

Outgrowing Modernity: **Cognitive Repatterning**

Aspect / Focus	Narrow-Boundary Mode	Wide-Boundary Mode	Whole-Shebang Wisdom Mode
Framing of Reality	Fixed, binary categories; assumes stable truths and universal frameworks.	Multiple perspectives acknowledged; flexible frameworks that shift with context.	Recognizes that all framings are partial, provisional, and entangled with the matter, motion, and mystery of the whole.
Approach to Problem-Solving	Linear cause-and-effect; seeks quick fixes and definitive solutions.	Systems thinking; considers multiple factors and interdependencies over time.	Works with complexity, paradox, and uncertainty; focuses on pattern-sensing and relational consequences across scales.
Role of Knowledge	Treated as static facts to be stored and applied.	Seen as evolving insights shaped by multiple contexts.	Understood as a living, co-emergent process involving human and more-than-human intelligences.
Error and Contradiction	Viewed as flaws to be eliminated; causes defensive postures.	Recognized as natural byproducts of learning and change.	Embraced as portals to deeper relational attunement and wisdom.
Temporal Orientation	Short-term urgency; prioritizes immediate outputs.	Mid- to long-term orientation; anticipates ripple effects.	Diachronic and multi-scalar awareness; aligns cognition with deep time and intergenerational responsibility.
Trust Patterns	Trust is placed in authority, expertise, and clear “right answers.”	Trust is placed in transparency, adaptability, and mutual learning.	Trust is placed in relational coherence, humility, and the ability to navigate the unknown together.

Outgrowing Modernity: **Affective Repatterning**

Aspect / Focus	Narrow-Boundary Mode	Wide-Boundary Mode	Whole-Shebang Wisdom Mode
Emotional Range	Emotions are categorized as positive/negative; “negative” emotions suppressed or pathologized.	Emotions seen as signals with information; allowed expression within certain relational norms.	Emotions understood as part of the relational metabolism; all feelings are welcomed as carriers of wisdom when processed with care.
Emotional Regulation	Self-control aimed at maintaining composure and predictability.	Self- and co-regulation practices used to sustain dialogue and connection.	Meta-regulation — sensing, moving, and transforming emotional energy in alignment with the needs of the whole.
Response to Conflict	Avoidance or escalation; emotions fuel division.	Active listening and reframing; emotions used to clarify perspectives.	Deep attunement; emotions engaged as catalysts for transformation and repair across differences.
Comfort with Vulnerability	Vulnerability is seen as weakness; avoided in public or formal settings.	Vulnerability allowed selectively, often as a tool for trust-building.	Vulnerability embraced as a reciprocal offering that deepens collective intelligence.
Relationship with Ambiguity	Ambiguity causes anxiety and is resolved quickly.	Ambiguity tolerated while seeking clarity over time.	Ambiguity valued as a generative condition that keeps multiple possibilities alive.
Trust Patterns	Trust depends on consistent emotional displays that conform to expected norms.	Trust depends on responsiveness, empathy, and emotional honesty.	Trust depends on mutual capacity to stay present and open-hearted through discomfort and complexity.

Outgrowing Modernity: **Libidinal Repatterning**

Aspect / Focus	Narrow-Boundary Mode	Wide-Boundary Mode	Whole-Shebang Wisdom Mode
Desire for Authority	Seek control over others or deference from them; equate authority with worth.	Value shared leadership and rotating roles.	Authority is rooted in service to the whole; leadership emerges situationally and dissolves when no longer needed.
Desire for Autonomy	Independence framed as separation and self-sufficiency.	Interdependence recognized; collaboration valued when mutually beneficial.	Autonomy understood as self-determination within deep entanglement and mutual responsibility.
Desire for Affirmation	Crave external validation and approval; avoid critique.	Appreciate recognition but also value constructive feedback.	Ground self-worth in alignment with the whole; welcome feedback as part of collective growth.
Desire for Arbitration	Seek to win arguments or be the final voice in decisions.	Prefer consensus and facilitation to resolve disputes.	Engage in polyphonic processes where no single voice owns the final word; truth emerges from relational interplay.
Desire for Accumulation	Measure success through possessions, achievements, or status.	Value shared resources and mutual benefit.	See wealth as the well-being of the whole; cultivate sufficiency and regenerative abundance.
Desire for Acceleration	Push for rapid progress; equate speed with success.	Balance urgency with reflection; pace varies by context.	Align movement with ecological and relational rhythms; value slowness when it deepens wisdom.
Trust Patterns	Trust given to those who satisfy or fulfill one's desires consistently.	Trust given to those who negotiate desires with honesty and reciprocity.	Trust grows with those who can notice, name, and recalibrate desires in service of the whole.

Outgrowing Modernity: **Relational Repatterning**

Aspect / Focus	Narrow-Boundary Mode	Wide-Boundary Mode	Whole-Shebang Wisdom Mode
Relating to Difference	Seek similarity and avoid or dominate difference; perceive difference as a threat.	Tolerate and sometimes value difference; negotiate across it for mutual benefit.	Welcome difference as essential to the health of the whole; protect and learn from it even when uncomfortable.
Conflict Navigation	Avoid, suppress, or escalate conflict to “win.”	Address conflict with tools for resolution and compromise.	Engage conflict as a source of insight; hold tension without rushing to resolution, allowing transformation.
Accountability	See accountability as blame or punishment; avoid being “at fault.”	Value accountability as part of fair agreements.	Practice accountability as mutual care and alignment with the whole; accountability deepens trust.
Power Dynamics	Seek advantage; hide vulnerabilities; compete for influence.	Share power when possible; rotate leadership roles.	Understand power as relational and in service to the whole; actively redistribute and metabolize power imbalances.
Reciprocity	Give and take based on transaction and expected return.	Seek fair exchanges and sustained partnerships.	Engage in reciprocity as ongoing regeneration of relational fields — giving without attachment to return.
Communication	Defend positions; persuade or convert others; withhold difficult truths.	Speak openly but with care; negotiate language for clarity.	Speak from complexity and uncertainty; invite polysemy and curiosity; witness without needing to fix.
Trust Patterns	Trust is conditional on alignment with one’s own interests and views.	Trust is built through consistency and mutual benefit.	Trust is built through the capacity to stay in relation when it’s hard, metabolize discomfort, and prioritize the health of the whole.

Outgrowing Modernity: **Political Repatterning**

Aspect / Focus	Narrow-Boundary Mode	Wide-Boundary Mode	Whole-Shebang Wisdom Mode
Definition of “We”	“We” means those who look, think, and act like us; outsiders are competitors or threats.	“We” means allies who share compatible values or interests.	“We” includes all beings and systems whose fates are intertwined — human and more-than-human.
Approach to Governance	Control through authority, rules, and enforcement; stability through dominance.	Participatory governance with checks and balances; compromise across differences.	Governance as stewardship of the whole; adaptive, emergent, and accountable to future generations and the more-than-human world.
Solidarity	Selective and conditional; based on shared grievances or benefits.	Built around coalitions for specific causes; can dissolve when interests diverge.	Rooted in mutual obligation to the web of life; holds across time, space, and difference.
Trust Patterns	Trust only those who serve immediate group’s agenda.	Trust those with proven reliability and aligned commitments.	Trust is extended to those willing to face systemic complicity together and stay in dialogue through discomfort.
Decision-Making	Centralized, top-down, and efficiency-driven.	Shared decision-making; consensus or majority rule.	Distributed and multi-scalar; honors place-based wisdom, polycentric coordination, and planetary responsibility.
Change Strategy	Win power and resources for “our side.”	Negotiate reforms within the system to broaden participation.	Transform underlying systems and logics; center interdependence and regeneration over victory.
Relationship to Dissent	Suppress dissent to maintain unity and authority.	Tolerate dissent if it stays “constructive” and within norms.	Welcome dissent as an essential signal of system health; metabolize it into collective learning.

Outgrowing Modernity: **Ethical Repatterning**

Aspect / Focus	Narrow-Boundary Mode	Wide-Boundary Mode	Whole-Shebang Wisdom Mode
Moral Reference Point	Based on rules, laws, or dogma from authority figures or dominant culture.	Based on negotiated principles within a pluralistic society.	Based on the well-being of the entire entangled web of life, across generations and species.
Scope of Responsibility	Limited to self, family, and immediate group.	Extends to broader society and shared environment.	Extends to all beings, visible and invisible, past, present, and future.
Trust Patterns	Trust those who uphold the same moral code or beliefs.	Trust those who demonstrate integrity and alignment with shared principles.	Trust those who can hold moral complexity, admit complicity, and remain accountable beyond personal or group interest.
Relationship to Harm	Deny or minimize harm if it benefits the group; justify harm to outsiders.	Acknowledge harm within a justice framework; focus on restitution where possible.	Engage in ongoing repair and regeneration, recognizing harm as inevitable in complexity and committing to reduce, redress, and prevent it across time.
Ethical Decision-Making	Binary right/wrong judgments; punishment for transgressors.	Balances competing rights and interests; seeks fair outcomes.	Prioritizes relational balance, long-term consequences, and humility in the face of uncertainty.
Treatment of Non-Human Beings	Viewed primarily as resources or property.	Recognized as part of the environment with intrinsic value.	Recognized as kin, with reciprocal rights and responsibilities.
Response to Ethical Conflict	Defend own side; discredit or eliminate opposition.	Negotiate compromise; appeal to shared humanity.	Hold paradoxes; weave multiple truths; act with care for the whole even when costly.

Outgrowing Modernity: **Chronological Repatterning**

Aspect / Focus	Narrow-Boundary Mode	Wide-Boundary Mode	Whole-Shebang Wisdom Mode
Primary Time Horizon	Short-term; immediate survival, profit, or gain.	Medium-term; balancing short-term needs with future planning.	Long-term, multi-scalar; considers deep past, present, and far future together.
Sense of Urgency	Constant urgency; reactive; driven by crisis-response cycles.	Calibrated urgency; distinguishes between urgent and important.	Rhythmic urgency; acts in season with planetary and intergenerational rhythms, even under pressure.
Trust Patterns	Trust built through quick wins and immediate reciprocity.	Trust built through demonstrated reliability over agreed timelines.	Trust built through demonstrated alignment with enduring commitments, care across generations, and honoring slow processes.
Memory of the Past	Selective; remembers only what supports current objectives.	Integrative; incorporates diverse historical perspectives.	Generational; holds deep time, ancestral memory, and more-than-human histories.
Future Orientation	Predict-and-control; assumes linear progress or decline.	Adaptive planning; assumes change and adjusts course.	Anticipatory stewardship; acts for futures beyond one's lifetime and beyond human-centered benefit.
Pace of Decision-Making	Fast, often at the cost of depth; rewards speed over reflection.	Balanced; seeks efficiency while allowing for consultation.	Intentionally paced; allows time for emergence, reflection, and the weaving of multiple temporalities.
Relationship to Uncertainty	Attempts to eliminate uncertainty through control.	Manages uncertainty through contingency planning.	Dwells generatively with uncertainty; trusts in the relational field and the rhythms of the Whole-Shebang.

Outgrowing Modernity: Integrated Meta-Relational Trust Map

Dimension	Narrow-Boundary Mode	Wide-Boundary Mode	Whole-Shebang Wisdom Mode
Cognitive Repatterning	Seeks simple, certain answers; trusts what confirms pre-existing beliefs.	Seeks multiple perspectives; trusts dialogue and evidence from diverse sources.	Holds paradox; trusts emergence and the capacity of the collective field to co-sense reality over time.
Affective Repatterning	Trusts familiar emotional cues; suppresses discomfort.	Trusts relationships that can hold complexity without rupture.	Trusts processes that metabolize discomfort into wisdom, even when it destabilizes emotional safety.
Desire Repatterning	Desire driven by personal gain, validation, or certainty; trusts what satisfies quickly.	Desire shaped by mutual benefit; trusts processes that meet shared needs.	Desire oriented toward planetary well-being and multi-generational thriving; trusts what sustains beyond one's lifetime.
Relational Repatterning	Trust built on sameness, shared identity, or transactional benefit.	Trust built through consistent reciprocity and respect for difference.	Trust built through attunement to interdependence across human and more-than-human worlds, even in conflict.
Political Repatterning	Trust in centralized authority or charismatic leaders; short-term gains prioritized.	Trust in accountable structures, checks, and balances.	Trust in distributed stewardship and relational accountability across scales, beyond electoral cycles.
Ethical Repatterning	Trust defined by adherence to fixed rules; often policed by in-group norms.	Trust earned through transparent decision-making and balancing of principles with context.	Trust grounded in living ethics that respond to the matter, motion, and mystery of the whole.
Chronological Repatterning	Trust built through quick wins and immediate reciprocity.	Trust built through demonstrated reliability over agreed timelines.	Trust built through honoring deep time, seasonal rhythms, and commitments that extend beyond a single lifetime.