsic** bigger significance to you and your course than smaller ones!*

*A big vessel that is moving **away** from you is of no significance what so ever.*

By the same token, a tiny little obstacle right in your way, with almost no mass (a rock) can compromise your structural integrity completely. Hitting it at full speed, can be the cause of capsizing and going under.

What used to be very significant in the waters the vessel sailed in the past, may very well be of no great importance anymore!

You need to monitor a series of images, in order to see if a dot is moving and if so, in which direction.

People using their radar have got to practise, practise, practise, to interpret and understand the patterns well and know which actions you can safely and meaningfully take with your vessel.

What does this mean in every day practise?

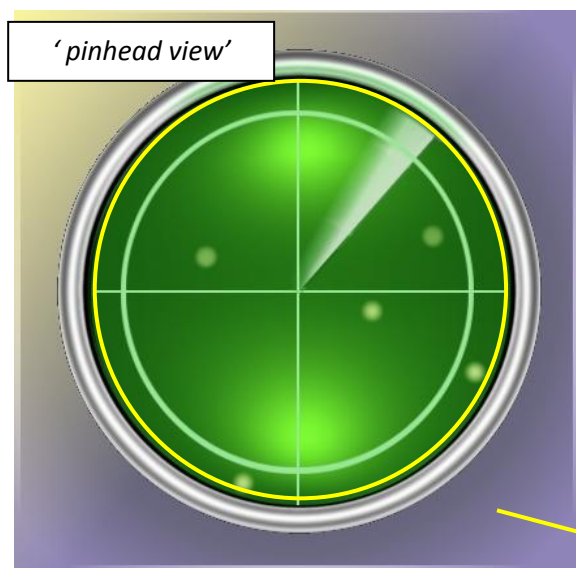
Knowing that there is no physical device you can stick in a room to consult and navigate with, what does this **mental** radar analogy mean in practical every day terms?

The mental radars are already there, but due to its current default setting, the cultural developed mindset, crucial navigational information is very often missed or very much misinterpreted.

The current default setting how many community members operate the mental radar appears to be focussed on the ring of 'what is **my** (personal) position', where other members of their very own community are perceived to be vessels on another course where you'll need to navigate your relative position around them.

The 'smallest' ones making way for the 'bigger ones'. That 'smaller and bigger' is not an objective phenomena, but a perception, of which I know..... **distortion** of proportions/significance **is** a side-effect of this particular mental radar presentation... compare: in macro-zoom on a photo camera... the insect in the front appears much bigger than it objectively is in relation to all things!.

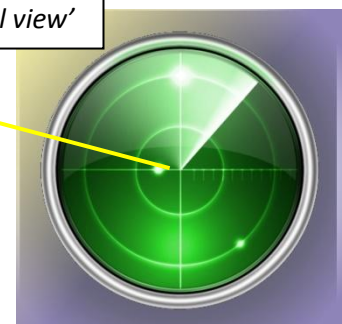
Community members who are (predominantly) navigating with the main attention on (maintaining) a certain position (for their individual selves), can easily be recognised. In everyday speak they'll often use the verb 'to keep' (something/someone in a certain position) and are (often fearful) preoccupied with 'what's in it for me'?



The values that **are** there in the (next) ring (of joy) are hardly visible, let alone shared, with others, because you don't let anybody fully see what really matters to you, on your mental radar, even if you were aware of it yourself.

This mental picture of reality is not 'untrue'! It is simply the view of what is happening in the small 'pinhead reality' that zooming in to 'my position' provides...as seen compared to the wider picture:

relation to 'overall view'



I am proposing to alter the default setting from this 'narrow pinhead scope' to a much wider scope of the overall view and start playing with that as a collective.

When two (or more) people interact and set their individual mindsets on the 'overall' view... **they see the same picture, on their respective devices!**

Their individual mental radars synchronise images and both people are able to look at the same version of what is really there, combining their interpretation skills to reach an agreement on the course to be taken.

This can be done by implementing one simple question in all (daily) communications among community members.

“ How does this serve our wellbeing?”

(‘this’ being the energy investment we are assessing/looking at here)

That is the question that switches both mental radars to the overall view.

More rings, more fields are visible, on everybody’s mental radars, no matter where (in which individual radar ‘terminal) they are consulted.

Asking that simple question, over and over again, makes the guiding star to navigate on visible to everybody, knowing what is ‘ right’ (contributing to joy WITH care) for the wellbeing of all the people involved.

And this ‘wellbeing for all involved’ is NOT an abstract thing to navigate to, multi-interpretable, constantly shifting position depending on who you speak to, depending on the topic at hand, depending on ranks or experience. It is a steady presence, broadcasting the same high values over and over again, like a lighthouse never changes its position or core-signature.

(Which one can only be experienced, by having it in view, regularly and using its presence on your mental radar wisely)

Concerns about any person’s personal current position, take their rightful place within the joy of the safety of having a collective current position. The personal (highest... because they matter most) values of joy, are plotted along the way, for everybody to see and take into account... things to aims for as well as things to avoid.

The collective is moving towards one goal, where everybody has and can take response ability in the course of the day.

Having been the partner of a captain at sea, this way of leading by example in showing the crew what take on the world you consider most beneficial to navigate on, really happened.

My husband noticed that his crew constantly set the radar on a too narrow view, to his liking. Compromising the response ability in case anything did ‘suddenly’ (to the perception of the crew member) show up on it.

He mentioned it, every time he spoke to a member of staff and whenever he was involved, he simply put the radar on the broader view setting and showed them what he saw, how he interpreted the data and asked them to do the same.

The recurring pattern that the head responsible, the one who does at the end of the day decide if they can stay on in their (job-) position or have to go in the next port of call.....is actually living it himself and showing all crew members how they can deliver better quality of work when they also set the radar on the broader view and base their small course influencing actions on the relevant information available to interpretation there.

I recommended to leading influences in communities to navigating more often, with more people, on this setting of the mental radar, if the concept of 'harmoniously achieving more, with less energy (time/money) wasted' appeals to you. To lead by example.

*By the way.. it is my understanding that we are **all** at times leading influences in our communities. As parent, partner, co-worker on a team.....So,yes..... I recommend this to everybody to take notice of and gain experience with.*

Whenever you have an interaction with a member of your community, bring the focus of the attention to: " How does this serve our wellbeing?" and let them inform you about what they see on their mental radar.

Ask questions and play and investigate and learn to use this setting together.

*Whether it is in an official meeting, or in the hallway... wherever you notice the view would benefit from being broader.... you activate it, initiate to **both** look with this view on.*

The big advantage of this setting is that everyone is playing their unique role, using their own experiences, without being 'in the way' of another.

*You are not **telling** anybody else 'how to care'... giving directions that seem to contradict with what they see in their (mental radar) experience. Giving them a heading they perceive to be bumping straight into (more) 'trouble'.....*

Please note: they really perceive this to be 'rightly' so!

Given the model/perspective they currently use on (default on) their mental radar, they interpret the dots of 'what is going on' in a certain way.

*Your 'dot' is standing all big and scary in front of them ' blocking ' going straight to 'care' if that is indeed where you say it is... which.... they can't belief forthey don't see it **anywhere** on their view!*

In their (pinhead) view, they see only this big mass of energy (for you are relevant) looking like an enormous threat to their desire to keeping an equilibrium/position. Benign?

Fully ' with you', moving on the exact same size vessel towards the exact same goal ?

Ha? Who do you think you are kidding!?

It sure doesn't look that way in pinhead view!

So.... they may all to easily come to the conclusion that it is you who's best to be avoided (dealing with)

*All is asked to use more often the broader view and share information with each other on interpreting the things you **than** each see on their respective mental radar terminals.*

Where all can now see rather clearly the lighthouse of : "our wellbeing" and the really significant dots to navigate on.

What happens, when this broader view is shared more often, in all human interactions that take place, it becomes ' more common' to do so.

As a result, better decisions are made on a moment to moment bases, by everybody involved and there is more (joyful) communication taking place on how to make alteration to the general course when people sense the vessel is wavering of.

It takes no more time, no more effort, it isn't costing anything. It is simply showing that the mental radar also has a different setting and work and play with interpreting the view on the world that gives.

Thank you for giving attention to this suggestion.

Always happy to answer any questions about this and willing to support the implementing process, if you so wish,

Esther Dageraad

Play rights.....

My play rights apply on the content of this document:.

I explicitly encourage you to play with the information you find here.

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1) If you communicate to others about it, remember to name the source: Esther Dageraad, www.1ucompany.com

2) If you consider the essence of this text to be a valuable contribution to your life, please remember to share your resourcefulness with me and others.