
Module #1: MIND

The Missing Piece to
our Mind,
Is our ability to
UNDERSTAND
how it truly works.



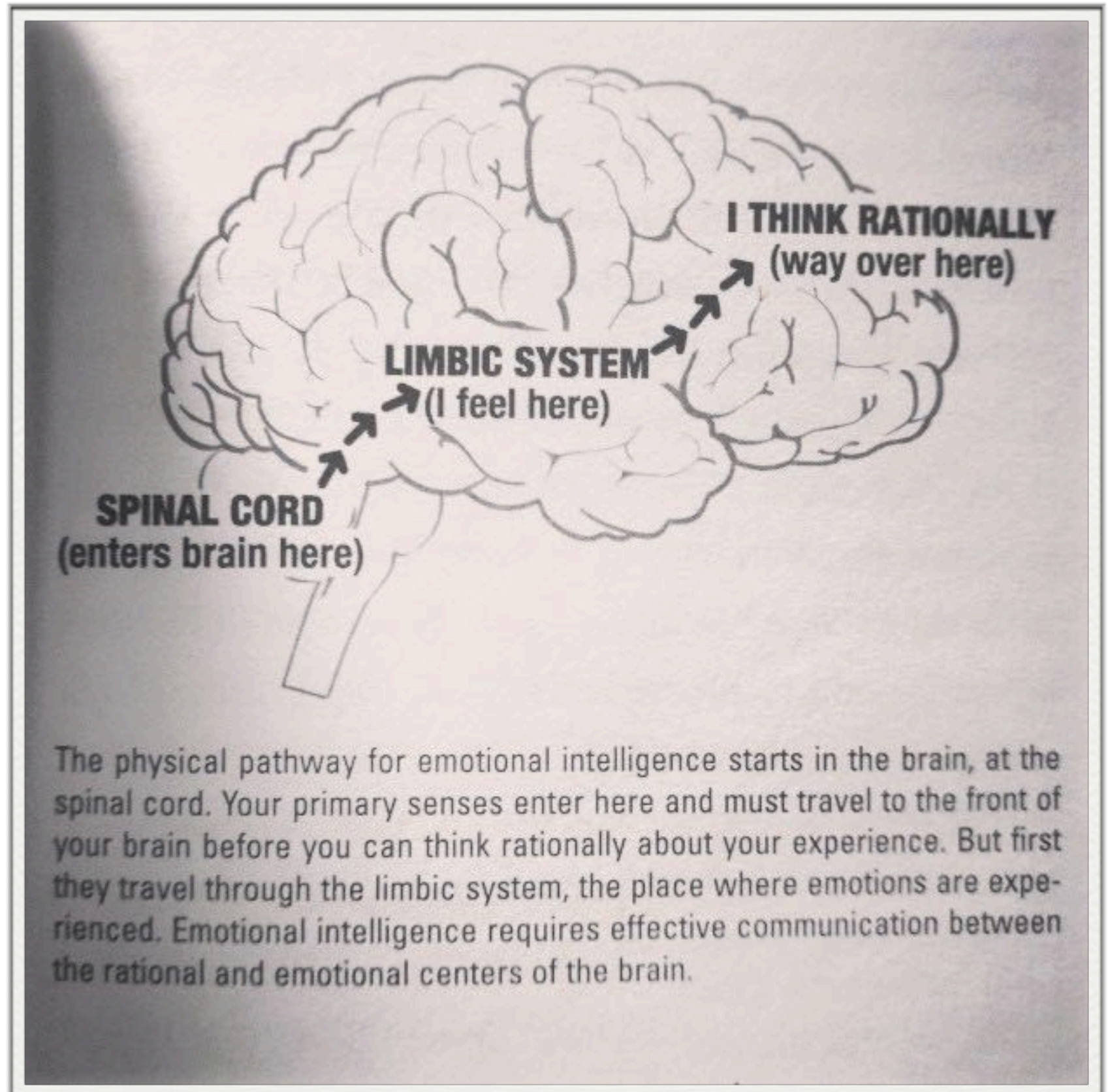
FILES CLOSING MEDITATION

Group Meditation on Call.

LEFT COGNITIVE MIND

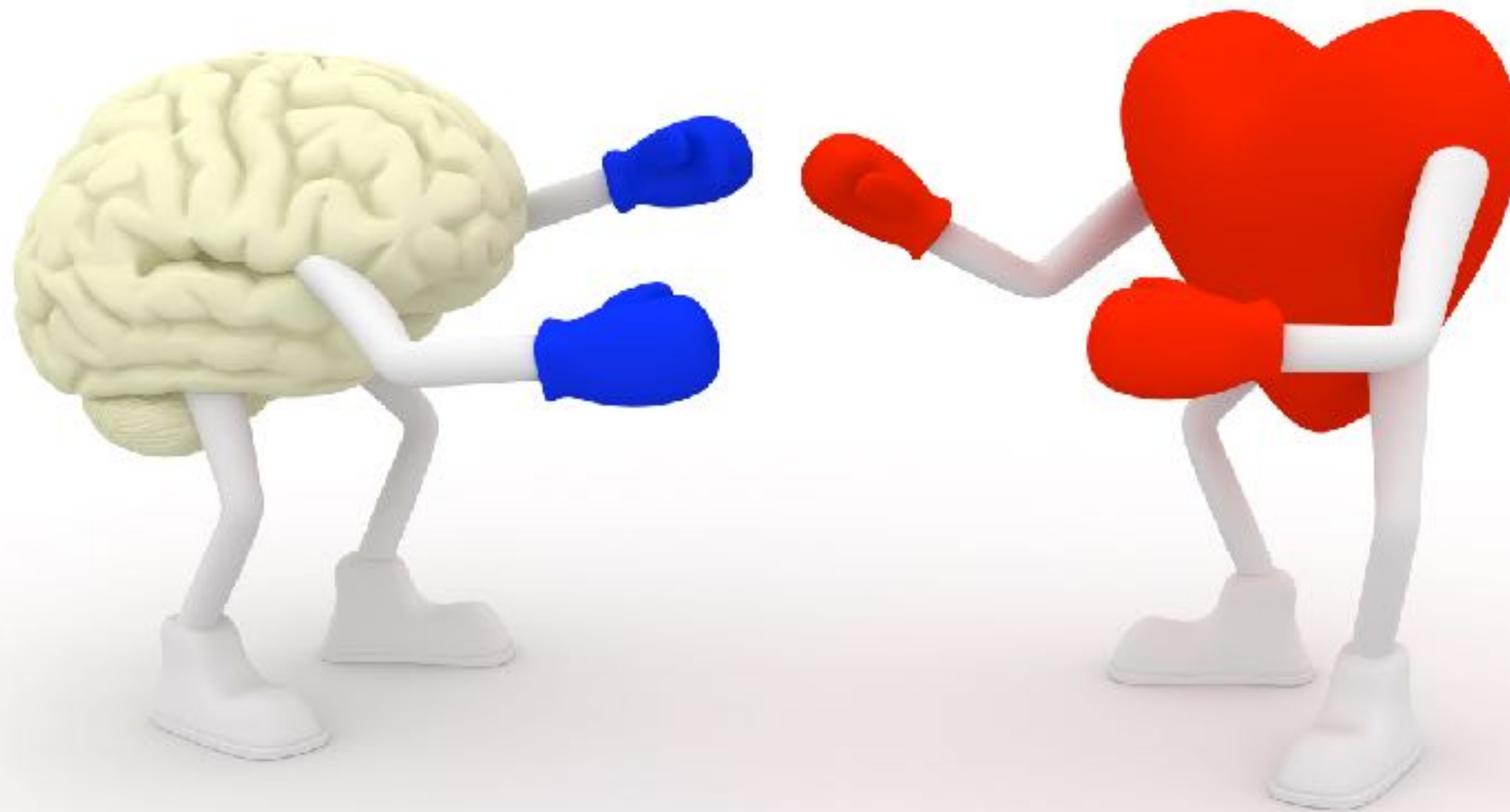
- Jill bolte taylor Video- on group <https://www.youtube.com/watch?v=UyyjU8fzEYU>
 - We have different departments, so to speak, in our mind. Our autonomic system is beating your heart, digesting your food and millions of micro tasks you never need to think of. Our conscious mind is only a SMALL part of who we really are, yet we SO over identify with it, that it causes overwhelm, frustration, hopelessness and resignation.
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We come from different perspective in our brain, depending on what our thoughts, feelings, environment, or deep seated beliefs are.



REACTIONS V. CHOICES

- Reactions are just what comes out. No management or thought
Inner Child- be gentle with yourself. Ego- Separate from your
Being, and requires more of a hard-ass approach and discipline.
 - Choices are the ability to respond and decide from who you
want to be (possibility), and who you really are (essence).
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SOMETIMES OUR MIND AND HEART DON'T GET ALONG

Let's find out WHY. And how our mind can serve our life, rather than derail and distract us.

POPULARITY OF 'MINDSET'

CONSCIOUS VS SUBCONSCIOUS

- 8 seconds between a response (conscious choice) and a reaction (knee-jerk, non conscious). This is the time it takes to allow data to reach the Amygdala.
 - A lot of talk of 'subconscious beliefs' is out there, but what I found is the body and heart naturally bring us the steps and wisdom to heal. We can't think our way there, we need to allow the integration of our whole being. Thinking is only 25% of it.
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INTERPRETATION

- Perspective. Preconceived notion from the mind. ‘a particular attitude toward or way of regarding something; a point of view.’
 - From these filters we ‘see’ reality. When in actuality we are filtering reality to suit what we have already decided it is.
 - Our interpretations, once looked at and observed NEUTRALLY can work for us once we see we are interpreting rather than seeing what is true.
 - There are millions of interpretations. Others not seeing your point of view will happen. Having an expectation that everyone else should see your way is arrogant.
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EXERCISE FOR INTERPRETATION

NOTICE

just notice your life. Don't make things wrong or bad. They just ARE.

(Ontology- how we relate to reality creates our reality. Serpent - from Andean Shamanism)

Pretend you are an anthropologist studying yourself. Not personal, no expectations. Just taking in and NOTICING data.

Thoughts, feelings, actions, reactions, choices, judgments, impulses- all of it.



FILES, ANALYSIS, COMPARTMENTS

- Your mind is a magnificent tool!!
 - You do not heal emotion in the mind.
 - You do not come up with inspired ideas, you access them.
 - Your mind needs love, acceptance, understanding. When we judge our natural spectrum of thoughts, reactions, emotions we can splinter ourselves. (soul retrieval, inner child work)
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"The mind is a superb instrument if used rightly. Used wrongly, however, it becomes very destructive. To put it more accurately, it is not so much that you use your mind wrongly—you usually don't use it at all. It uses you."

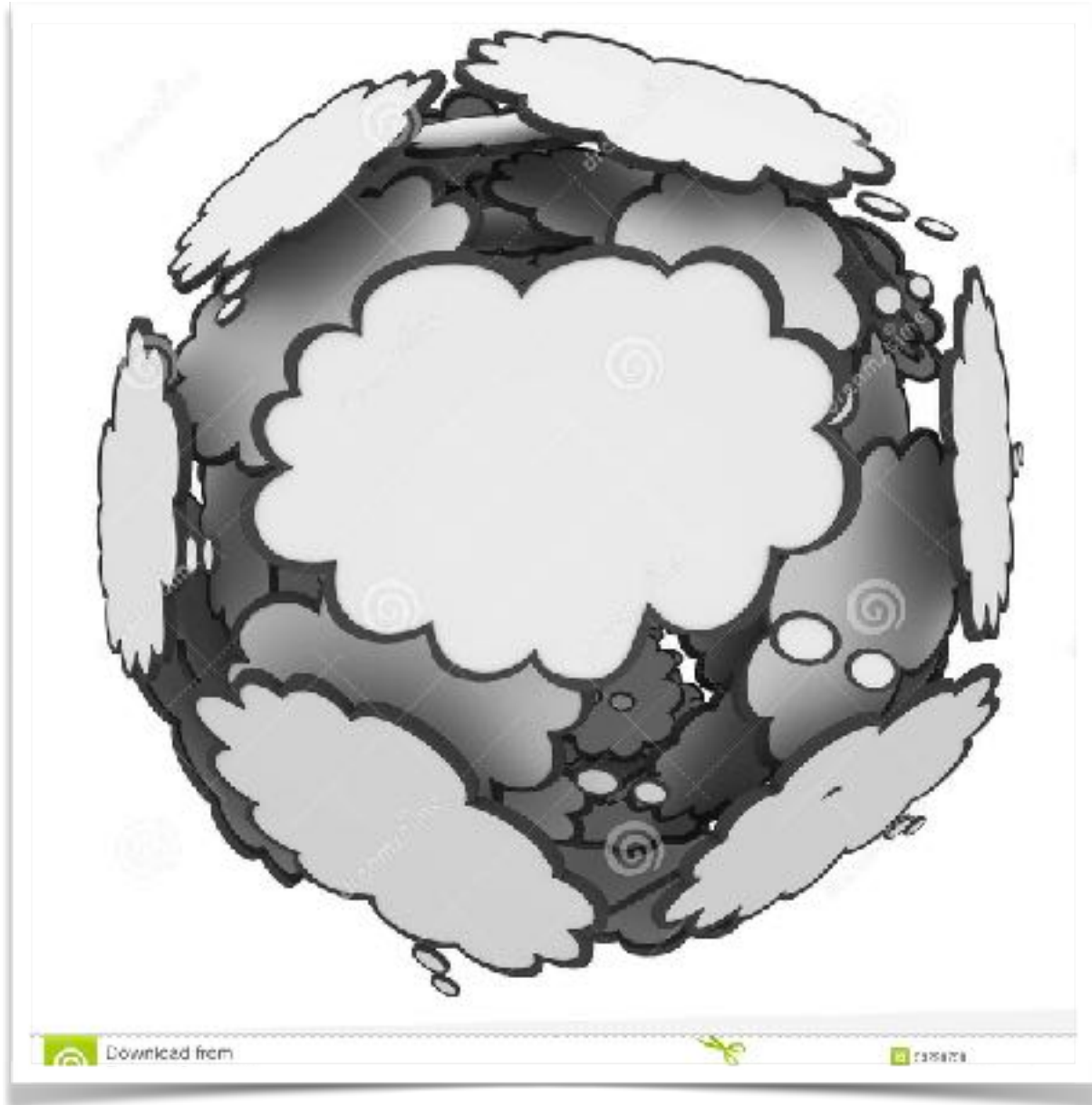
"all the things that truly matter — beauty, love, creativity, joy, inner peace — arise from beyond the mind"

- Eckart Tolle, The Power of Now

JUDGMENT IS OKAY

- To judge, is a NATURAL normal part of our mind. It's how we get by.
 - There is a difference between Judging as a lack of love, and general discernment .
 - Embrace your mammal humanity. You have many aspects and the animal reactive parts are meant to be MANAGED by your cognitive mind, your will and choice.
 - Managed is key. You don't control your inner mind parts. They don't like that, they fight back when you try.
 - Your true nature has many different options of being. Base animalistic/reactive, to genius/loving/creator. Humans can be and *are* all these parts. Embracing this truth is healthy.
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THOUGHT SPHERE



- Every thought that has ever been thought is in existence, like radio waves. Tuning in makes them so.
- Doug the Monk-Oneness.
- Don't take thoughts so seriously or personally.
- Picture in Picture- you can have your whole self witness all the moving parts. Pull back the camera.

PRACTICES FOR THE MIND

JOURNAL AND WRITE. WHY?

- The Technology of Journalling. Slowing down. Head, body, heart, hand, witness.
 - Pipes clean. Creates flow. Releases debris. (Hucha- Peruvian)
 - BRAIN DUMP- Just write, big, small, messy, sideways. No form.
 - OPEN CHANNEL- After some brain dump clearing writing most likely wisdom can come through. Inspiration comes through the mind, not FROM the mind.
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USE OF WILL AND INTENTION

- The mind thrives is when it knows its place. 1 thing at a time. Presence.
 - Write down intentions.
 - Use your will to SERVE your whole self (further modules).
 - Thought substitution. When thoughts are out of control, just make yourself think of kittens, or a sunset, or something else.
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Extra Resources

- Think and Grow Rich N. Hill
 - Paramahansa Yogananda
 - Dr. Demartini
 - Tara Brach
 - Pema Chodrin
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