

Dog Mind vs. Lion Mind

WHAT DOES IT MEAN TO BE PRESENT - DOG MIND VS. LION MIND

How might a dog and a lion respond if you were to throw a bone after waving it in front of them? Without any conscious thought, a dog will instinctively chase the bone. However, a lion will take a moment to think things through and decide how to react. If we can imagine the lion sitting poised, present, and non reactive, it can remind us of the mental state we are trying to achieve when we practice being mindful.

HOW LION MIND CAN HELP YOU

Think of a time where you were faced with a difficult situation, whether it involved a friend or a concept you were struggling with while studying for your math test. Your Dog Mind might have automatically reacted by telling you that your friend hated you or that the concept was too hard and you would fail.

Your Lion Mind supports us in dealing with the "bones" that life throws our way, like fears, worries, and negative thoughts. It allows you to step back and see the bigger picture. By regularly practicing Lion Mind, you can boost creativity, improve learning and focus, think more clearly, better manage your emotions, enjoy better sleep, and strengthen your relationships.

TRY IT

The STOP technique is a simple and effective way to develop mindfulness and tap into your Lion Mind. Try using it at least once a day over the next week. Pick a daily activity, like taking a shower or eating, and practice the STOP technique just before starting. Quite literally, STOP before you start!

STOP

t e c h n i q u e

Interrupt anxious thoughts and feelings

S

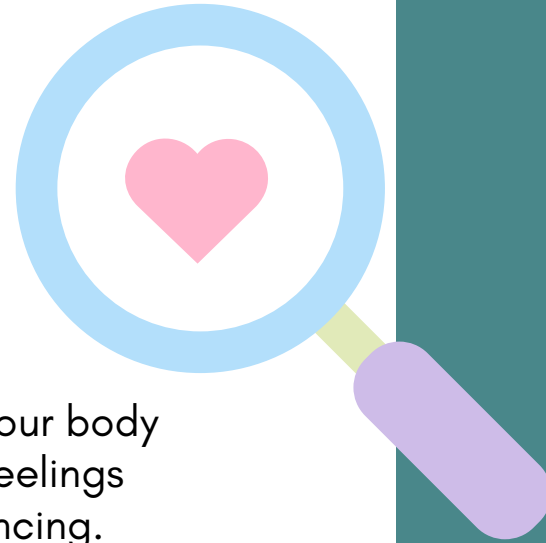
Stop.

When you notice yourself feeling anxious or overwhelmed, stop what you're doing or thinking for a moment.

T

Take a deep breath.

Inhale slowly through your nose and exhale slowly through your mouth. Repeat several times.



O

Observe.

Notice what is happening in your body and mind. Acknowledge the feelings and thoughts you are experiencing.

P

Proceed.

Choose how you would like to proceed, focusing on activities or thoughts that make you calm and happy.

REFLECT

What was it like practicing STOP?

What did you notice when you were in Dog Mind? What thoughts came up for you?

What did you notice when you were in Lion Mind?