



How was your Week?

If you experience
BAT brain
or
Rat brain

What do you do?

Review week One

Meditative-Mindfulness

Know thy self

Your body is anchor
to the present moment

Review week Two

▶ Your Mind

▶ Your Mind generates thoughts

Your Mind experiences: The present Moment

Your past and future exist only in your mind

Some thoughts are unconscious

Not all thoughts are true

Your Stories create your self and your world



Thoughts can be

INNER DIALOGUE

MEMORIES

BELIEFS

STORIES

ANY OF THESE THOUGHTS CAN BE UNTRUE

What is this baby thinking?



How is this baby thinking?



A baby does not think in words

- ▶ A baby Experiences
the Present moment

Wordless Awareness

- ▶ Being aware of objects,
- ▶ instead of thinking about them

- ▶ Experiencing something
- ▶ rather than describing it

Candle meditation

▶ Catch - Tag - Release

BE aware of

EVERYTHING YOU THINK

Meditative Mindfulness

is

BEING AWARE OF YOUR BODY

BEING AWARE OF YOUR THOUGHTS

BEING AWARE OF YOUR **EMOTIONS**

BE aware of

EVERYTHING YOU FEEL

Self-Awareness
of your

EMOTIONS

An Emotion



IS A VISCERAL SENSATION

WITH A LABEL (+,-,0)

AND A STORY (MEANING)

Feeling Emotion



WHAT DOES FEAR FEEL LIKE?

WHAT DOES ANGER FEEL LIKE?

WHAT DOES SADNESS FEEL LIKE?

WHAT DOES HAPPINESS FEEL LIKE?

What are the stories
that accompany your

Fear

Anger

Sadness

Happiness

MEDITATION

Remembering Emotions

- ▶ What the emotion felt like in your body
- ▶ What was the "story" explaining the emotion

TOXIC EMOTIONS FROM PAST

What does GUILT feel like

What does REGRET feel like

TOXIC EMOTIONS FROM THE FUTURE

What does WORRY feel like

What does DESIRE feel like

What are the stories
that accompany your

▶ Guilt

▶ Regret

▶ Worry

▶ Desire

Frequently your stories are unconscious

Notice the Difference

- ▶ I am angry
- ▶ I am feeling anger

- ▶ I am depressed
- ▶ I am feeling depressed

FEELINGS COME AND GO, **YOU** REMAIN

A Different type of Emotion

▶ Mood

▶ Your mood colors your

▶ Experience, Day, Life

You are not your Thoughts

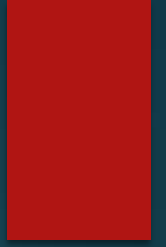
You are not your Feelings

You are not your Mood

YOU create Thoughts

YOU experience Feelings and Moods

Moving Meditation



- ▶ Think I am Safe
- ▶ Feel Being Safe

Click to add text

- ▶ Think I am Free
- ▶ Feel being Free

- ▶ Think I am Present
- ▶ Feel being Present

The Process of being human

Experience

What is happening
NOW

What is happening
In your Mind

Stories

What is happening
As seen through
Your stories

Your stories are
your belief system

Prejudices
Self-concept

Meaning

What you think is happening

You have an emotional response

You have a behavioral response

Your thoughts, feelings
and behaviors create an

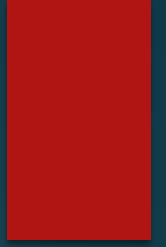
Experience

Meditative Mindfulness

helps you become aware of the interrelationship between your thoughts, your emotions

- ▶ Be aware of your thoughts influencing your emotions
- ▶ Be aware of your emotions influencing your thoughts

QUESTIONS



Gestalt Therapy

- ▶ Fritz Pearls
- ▶ Focus on moment to moment experience
- ▶ Integrating thoughts, feelings and behaviors
- ▶ Being authentic

Coloring time

- ▶ Start coloring the paper

Mindfulness

- ▶ Jon kabot Zinn
- ▶ Thich Nhat Hanh



Mindfulness

THE AWARENESS THAT ARISES

BY PAYING ATTENTION

ON PURPOSE

TO THE PRESENT MOMENT

NON-JUDGMENTALLY

Mindfulness



Being aware of what you are thinking as you are thinking it

Being aware of what you are feeling as you are feeling it

Being aware of what you are doing as you are doing it

Non-Judgmentally

Mindfulness is a way of living

With practice Mindfulness
becomes a habit

MINDFULNESS IS A CONTINUOUS SELFIE

- ▶ DO A QUICK BODY SCAN
- ▶ WHAT'S YOUR MOOD
- ▶ WHAT'S ON YOUR MIND
- ▶ WHAT'S YOUR GUT FEELING
- ▶ WHAT ARE YOU DOING

Week three Practice



MEDITATE DAILY 15 MINUTES

PRACTICE SELFIES

BE MINDFUL OF YOUR BODY

BE MINDFUL OF YOUR THOUGHTS

NOTICE THEY COME AND GO

BE MINDFUL OF YOUR EMOTIONS

NOTICE THEY COME AND GO

SEEK OUT HAPPINESS

NEXT WEEK MINDFUL EATING
BRING

- ▶ SOMETHING SWEET
- ▶ SOMETHING CRUNCHY
- ▶ SOMETHING JUICY

Wisdom for the week

- ▶ Nothing exists except atoms and empty space
- ▶ Everything else is opinion
- ▶ Since you can not change reality
- ▶ Change the filter through which you see reality