

The Fourth Quadrant

By

Ashok Bedi, M.D.

Excerpts from recently published book

*Awaken The Slumbering Goddess-The Latent Code of the Hindu Goddess
Archetypes*

October 2007, Booksurge Publishers

Available at www.amazon.com and

www.booksurge.com

ISSN 1939-3407



If we imagine our life as a circle, we can divide it into four quadrants. Three of these are well recognized and the focus of much of human enterprise: the quadrants of love, of work, and of play. The fourth, less visible one is the quadrant of creativity. We often meet Sobriety in this neglected quadrant of our life.

In my psychotherapeutic work with men and women over the years, I have found that when this fourth invisible quadrant of creativity is addressed and honored in some way, it has tremendous potential for healing human suffering. This emphasis, this acknowledgment, this honoring of the creative quadrant of life leads to a sense of completion and satisfaction in human existence that restores mental health and fulfillment to one's life. Highlighting this fourth quadrant of creativity brings the other three into a relative balance with the rest of the personality and leads to a sense of emotional, psychological, and spiritual fulfillment.

I have learned from my clinical experience over the years that while the other three quadrants of love, work, and play are crucial in managing our connection with day-to-day life in our routine world, the quadrant of creativity puts us in contact with our soul and the Spirit. In the fourth quadrant--inner experience and creativity--we recognize important aspects of our spiritual potential

The Four Quadrants of Our Soul



November 05

Copyright - Ashok Bedi, MD

The Fourth Quadrant Exercise

1. *Describe the four quadrants of your life: love, work, play and creativity.
What have you done to honor these four quadrants of your life?
2. *Who sees the fruits of your "purposeless" creativity besides you? How do they respond to it?
3. *What instances do you recall when you misused your creativity primarily in service of the other three quadrants of your life, that is, love, work, or play?
4. *How have you structured your life so that you have adequate time for creativity?
5. *What is the balance among your studio time, your solitude, your silence, and your skill building?
6. *What instances do you recall when you had the courage to follow your creative urge?
7. *In your encounter with your creative drive, do you let it sweep you away, or do you courageously dialogue with it and integrate it ethically with the other three quadrants of your life circle?

Ashok Bedi, M.D.

1220 Dewey Avenue,

Wauwatosa, WI 53213

Phone (414) 454-6610

Email: ashokbedi@sbcglobal.net

Web: www.pathtothsoul.com

Dr Bedi is a Diplomat Jungian psychoanalyst and a board certified psychiatrist. He is a member of the Royal College of psychiatrists of Great Britain, a diplomat in Psychological Medicine at the Royal College of Physicians and Surgeons of England, a Distinguished Fellow of the American Psychiatric Association. He is a Clinical Professor in Psychiatry at the Medical College of Wisconsin in Milwaukee and a Training Analyst and a faculty member at the Analyst Training Program at the Carl G. Jung Institute of Chicago. He is Honorary Psychiatrist at the Aurora Psychiatric Hospital and the Aurora Health Care Network. He has been a psychiatric consultant to several agencies in Metro Milwaukee. Presently he is the consultant for the Sexual Assault treatment center at the Aurora Sinai Samaritan Hospital, Dewey Center at the Aurora Psychiatric Hospital for treatment of Addictions and the Pastoral Counseling Service of Greater Milwaukee.

Trained in India, Great Britain and the US, he is interested in the emerging frontiers of Spirituality and Healing and the synapses of the Mind, Body, Soul and Spirit. He is author of the book, Path to the Soul, Weiser Books, 2000, Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes, Booksurge Publishers, 2007 and the coauthor of Retire Your Family Karma, Nicholas-Hays, Inc. 2003, These and his other upcoming presentations can be previewed at his website www.pathtothesoul.com

Ashok Bedi has been in practice in Milwaukee for over twenty-five years and specializes in Adult Psychotherapy and Jungian Psychoanalysis. He regularly presents lectures and seminars in India, Great Britain, Ireland and USA on the topic of the Spiritual and analytic dimensions of treatment, healing and personal growth. Over the last several years, he has been the International Association of Analytical Psychologists liaison person for developing Jungian training programs in India and travels annually to India to teach, train the consult with the Jungian Developing groups at several centers in India including Ahmedabad & Bangalore. He leads the annual "In the Footsteps of Carl Jung in India" study group to several centers in India under the auspices of the New York Jung Foundation.

