

Mindful eating today

- ▶ Have something
- ▶ Sweet
- ▶ Crunchy
- ▶ Juicy

Week three review

- ▶ Wordless awareness
- ▶ Emotions What emotions feel like
- ▶ Interactions between thoughts and feelings (story)
- ▶ You are not your thoughts, you are not your feelings
- ▶ Knowing what you are thinking, feeling, and doing
- ▶ As you are thinking feeling and doing them
- ▶ Non-judgmentally

Two Wolves

▶ Which wolf do you feed?

Self-Guided Meditation

- ▶ Counting Your Breaths 1-10
- ▶ Use Catch-Tag-Release when your thoughts wander

Self-Awareness

Behavior

- ▶ Awareness of your Body
- ▶ Awareness of your Thoughts
- ▶ Awareness of your Emotions

Awareness of your Behavior

Behavior

- ▶ Behavior is action with a Story

Intention (The Story)

- ▶ The Desired Outcome of your action?

Some Behavior is Unconscious



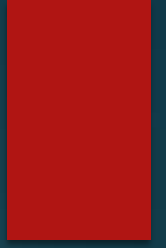
We can Behave without "thinking" and without awareness

Usually an often repeated behavior

UNCONSCIOUS BEHAVIORAL RESPONSES

- ▶ Emotionally charged situations
- ▶ What are your hot buttons?
- ▶ Unconscious motivation results in unconscious behavior

UNCONSCIOUS MOTIVATION



Freud and Maslow were right

- ▶ Unconsciously Motivated to feel safe
- ▶ Unconsciously Motivated to feel connected
- ▶ Unconsciously Motivated to be valued

Your Story



Who you are and

What you do

is the result of everything

You have ever thought

Some of it was unconscious

Your Behavior



What you are doing right now
is the result of everything
You are thinking right now
Some of it is unconscious

Unconscious Motivation

What was your intention when you signed up for the class

- ▶ Was there an unconscious motive behind you taking the class?

MEDITATION AS CONTIMPLATION

- ▶ A Meditation becomes an investigation

Mindful Eating


- ▶ Your intention is to be aware of all the sensations

THE BUDDHA WAS RIGHT EIGHTFOLD PATH

- ▶ Right Concentration
- ▶ Right Mindfulness

EIGHTFOLD PATH

▶ Right View (to see clearly)



To see clearly; that is
to see things as they really are

- ▶ We must first break the chain between the precept and the story we think we see

This break comes after the senses connect with the object and before the Flywheel of Mental Habit

boxes that perception into stale cubby
holes of thoughts and feelings

Seeing Anger clearly is to be Angry



With the right person

To the right degree

At right time

For the right purpose

In the right way

RIGHT VIEW

Right Understanding

▶ IMPERMANANCE

When asked how she was doing

▶ She answered,

▶ "I couldn't be better"

And then she added

▶ "If I could be, I would be."



Right view

PLEASURE AND HAPPINESS

You can't have a bad day

▶ Without a storyline

EIGHTFOLD PATH

RIGHT SPEECH

▶ TRUTH

EIGHTFOLD PATH

▶ RIGHT RESOLVE

▶ RIGHT EFFORT

A guided meditation

Gratitude

▶ From the Insight Timer App

YOUR ARE BORN A HAPPINESS SEEKER
and a Pain Avoider

▶ YOU LEARNED TO BE A PLEASURE SEEKER

▶ RELEARN TO BE A HAPPINESS SEEKER

▶ And a Pain Investigator

TO SUMMERIZE

- ▶ MEET EACH MOMENT FULLY
- ▶ GREET IT AS A FRIEND

Final Words of Wisdom

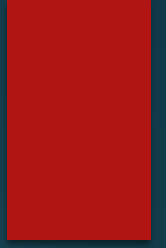


When I was five years old my mother told me
"HAPPINESS is the key to Life"

When I went to school I was asked to write down
what I wanted to be when I grow up

I wrote down "HAPPY"

They told me



I didn't understand the assignment

I told them

THEY DIDN'T UNDERSTAND LIFE