



Four
Dimensional
Quotient

Discovery Guide 2020

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Welcome!

Congratulations — you've completed the Discovery! Based on your results, you now know which subject areas you may need to spend more time familiarizing yourself with. You should feel proud: you're investing in yourself by learning to embrace what you don't know, and committing to transformation on an intrinsic level.

With the **4DQ Resource Guide**, you'll have a resource that equips you to follow a path of self-discovery. It's up to you to decide how much time you spend with each topic and how to incorporate it into your day-to-day, but consider this a tool to designing the life you want for yourself and the world, this year and beyond.

The Four Dimensional Quotient is a way of looking at the world as four overlapping Dimensions: Digital, Body, Mind, and Source.

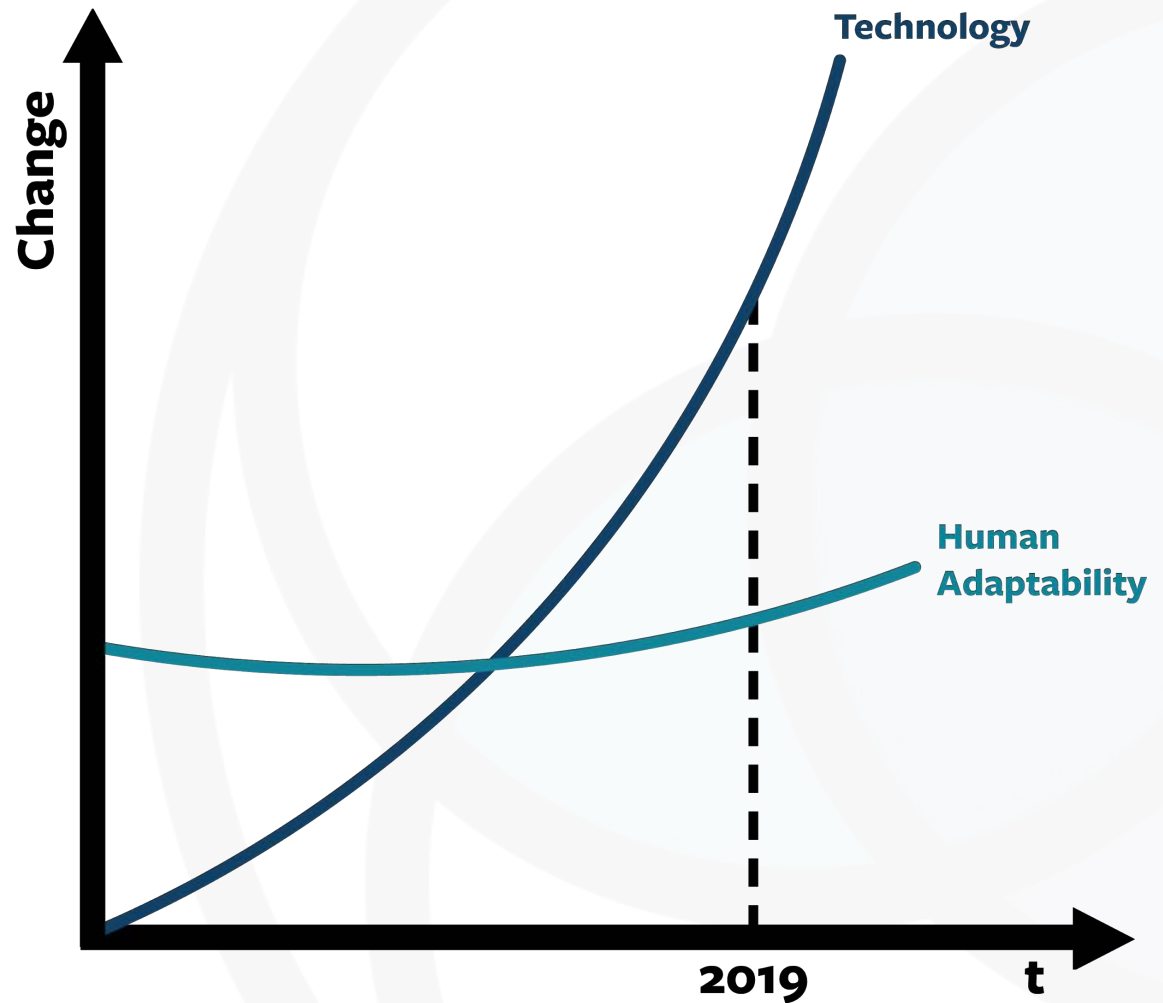


In an era of exponential change, understanding this is critical to unlocking your full potential and building the future you want to see — for yourself, your organization, and the world.

Within this framework, each Dimension contains a set of **Visible and Invisible skills.**

These are the subjects, ideas, and tools that when aligned and in coherence allow us to navigate and co-create the Digital Economy.

We live in a highly Volatile, Uncertain, Complex, and Ambiguous world — a VUCA world. This is an era of exponential change that requires the disruption of how we think, act, live and work. Data is moving faster than ever before, and learning how to use it to our advantage is essential. Join us, and explore how cutting-edge breakthroughs in psychology, behavioral sciences, brain research, and technology can help you to co-create in the digital economy.



'The Cosmic Eye'



How is this guide meant to be used?

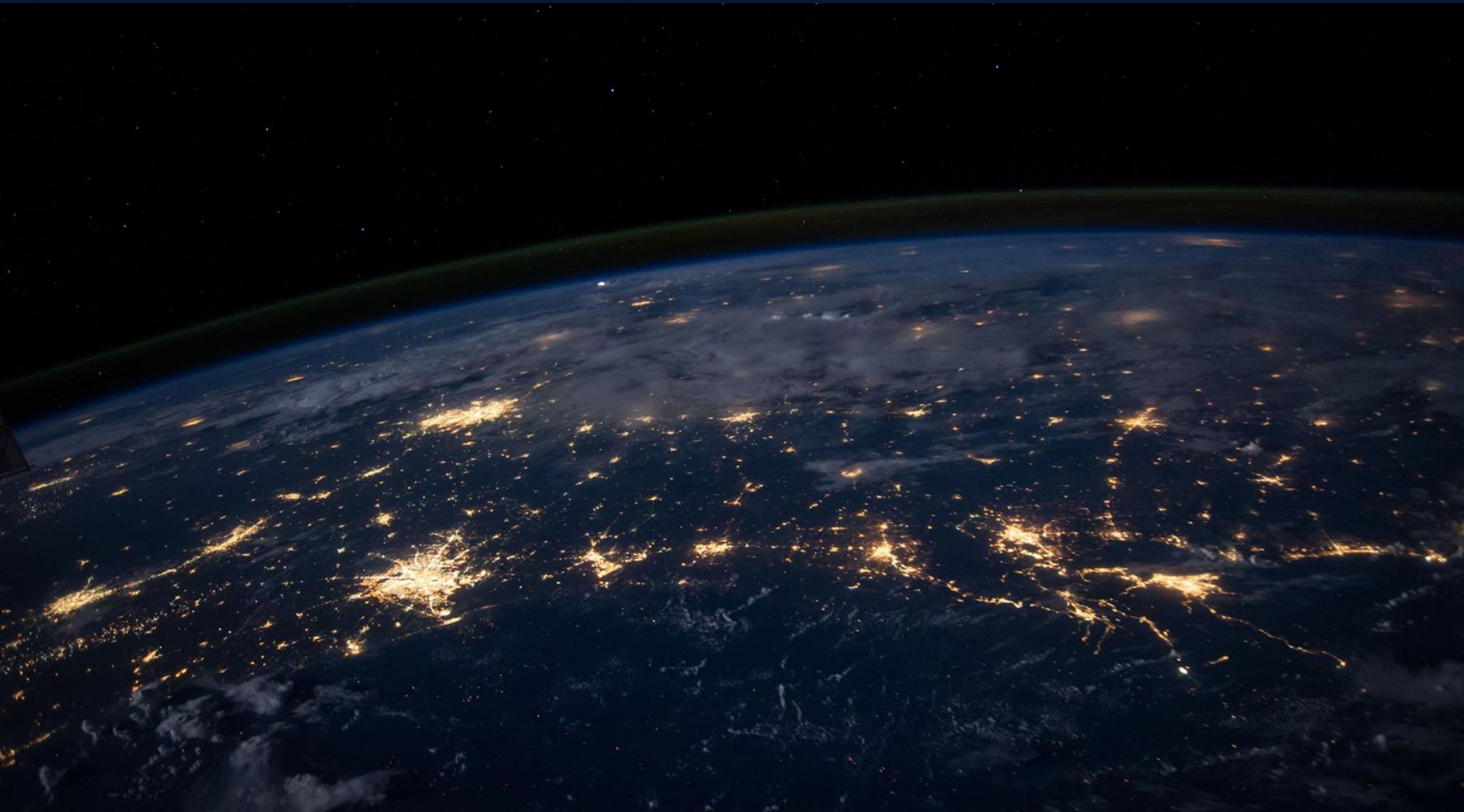
After an introduction to three fundamental concepts, you'll be exposed to the four Dimensions — and their Visible and Invisible skills — in more detail.

Each section will include a list of additional resources, with **Small** and **Bigger Steps** you can take to expand on your learning.

Use this guide as a reference to explore areas that are new to you, or look at familiar topics in a different light.

Are you ready to co-create the Digital Economy and the next chapter of our evolution?

The Big Picture



The Big Picture

To understand how we got to where we are today, there are three key topics that provide us with invaluable context:

Evolution, Trends, and Systems Thinking

They provide a big picture lens through which you — as an individual — can experience the Digital Economy in a more creative, enthusiastic and empowering way.

The Big Picture

Life on Earth is ONE big Family

If you trace any branch of the Family Tree back in time you will notice it connects to all of life's major branches. That means that YOU have a common ancestor with all types of living things and also with every single thing that has ever existed since the beginning of time on Earth.

We are just beginning to scratch the surface in our understanding of who we are and our collective potential as ONE single family made up of STARDUST-Technology can and should be at our service in helping our collective transformation into our highest potential. To achieve this, everyone needs to be included and everyone needs to step into its power as a conscious co-creator.

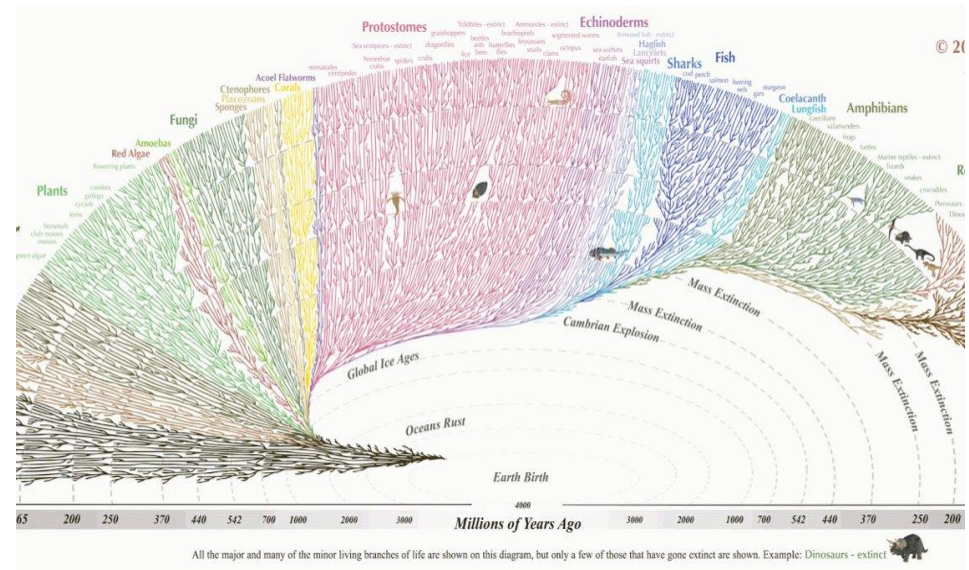


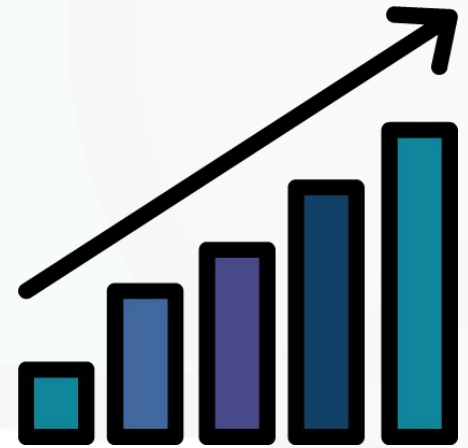
Image source: [EvoGeneao.com](https://www.evogeneo.com)

Evolution Basics

The Universe is 13.8 billion years old.

Think about that: it took 13.8 billion years for you to come into existence, to be here reading this document.

Understanding the trajectory of evolution and how it works allow us to perceive the world — and our role in it — in a different, more conscious light.



Evolution Basics

For the first time in the history, we have the opportunity to modify the genetic makeup of our food and bodies.

With the advent of AI and Neurotechnology, we're in a position to shape the path of our evolution as a species.

The recent [IPCC report on climate change](#) gives us a mere 12 years to make drastic changes, or risk doing irrevocable damage to our world; there is no Planet B.

Faced with this knowledge, how will we choose to evolve? What are the untapped opportunities and implications of our collective behavior?

Evolution Basics

“There is perhaps no better demonstration of the folly of human conceits than [the] distant image of our tiny world. To me, it underscores our responsibility to deal more kindly with one another, and to preserve and cherish the pale blue dot, the only home we've ever known.”

— Carl Sagan, *Pale Blue Dot*

Evolution Basics

Carl Sagan, *The Pale Blue Dot*



Evolution Basics



Small Steps

Watch: [Evolution Simplified](#)

Bigger Steps

Learn: [Evolution at Khan Academy](#)

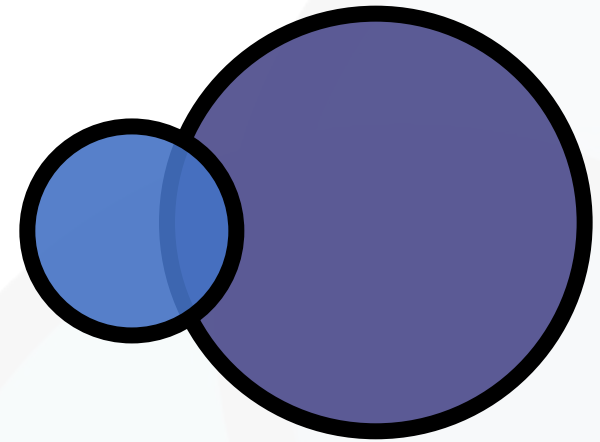
Explore: [Bill Nye](#)

Watch: [Bill Nye: Science Guy](#)

Explore: [NASA](#)

Micro & Macro Trends

Trends — large and small — have tremendous power over political movements and the modern economy.



Understanding their impact offers individuals and organizations insight into the opportunities and challenges they might face. Working with trends not only allows one to consciously design their next steps, but to tap into market niches and experiences not readily apparent to others.

Micro & Macro Trends

In the digital age we're faced with a surfeit of data about people to analyze; according to [McKinsey Global Institute](#), the organizations that excel at this grow more quickly across the board, from revenue and profit to wages and productivity.

Without the ability to understand trends, companies risk being blindsided by demographic shifts and changes in consumer behavior or being outcompeted by innovative rivals.

Micro & Macro Trends

“Identifying and rolling with...trends is important to the future of companies, governments, families, and investors. These trends are not your hot idea of the month, but rather changes that span multiple decades.”

— Hugo Warner, Investopedia

“In today’s world foresight is incredibly important and a muscle that must be developed.”

— Alison Sanders



Micro & Macro Trends



Small Steps

Watch: [Megatrends](#) (full Alison Sanders video)

Do: Schedule time in your calendar to keep up with changes through tools like [Google Trends](#)

Look: [Average Company Lifespan](#)

Read: [Macroeconomics](#)

Read: [Categorizing Trends](#)

Bigger Steps

Do: Follow trend trackers like IBM, Accenture, McKinsey, and PWC

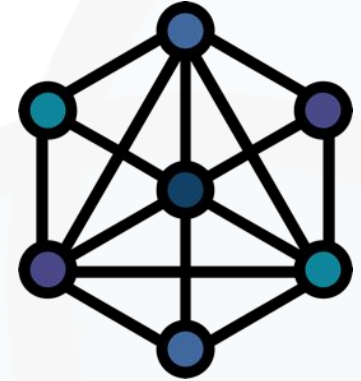
Explore: [The MIT SMR and The Boston Consulting Group Sustainability Collaboration](#)

Learn: [Platform Design Toolkit](#)

Read: [Megatrends](#)

Systems Thinking

We live in a volatile, uncertain, complex, and ambiguous world ([a VUCA world](#)).



Yet at the personal, organizational, and systems level we continue to try and solve problems in silos, ignoring the interconnectedness of issues in favor of short-term band-aids. Even the sharpest minds can be overwhelmed by the level of uncertainty and complexity we face today.

Systems Thinking

Systems Thinking is based on the premise that everything is organized within a certain structure, and that with the right tools we can learn to visualize how the pieces of that structure interact.

The benefits of such an approach are endless, enabling us to take advantage of previously unseen opportunities or utilize resources in new ways, as well as learn about the dynamics and beliefs driving individual and collective behaviors within an organization.

Systems Thinking

“Systems thinking has grown into widespread use because it offers people a way to approach complex and persistent problems more effectively...It is not unusual for people to acknowledge that they seem to be solving and resolving the same problems over and over again.”

— Michael Goodman

Systems Thinking

The iceberg model is a staple of Systems Thinking. It makes it easier to approach complex problems, situations, categories, etc by dividing them into what is visible and what is invisible. Once the invisible is revealed, it is easier to grasp what needs to happen and or be place in alignment to change what appears in the visible.

ICEBERG MODEL of CURRENT REALITY

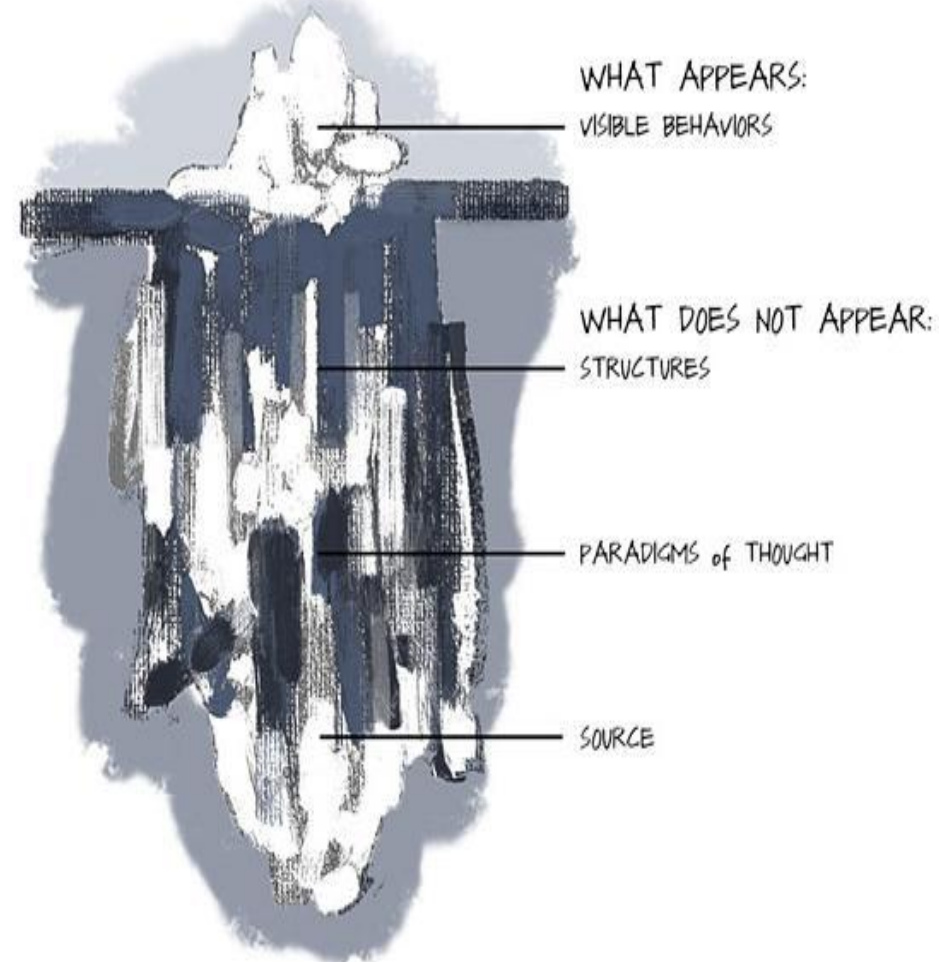


Image source: Presencing Institute

Systems Thinking

To Co-create the Digital Economy we want to live in, we have to dive deep into the invisible and build coherence with the visible. And that is exactly what we did for each of the Dimensions.

Systems Thinking



Small Steps

Read: [The Iceberg Model](#)

Do: Practice using other modalities to map a problem (like the ones on the next slide, from Disrupt Design)

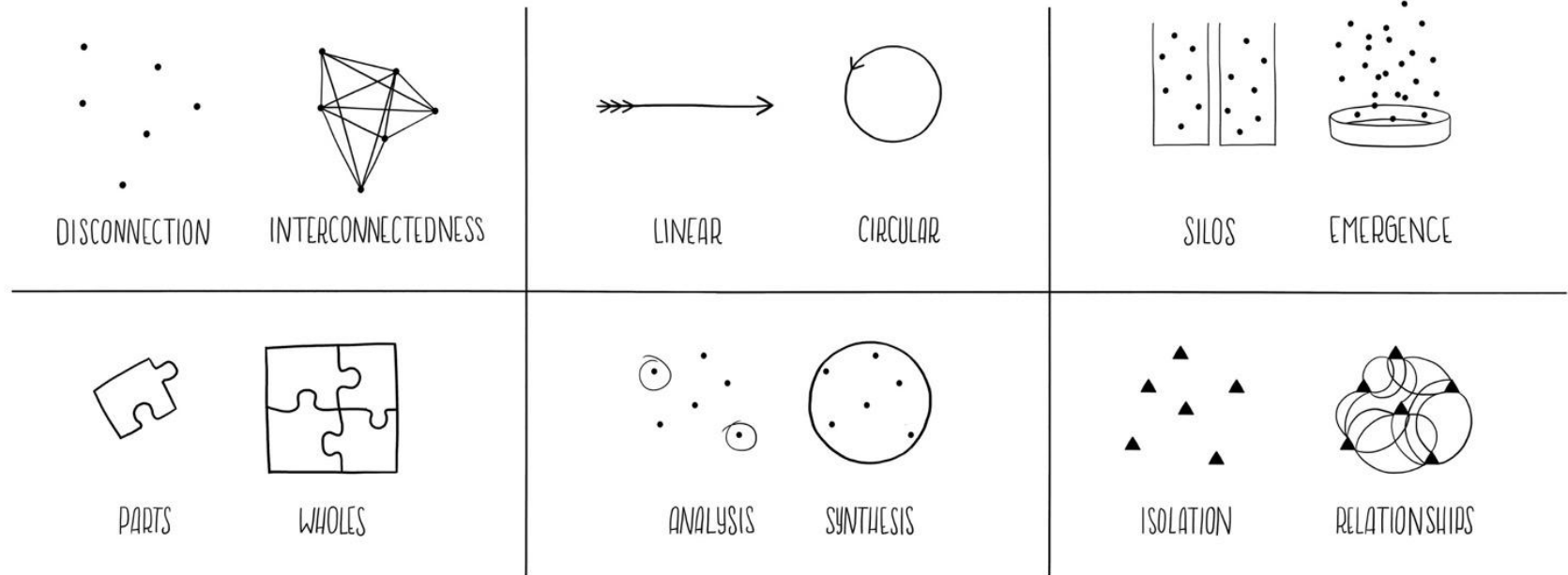
Bigger Steps

Learn: [The Presencing Institute at MIT](#)

Learn: [U.Lab](#) Free Online Course

Systems Thinking

TOOLS OF A SYSTEM THINKER

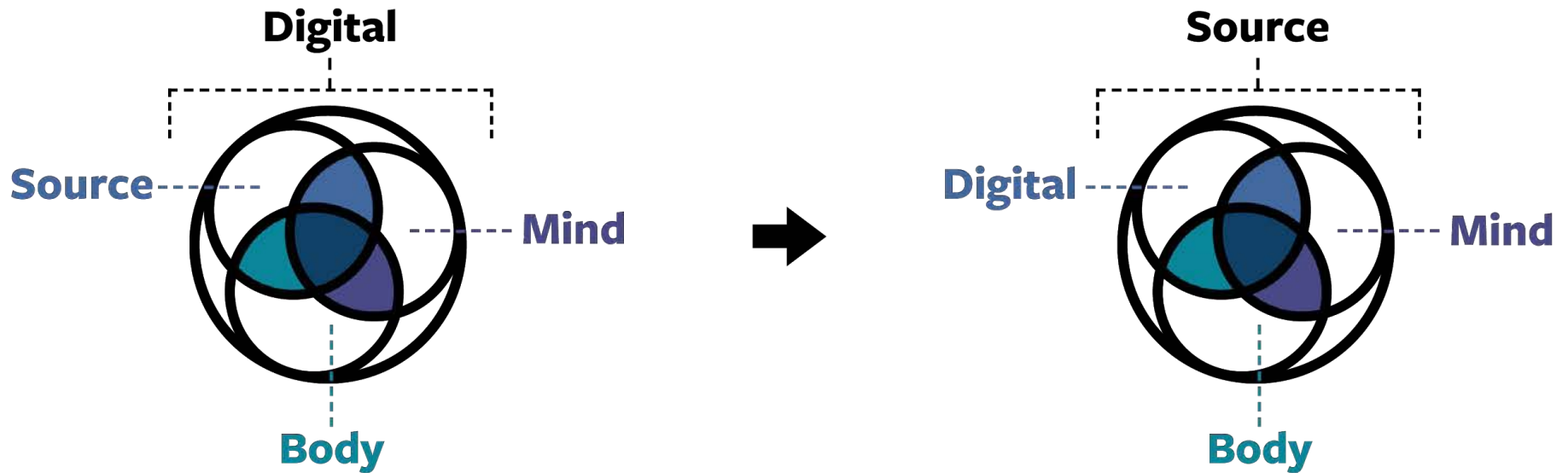


Systems Thinking

U.Lab: Transforming Business, Society, & Self



The Four Dimensions



The Four Dimensions

It's time to explore the Four Dimensions in depth.

In today's world, everything is constrained by **Digital**; **Mind, Body**, and **Source** all fall within it. Our goal is to shift that structure, so that **Source** becomes the umbrella holding space for the other Dimensions. In doing so, we'll be better equipped to consciously and positively design humanity's next evolutionary step.

Part of navigating the Dimensions entails understanding **Visible** and **Invisible Skills**, how they relate, and how to build coherence between them.

It can help to think of this concept concretely, like physical vitality versus the body's electromagnetic field or empathy towards others versus mindfulness.

Digital



Today, Digital is the Dimension that encapsulates all the others, the field within which they are now functioning.

It's the most integral to our task — learning to thrive and co-create in a Digital Economy — and as such, it's important we fully understand what it means.

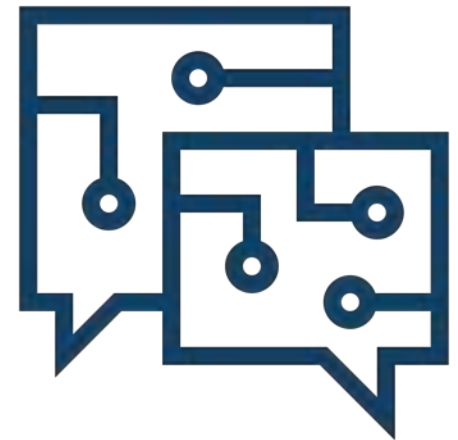
As we enter a new phase of evolution, the digital world is increasingly interconnected with everything we experience.

It brings with it a new language, one that we must not only become familiar with, but help to shape. We must decide: do we want every minute of our lives recorded and shared? Do we want for-profit companies dictating our impulses and sense of self worth? Do we want to live in a world of digital transactions?

Visible Skills: Digital

Digital Communication, Secure Transactions, & Content

According to WhatsApp, 65 billion messages are sent each day on their platform; users share 4.5 billion photos and 1 billion videos, and make 2 billion phone calls — every day. How we communicate digitally matters in more ways than one: billions of messages may be being sent, but how is that affecting the quality of communication or the nature of relationships between individuals?



Visible Skills: Digital

We're quickly moving towards a world that does away with cash as we think of it. Will the whole banking industry disappear, or transform into something new? And what does it mean for people who are outside of financial systems?

What does it mean for you, your organization, and your clients?

To say that digital content has become a vital force in shaping the world we live in is an understatement. To maximize your impact in the digital economy, **it's essential to understand how to create and disseminate valuable content.**



Visible Skills: Digital

“Over 2.5 quintillion bytes of data are created every single day, and it’s only going to grow from there. By 2020, it’s estimated that 1.7MB of data will be created every second for every person on earth.”

— [DOMO report](#)

Visible Skills: Digital

[According to the American Library Association](#), digital literacy is defined as **the ability to use technology to find, create, and communicate information.**

It requires both the right cognitive and technical skills — and, as has been demonstrated in recent years, one must be able to evaluate sources, too, in order to distinguish truth from fiction.



Image Source: *AdWeek*

Visible Skills: Digital



Small Steps

Learn: [Computer Basics](#)

Learn: [Introduction to Wireless Payments](#)

Read: [Glossary of Digital Terminology](#)

Watch: [Introduction to Digital Literacy](#)

Bigger Steps

Learn: [Application Software](#)

Learn: [Introduction to Wireless Communications](#)

Learn: [Content Creation](#)

Invisible Skills: Digital

The Unknown

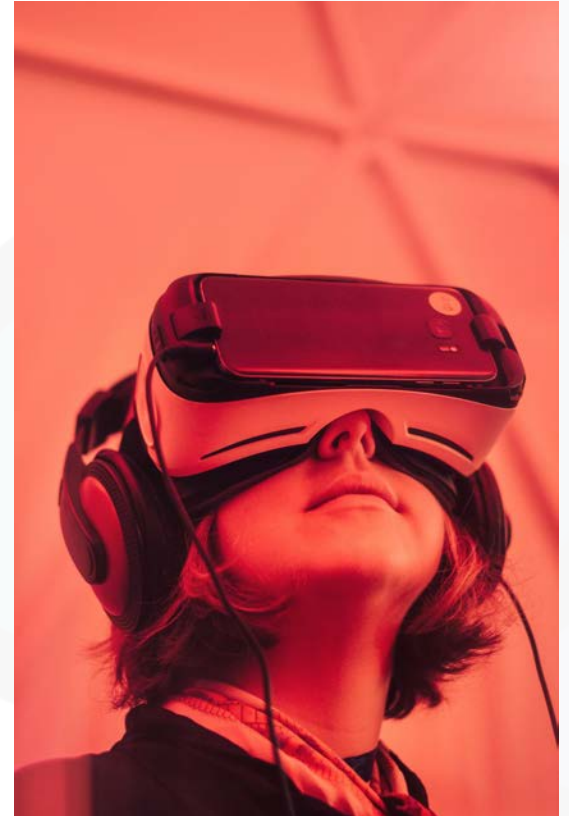
The fact that we live in a world in which machines have been designed to influence human beliefs and behaviors can be an unsettling subject to confront. Many of us can't imagine our lives without a smartphone, our favorite apps within instant reach. But how often do we think about the fact that **these technologies are being consciously designed to create a dependency** — even addiction — in order to manipulate us in favor of increasing the ROI for companies?



Invisible Skills: Digital

Still, in the same way that persuasive people can bring about positive change, so can persuasive technology.

It has the power to affect transformation in the world of healthcare, business, safety, education, and more. New advances in technology could be the key to promoting world peace in the next 30 years — it's thinking like that which urges us to create a body of expertise in the design, theory, and analysis of persuasive technologies, an area of study known as captology.



Invisible Skills: Digital



Small Steps

Read: [How Technology is Hijacking Your Mind](#)

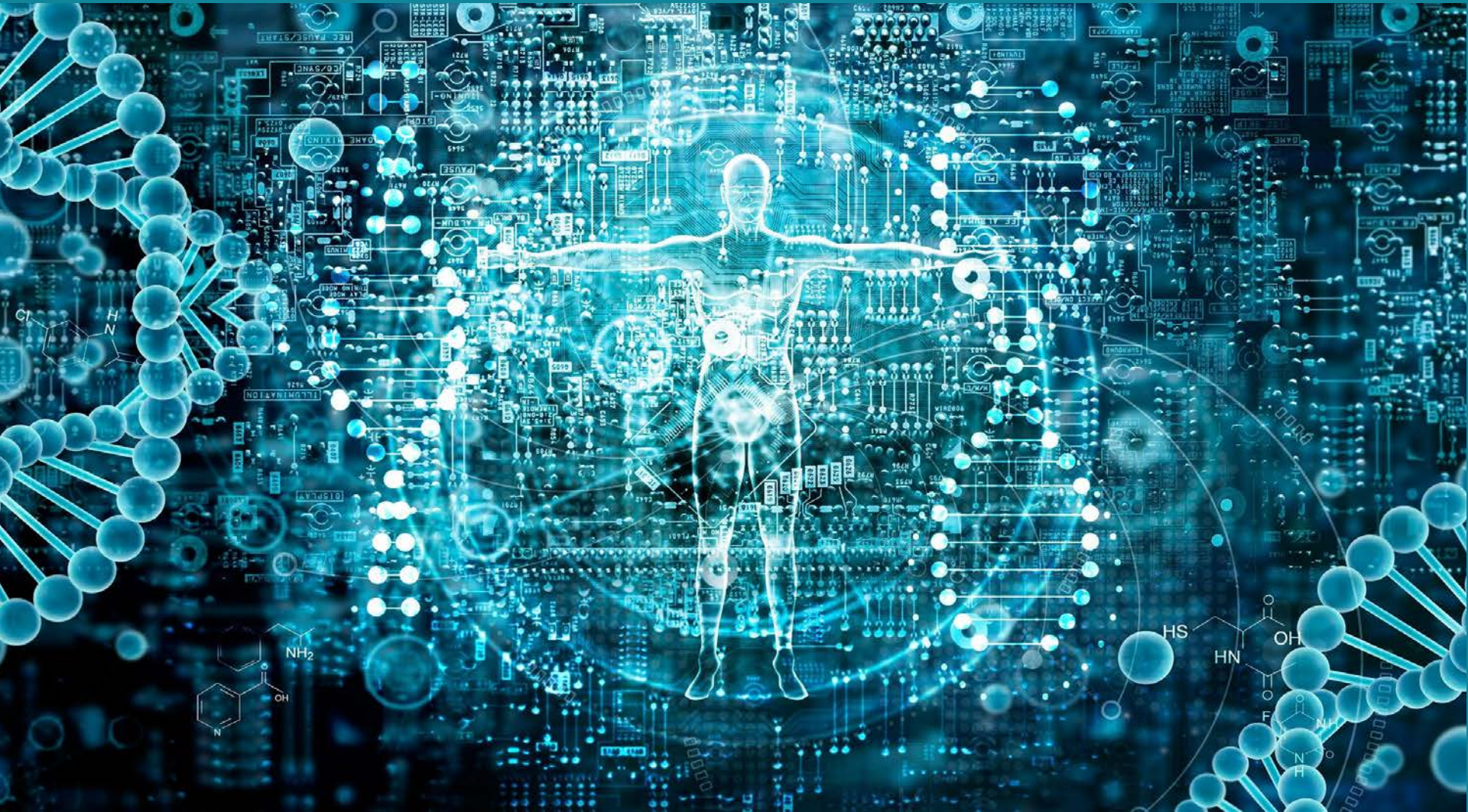
Read: [7 Points on Ethics and Persuasive Technology](#)

Bigger Steps

Explore: [Center for Humane Technology](#)

Learn: [Captology](#)

Body



Body

The dimension of Body is key, because it's literally the thing that enables us to move through the world. If you're feeling run-down, fatigued or have a foggy mind, it's going to be nearly impossible to have the stamina it takes to learn new things, get out of your comfort zone, and make the most of what life is offering.

We have made this section the most robust because it involves the Dimension that you have the most immediate potential to change.

Shifts in the other Dimensions can take longer to effect, and starting with the Body lays the groundwork for easier changes elsewhere.

Body

In this section, we're offering our personal advice on **how best to look after your energy, physically, mentally, and emotionally.**

We are not medical professionals, and every recommendation that you decide to follow should be discussed first with your health practitioner.

We've collected insights from doctors and medical organizations who are the leaders in each of these areas that we find helpful, but always consider your own health with caution.

Visible Skills: Body

Vitality

Think of your body as a battery — it's what keeps you running and experiencing the world around you. Keeping it charged and in good condition is essential to accomplishing anything you set out to do.

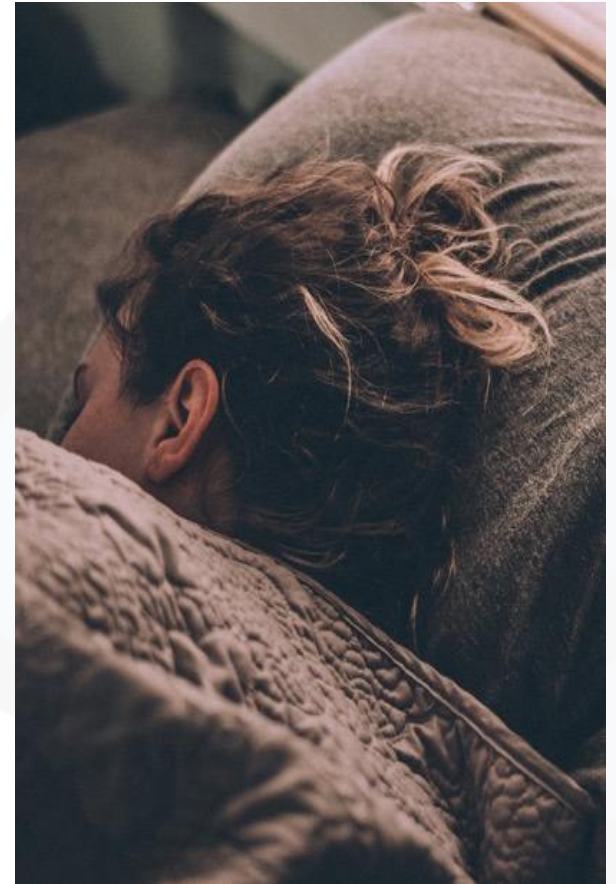
Proper **sleep, exercise, nutrition, and hydration** are all equally important components of vitality.



Visible Skills: Body - Sleep

A good night's sleep is incredibly important for your health — just as important as eating well and exercising. Adequate sleep helps your body heal and repair its heart and blood vessels, improves concentration and productivity, and supports your immune system.

Unfortunately, the modern world is keyed to interfere with our natural sleep patterns; people are sleeping less (and worse) now than they did in the past. Sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.



Visible Skills: Body - Sleep



Small Steps

Do: Cut yourself off from using electronics at least 45 minutes before getting into bed — the blue light from electronics has been proven to cause sleep disruption.

Do: Unplug the electronics in your room; leave your smartphone somewhere else, and get a mechanical alarm.

Do: Practice [Gratitude Meditation](#) to let go of stress.

Bigger Steps

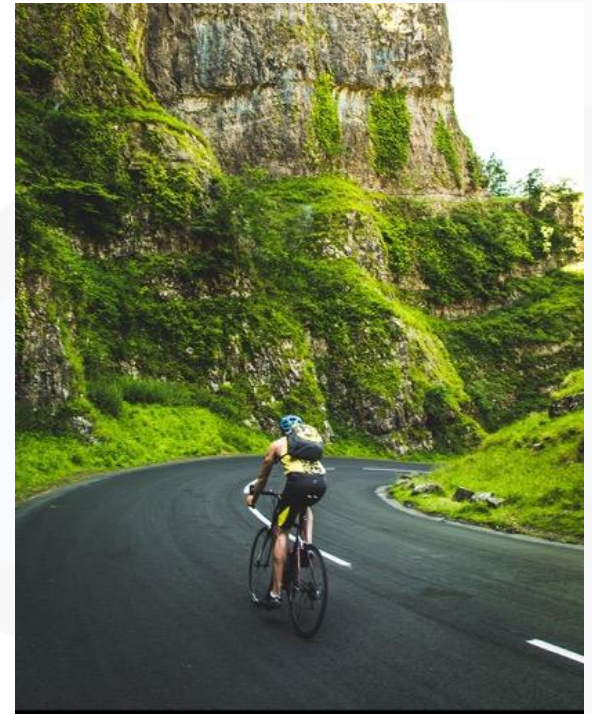
Do: Get a sleep assessment at a sleep clinic or at home.

Consider Investing: [Awair](#); [Philips Hue White & Color Starter Kit](#); [Dodow](#); [Smart Nora](#)

Visible Skills: Body - Exercise

In 2018, only 23% of Americans met the standards for leisure-time physical activity, according to the CDC. Why? After all, we know the amazing, scientifically-proven benefits of exercise: **increased brain power and energy, decreased stress, a better immune system, improved mood and quality of sleep**, and so much more.

According to studies from the Mayo Clinic, people need at least 6,000-10,000 steps just to keep their organs functioning at basic levels. What are you doing to help?



Visible Skills: Body - Exercise



Small Steps

Do: Arrange to work at a standing desk.

Do: Take small breaks or walks during the work day.

Do: Find an exercise buddy

Do: Dance!

Bigger Steps

Do: Find a personal trainer.

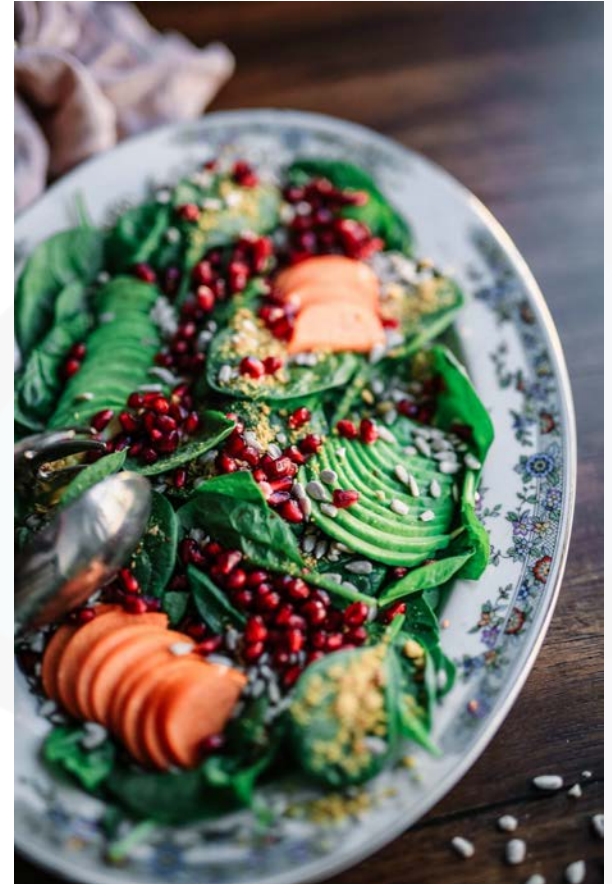
Do: Join an exercise group or sign-up for a marathon.

Consider investing: [Fitness Genes](#), [Polar M600](#), [Fitbit](#), [Apple Watch](#), [Qardio](#), [Skulpt Performance](#), [Finis Duo](#), [Withings Body Cardio](#), [Pear Training](#), [Wii Fit U](#), [Trek Desk](#), [Peloton](#), [ElliptiGo](#)

Visible Skills: Body - Nutrition

What you put in your body can be more powerful medicine than anything you'll find at the drugstore. By 2030, chronic disease will account for over 50 million deaths and cost the global economy \$47 trillion — it's time to start eating to heal.

Not sure where to start? **Plants use colors as their protective mechanisms** — their colors are the sources of phytonutrients, which are incredibly beneficial to our bodies. They're anti-inflammatory, detoxifying, hormone-balancing antioxidants that are key to creating an optimal environment for wellness.



Visible Skills: Body - Nutrition



Small Steps

Do: Eat unprocessed foods in a variety of colors and categories.

Read: [2018 Shopper's Guide to Pesticides in Produce](#)

Watch: [How Food Talks to Your Genes](#)

Bigger Steps

Do: Go to a Functional Doctor and get Nutrigenomics testing.

Invest: [Habit](#)

Read: [Fear of Food](#)

Visible Skills: Body - Hydration

Water is critical to all living things — it can be up to 90% of the body weight of some organisms, and **up to 60% of the adult human body is water**. According to H.H. Mitchell in the *Journal of Biological Chemistry*, the brain and heart are composed of 73% water; the lungs are about 83% water.

Water helps create saliva, keep skin healthy, regulate our body temperatures, get rid of waste, aid digestion and nutrient absorption, boost energy, and so much more



Visible Skills: Body - Hydration



Small Steps

Do: Stay hydrated! Always have water on hand; if you're thirsty, you're already on your way to dehydration.

Do: [Find out the quality of tap water in your neighborhood.](#)

Watch: [8 Benefits of Staying Hydrated](#)

Bigger Steps

Do: Your skin is your largest organ; install [water filters](#) in your showers and baths.

Read: [Dietary Intake Levels of Water to Maintain Health](#)

Invest: [DrinkUp](#)

Invest: [Hidrate Spark 2.0](#)

Invisible Skills: Body

Life Force

You might read “life force” and immediately write this section off as New Age nonsense. Stay with us: the fact of the matter is that everything is made up of energy — human beings are made up of energy. Our organs emit electromagnetic fields, which technology is now able to document.



Invisible Skills: Body

Vitality encompasses the visible aspects of our body.

Life Force is the more subtle, connective component beneath all of that.

According to ancient practices, the body has 7 major energy centers and a total of 72,000 energy points. When these points get blocked, our health suffers.

Practices like breathwork, meditation, yoga, reiki, and acupuncture, can be integral to working through these blocks, helping to heal patients both physically and mentally.

Invisible Skills: Body

This isn't just about traditional medicine — in the Digital Economy, understanding the impact that EMF radiation has on our bodies and moods is essential.

Technological adoption has been so fast that we haven't had enough time to fully study the impact these tools have on our bodies.

Invisible Skills: Body

“Not only is it possible that the human body creates EM fields — it is the only way you can possibly exist as a coherent entity! You are an electric field — a giant electric field which holds your atoms together, and which uses other electric fields to talk to other bits of yourself.”

— Jack Fraser, Master's Physics, University of Oxford

Invisible Skills: Body



Small Steps

Do: Practice exercise and breathing techniques to release stress in the body.

Do: Activate positive emotions by watching comedies, listening to uplifting music, taking walks in nature, or embracing positive social interactions.

Watch: [Wireless Wake Up Call](#)

Read: [EMF Pollution](#)

Bigger Steps

Do: Schedule an appointment with an acupuncturist or Reiki master to help balance your energy points.

Do: Explore taking a Qigong or Tai Chi class.

Do: Hire an EMF Consultant for your house and office.

Do: Pay attention to your body's reaction whenever you introduce a new device into your life.

Mind



Mind

The importance of the dimension of Mind may be less tangibly apparent than that of Body, but it's no less vital; if anything, it's even more important.

Both Body and Mind are thoroughly interconnected — for example, simply changing your posture has been shown to open your mind to new ideas; breathing techniques can slow your heart rate and calm your nervous system; yawning and stretching help to reduce stress.

Taking conscious control over both your body and mind is key to keeping yourself balanced and moving forward.

Mind

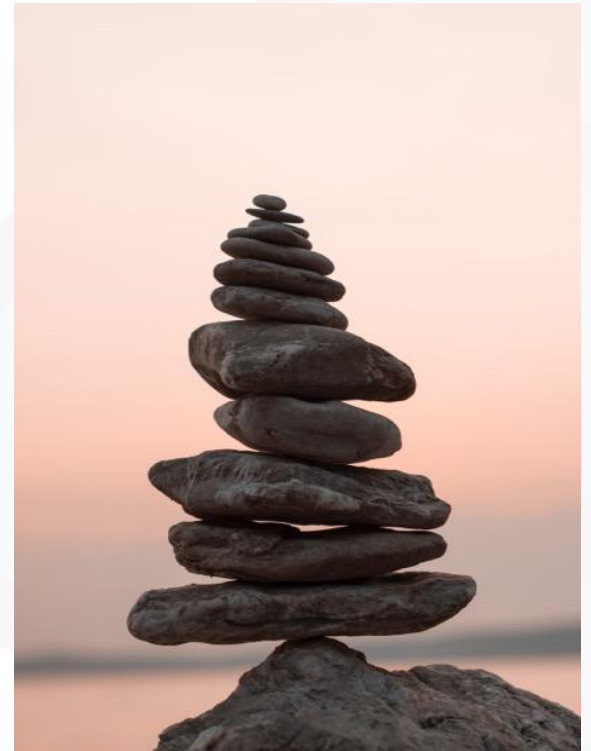
**“What you think, you become. What you feel, you attract.
What you imagine, you create.”**

— Buddha

Mind

A person can have anywhere between an average of 20,000 and 70,000 thoughts a day — but we're only conscious of 10-15% of those thoughts. Practically speaking, we operate automatically the rest of the time, which is a very good thing.

Imagine if you had to carefully think through every little thing?



Mind

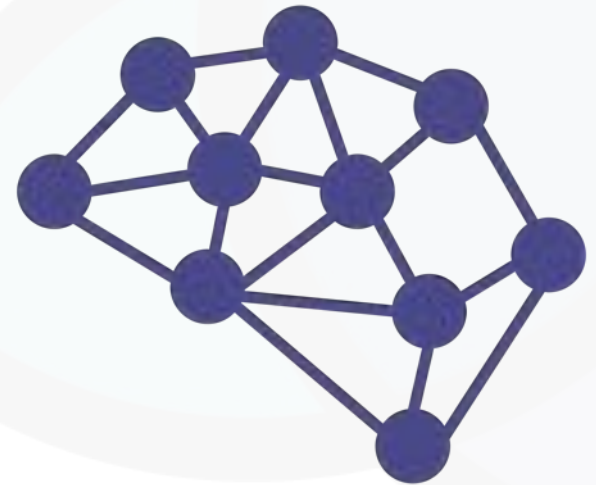
In terms of “mindsets”, our brains work like this: a thought triggers an emotion, which often triggers an action, which ends with a result. If you’re not happy with the results you’re getting, you’ll need to start by deprogramming your thoughts.

Changing your mindset means changing a deeply established set of attitudes and beliefs, many of which we may not be conscious of.

Visible Skills: Mind

The Brain-Mind Difference

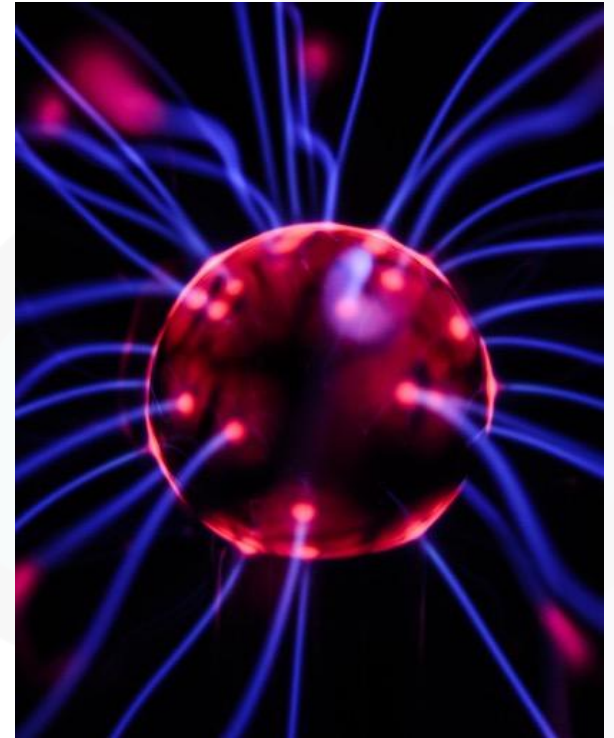
In order to talk about the Mind, we need to talk about the brain. There's a debate between neuroscientists about the relationship between the brain, mind, consciousness, and free will — most of them agree that there's no distinction between the brain and the mind. However, if I ask you to point to your mind, you might be lost; your brain, and you'd have no problem.



Visible Skills: Mind

Understanding how your brain (or Mind) works is necessary to changing it, or something we call neuroplasticity.

It's a kind of rewiring of your brain so that it best serves your needs — coding it to thrive in the Digital Economy.



Visible Skills: Mind

Think of a computer: the conscious mind is the keyboard and screen, easy to affect. The unconscious mind is the programming; it works, but you may not understand how.

The more you understand what's been programmed into you (and how to change it) the better — brains naturally resist change, and we live in an age of exponential change; this is a critical skill to acquire.

Visible Skills: Mind



Small Steps

Watch: [Overpowering Your Lizard Brain](#)

Watch: [Growth vs. Fixed Mindset](#)

Read: [Mind vs. Brain](#)

Bigger Steps

Watch: [The Power of Habit](#)

Do: Learn to adopt a growth mindset instead of a fixed mindset — embrace the belief that your basic abilities can change with hard work.

Read: [The Conscious, Subconscious, and Unconscious Mind](#)

Invisible Skills: Mind

Mindfulness

Mindfulness is essentially a type of meditation, in which you bring your awareness to whatever is happening around you in a given moment. You might focus on your breath, or simply notice the thoughts going through your mind.

Learning how to be mindful — or finding a different meditation practice that resonates with you — is a must in the Digital Economy.



Invisible Skills: Mind

Depending on who you ask, human beings have roughly five to seven basic needs. **The number one need: a sense of safety.**

Why does this matter? We live in a time of great uncertainty and change, which makes it particularly difficult for our security-seeking brains to navigate.

Furthermore, the traits mindfulness encourages — **creativity, intuition, love, and empathy** — are the things futurists and AI experts suggest machines will never be able to replicate. They're the things that make us uniquely human, enabling us to develop the kind of cognitive flexibility and innovative thinking that help us thrive.

Invisible Skills: Mind

“There have been studies done specifically to measure the cognitive rigidity of people who meditate and their ability to solve problems in novel ways. The research shows non-meditators had greater cognitive rigidity than regular meditators, and they also had a tendency to apply difficult or outdated solutions to easy problems based on their past experiences — this was not the case for people who meditated.”

— Bianca Rothschild, *Huffington Post*

Invisible Skills: Mind



Small Steps

Watch: [What is Mindfulness](#)

Watch: [The Scientific Power of Meditation](#)

Explore: [Calm](#)

Bigger Steps

Learn: [MBSR Training](#)

Invest: [Muse](#)

Read: [Mindfulness Practice Reduces Cognitive Rigidity](#)

Source



Source

Source is the fourth, and hardest to define dimension.

Literally, it's a generative force, or the point of origin of a thing — it's where our unlimited enthusiasm for and curiosity about life stems from. Our Source is the well of our creativity, the fountain that renews us and pushes us to go beyond our comfort zone. When we take brave steps into the unknown, we rely on our Source for courage and strength; it's the place from which our highest potential emerges.

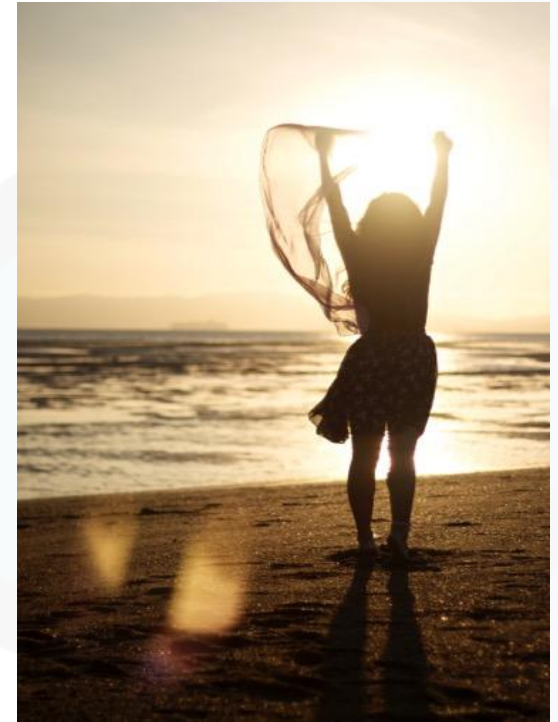


Source

Everyone has experienced these feelings at one point or another in their lives.

Some of our most famous innovators credit connecting with their Source as the catalyst for their creativity, the place where they found their “Eureka!” moment.

The goal is to learn how to consciously tap into that space within ourselves, rather than relying on a flash of luck.



Visible Skills: Source

Sense of Purpose

This is where we start to get down to the essence of why you're here as opposed to who you are. What is our purpose in the Digital Economy?

According to a recent State of the Global Workplace report, 85% of employees are not engaged — or are actively disengaged — at work. The economic consequences? \$7 trillion in lost productivity, globally.

Imagine being one of them and waking every morning dreading having to get out of bed?



Visible Skills: Source

That's the majority of our workforce: employees who aren't terrible, but are simply indifferent. They give you their time, but not their best effort or ideas. Their strengths are wasted.

How do we motivate this group of people?

The promise of wealth is no longer enough; people need something more, especially younger generations.

Visible Skills: Source

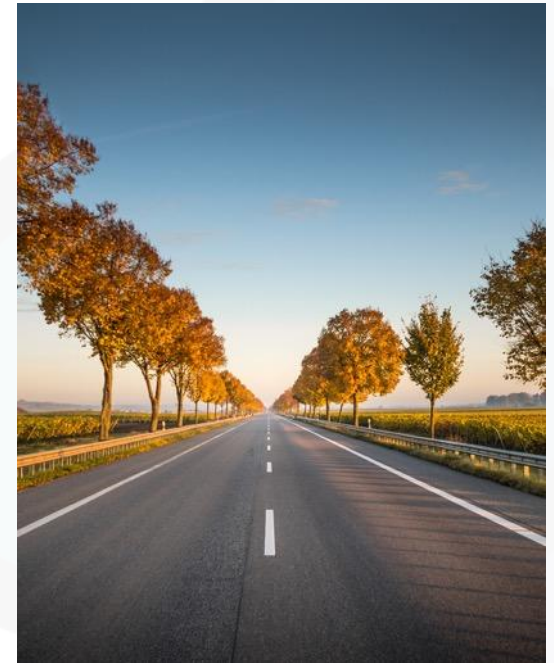
“For the first time in history, more people commit suicide than are killed by crime and terrorism and war put together. Statistically, you are your own worst enemy.”

— Yuval Noah Harari

Visible Skills: Source

As predictions fly that AI will replace our jobs at increasing rates, many professionals are in a state of either denial, fear, or both. Which leads us to the million dollar question: **Why are we here?**

When we're able to identify a purpose and pursue it, the positive ramifications are endless: we sleep better, we're healthier, we live longer. It's integral we all take active steps to identify our personal missions.



Visible Skills: Source



Small Steps

Read: [Three Simple Steps to Identify Your Life Purpose](#)

Watch: [Distinguishing Between Hobbies, Jobs, Careers, and Vocation](#)

Read: [2018 Future Workforce Report](#)

Watch: [Start With Why](#)

Read: [Finding Purpose for a Good Life](#)

Read: [How To Find Your Purpose In Life](#)

Bigger Steps

Do: Commit to experimenting with ways to express your purpose in your everyday life.

Do: Find an organization or nonprofit to join in pursuit of contributing to something bigger than yourself.

Read: [State of the Global Workforce](#)

Read: [On Happiness and Human Potentials](#)

Read: [Purpose In Life as Predictor on Mortality](#)

Invisible Skills: Source

Presence

A positive presence can't be faked, and can be felt by all who come into contact with it. But how to achieve it?

Research has found that the pattern of your heart rhythm reflects the state of your emotions and nervous system dynamics.

For example, when you're feeling tense, irritable, impatient, frustrated or anxious, your heart rhythm shifts into an incoherent pattern.



Invisible Skills: Source

On the other end of the spectrum is coherence. **Coherence is a term used by researchers to describe a highly efficient psycho-physiological state** in which your nervous, cardiovascular, hormonal, and immune systems are working together harmoniously.

The [Institute of HeartMath](#) has been studying the effects of emotions on physiology for over 20 years, and have developed a simple yet powerful technique — called Quick Coherence® — that enables a person to recharge themselves in as little as 3-5 minutes.

Scientific Foundation of the HeartMath System



Invisible Skills: Source



Small Steps

Read: [5 Ways to Instantly Increase Your Leadership Presence](#)

Read: [3 Life Hacks to Increase Your Presence](#)

Read: [5 Surprising Ways to Increase Your Presence](#)

Bigger Steps

Watch: [The Four Levels of Listening](#)

Watch: [The Charisma Myth](#)

Read: [The Power of Presence](#)

Conclusion



Conclusion

At a simple glance the Digital Divide is the economic and social inequality that separates the people who can access, use, and impact technology and those who cannot. And, for better or worse, that disparity has the power to affect the three more “human” dimensions, too: Body, Mind, and Source.

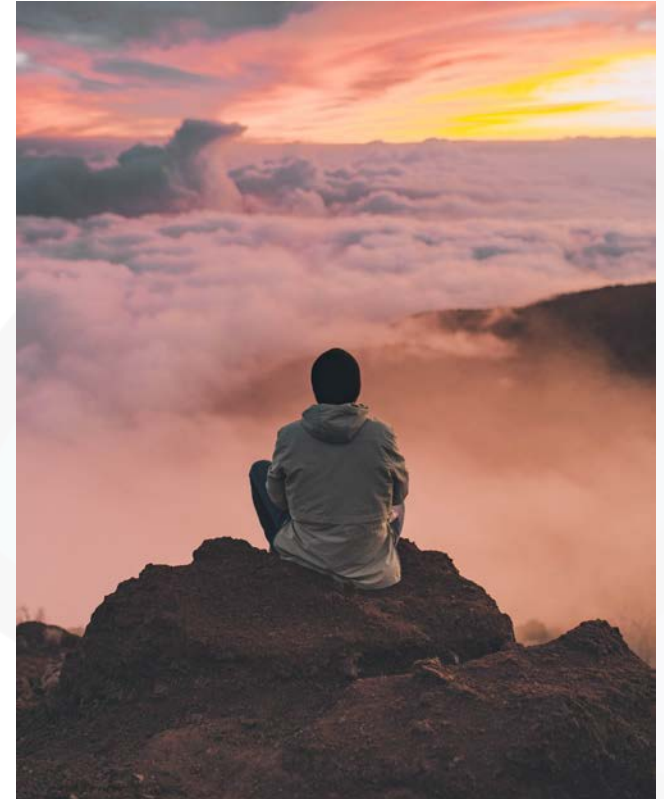
At a deeper level, it is the disparity in understanding who we are as human beings; leveraging all of our dimensions and in particular, leading from Source that is the real and biggest divide of our time.

After all, each of us is a single system — pretending that we exist in silos and allowing technology to lead the game we are all playing a losing game.

Conclusion

The fact is, unless you're already a part of the networks and conversations where change is being generated, you're likely missing out on critical opportunities to effectively meet the challenges mankind is facing in the 21st century and most importantly co-create these changes...our next evolutionary stage as human beings.

The stress of those missed opportunities — and the shocking rate of change in the world around us — can be debilitating.



Conclusion

By looking at your world through the lens of the Four Dimensional Quotient, you suddenly have a way to cut through the chaos. It's our way of providing a map to the places you should invest your (no doubt limited) time in order to understand the visible and invisible world around you, identify untapped opportunities and most importantly, co-create the future you want to see.

Key Takeaways



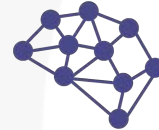
Digital

Rise above the constant race to keep up with the Digital Economy; set aside your fear of missing out. Make technology work for you and your goals — you're in charge.



Body

Treat your body with care. This is non-negotiable; it's the tool through which you experience life, and must be nurtured to reach its maximum potential.



Mind

Learn to understand the inner workings of your mind; it's a profoundly powerful tool. Activating it in the right ways will make you feel happier, more joyful, creative, present, and connected.



Source

Tap into your purpose on both an individual and collective level. It's potentially the single most critical means at your disposal for thriving in the Digital Economy and changing the world for the better.

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