

Quadrantic Cognition™ - "How much can you focus on in one moment of time?"

At one time or another, we are all required to try and multitask. Multitask, meaning, “the performance of multiple tasks at one time” (Merriam-Webster). That doesn't mean we can. For many it's a learned skill. It often depends on the quantity and intensity of tasks. It also depends on our minds' capability. To be fully understood and appreciated, multitask needs to be further defined by its root, “task” meaning, “a usually assigned piece of work often to be finished within a certain time” or, “something hard or unpleasant that has to be done” (Merriam-Webster). The tasks could be for work, be at home, be playing sports or music, or just driving from point A to B facing many forms of distractions. Very few times are we able to do some "thing" without another "thing" entering into the picture. How many "things" is our brain capable of handling before our mind starts to feel like it's spinning out of control and causing us to feel overwhelmed? To answer that question, I created Quadrantic Cognition™: the 3rd Eye of the new science, Human Mechatronics™.

The Brain vs. the Mind. They are one and the same, yet they hold a distinct and incredible difference. This is discussed more in simple detail within Human Mechatronics itself. Simply put however, the Mechanical object we call the Brain is what we are given at birth, which then, with its Electronic and Software Engineering, gives it the ability to work as our Mind. Our Brain is powerful beyond comprehension, and science is continuing to discover how we can go further than its known limits. We don't even know how to define its absolute limit as we are still trying to define how the brain is made up and works. Much of what we perceived as its limit is only theory-based on what we know today.

Researchers have concluded that the human brain has a built-in limit on the number of discrete thoughts it can entertain at one time in the working memory. **The limit for most individuals is four**, based on the research team led by University of Oregon psychology professors, *Edward Awh and Edward Vogel*. Journal of Neuroscience Jan 29, 2008.

This where Quadrantic Cognition™ comes in. It is a new phase meant to help you define your stress and even anxiety levels. As we learn more about Quadrantic Cognition™, you will be introduced to “*QC Levels™*” where you will have the opportunity to work through some worksheets that you can use to identify that stress and/or anxiety and calm things down in your world.

Our Brain cannot be added on to. The mind however, well, it has the ability to be trained - to expand to certain levels of focus, the “*3Cs of Focus™*” Researchers Awh and Vogel said, "most individuals." You do have the ability to expand your mind and your focusing power, and it IS a Power! It is the ultimate power ~ being able to have total control over your focusing ability. It takes: self-awareness, know-how, discipline, training - training maybe with the help of an outside source, and acceptance on your part.

Quadrantic Cognitions™, is a new word for everyone. It covers a very important area of gaining, or keeping control, of one's “self.” It is designed to help bring peace to your world and is crucial

in moving forward to, WYLIWYG: Where You Look Is Where You Go®, and finding the focus needed for your best future possible.

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