

SELF-CENTERING: AN INCLUSIONAL, EXPANSIVE
ANTIDOTE TO SELFISH AND SELF-CENTRED REACTIVITY

- LOUIE GARDINER



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About Louie Gardiner

I am in the throes of completing a PhD that focuses on the power and potentiality of radically reflective, reflexive first-person inquiry. I am the creator of several complexity-attuned frameworks that have arisen through subjective-empirical reflexivity. One of these - the P6 Constellation - informs my research, and is the resourcing source of numerous insights and transformational shifts in myself and many others engaged in the helping and creative professions.



(Scroll down for contact details)

Event Details

In this conversation, Louie will open the space for recognising a crucial distinction between selfishness, self-centredness, and self-centering. Drawing on the principle of Natural Inclusion, she will illuminate how self-centering is an inclusional, expansive antidote to the separating; excluding actions that we may describe as selfish or self-centred. Why might it matter to recognise the distinctions? How can we notice the differences within us, and more importantly, equip ourselves and others to break free from the illusions that keep us locked in repeating patterns that perpetuate separation, distress, and loneliness?



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