The background features a dark blue gradient with faint, light blue circular patterns and a scale. The scale is a large arc on the left side, with numbers ranging from 140 to 260 in increments of 10. There are also several smaller circles and arcs scattered across the background, some with arrows indicating direction.

WHAT DID YOU EXPERIENCE?

WHAT GOOD STUFF DID YOU NOTICE?

WEEK ONE REVIEW

MEDITATION STRENGTHENS YOUR ABILITY TO CONCENTRATE

MEDITATION RELAXES YOUR BODY AND CALMS YOUR MIND SO THAT YOU CAN BECOME AWARE OF YOUR "SELF"

YOUR "SELF" IS YOUR THOUGHTS, FEELINGS AND BEHAVIORS

MEDITATIVE MINDFULNESS IS SELF-AWARENESS IN THE MOMENT

WEEK ONE REVIEW

Your active Fears and unmet Desires block your happiness

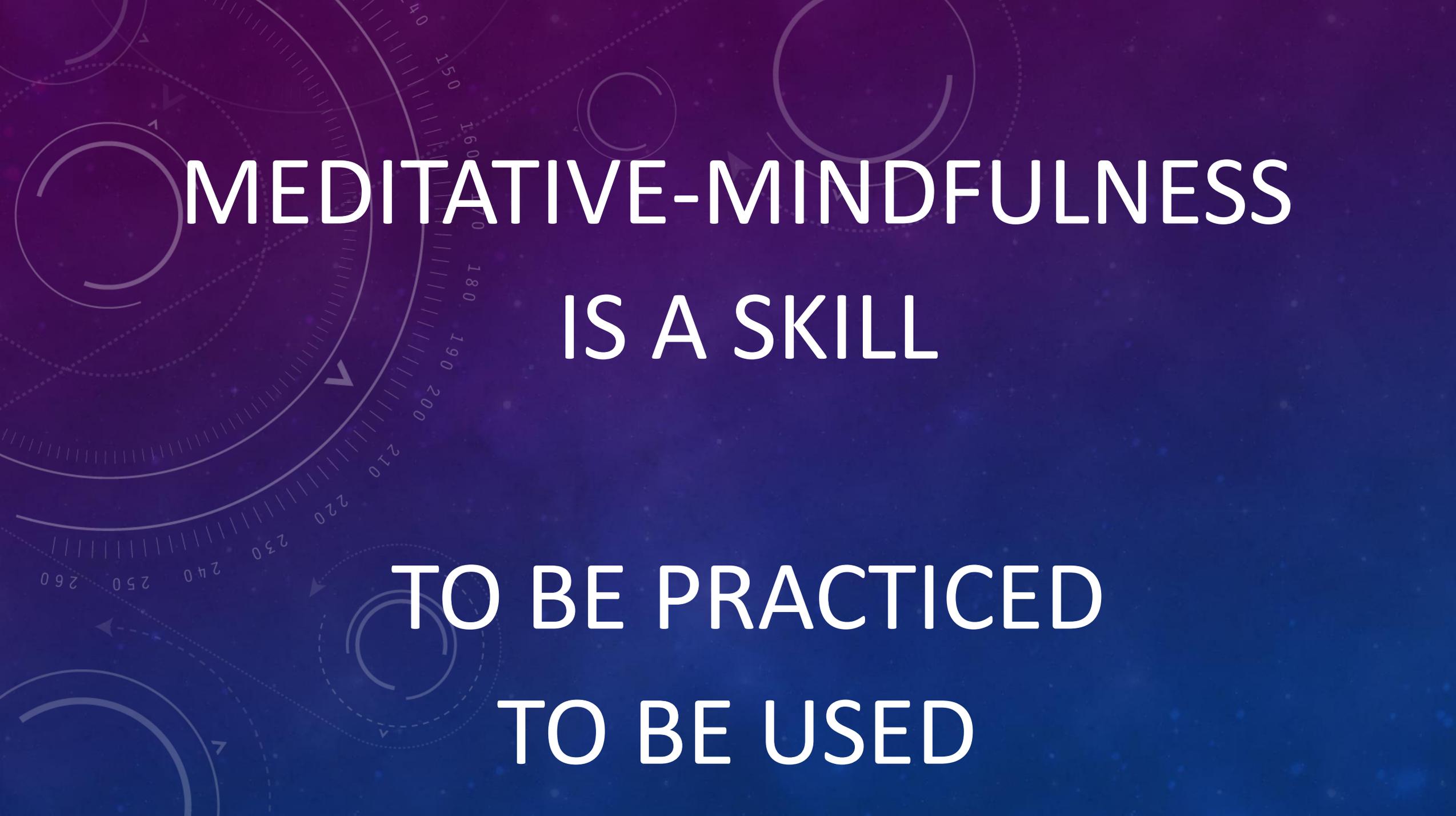
To be honestly MINDFUL of your Self,
CREATE a therapeutic relationship with your Self

Honest Self-awareness gives insight into your ACTIVE Fears
And YOUR UNMET Desires

AWARENESS reduces THESE FEARS and DESIRES and increases happiness

THREE GUIDED MEDITATIONS
TO RELAX YOUR BODY AND CALM YOUR MIND
AND BE AWARE IN THE MOMENT

- BODY SCAN (awareness of body tension)
- FEELING SAFE (turn off the danger alarm)
- DOING NOTHING (freedom from expectations, give up control)

The background features a dark blue gradient with faint, light blue circular patterns and a scale-like structure. The scale is a large, semi-circular arc with tick marks and numbers ranging from 40 to 260. The text is centered and rendered in a clean, white, sans-serif font.

**MEDITATIVE-MINDFULNESS
IS A SKILL**

**TO BE PRACTICED
TO BE USED**



MANTRA MEDITATION

I AM SAFE

I AM FREE

I AM PRESENT

EXERCISE IN MENTAL IMAGERY



[This Photo](#) by Unknown author is licensed under [CC BY](#).

The background is a dark blue gradient with a subtle pattern of white dots. Overlaid on this are several semi-transparent white circular elements. A prominent feature is a large circular scale with tick marks and numbers ranging from 140 to 260. Other elements include smaller circles, some with arrows indicating a clockwise direction, and dashed lines forming arcs. The overall aesthetic is technical and futuristic.

THE MIND

FOLLOW YOUR THOUGHTS DOWN THE RABBIT HOLE

YOUR MIND

- Your mind is the thinker (the generator of thoughts)
- Your mind the feeler (the experienter of the body)
- Your mind is the director of the body's in actions
- Your mind functions both consciously and unconsciously

YOUR MIND

- Is the Watcher
- Is the Awarer
- Is the Knower

YOUR MIND

- Creates your personality
- Creates self-concept
- Creates your spirit
- Creates **YOU**

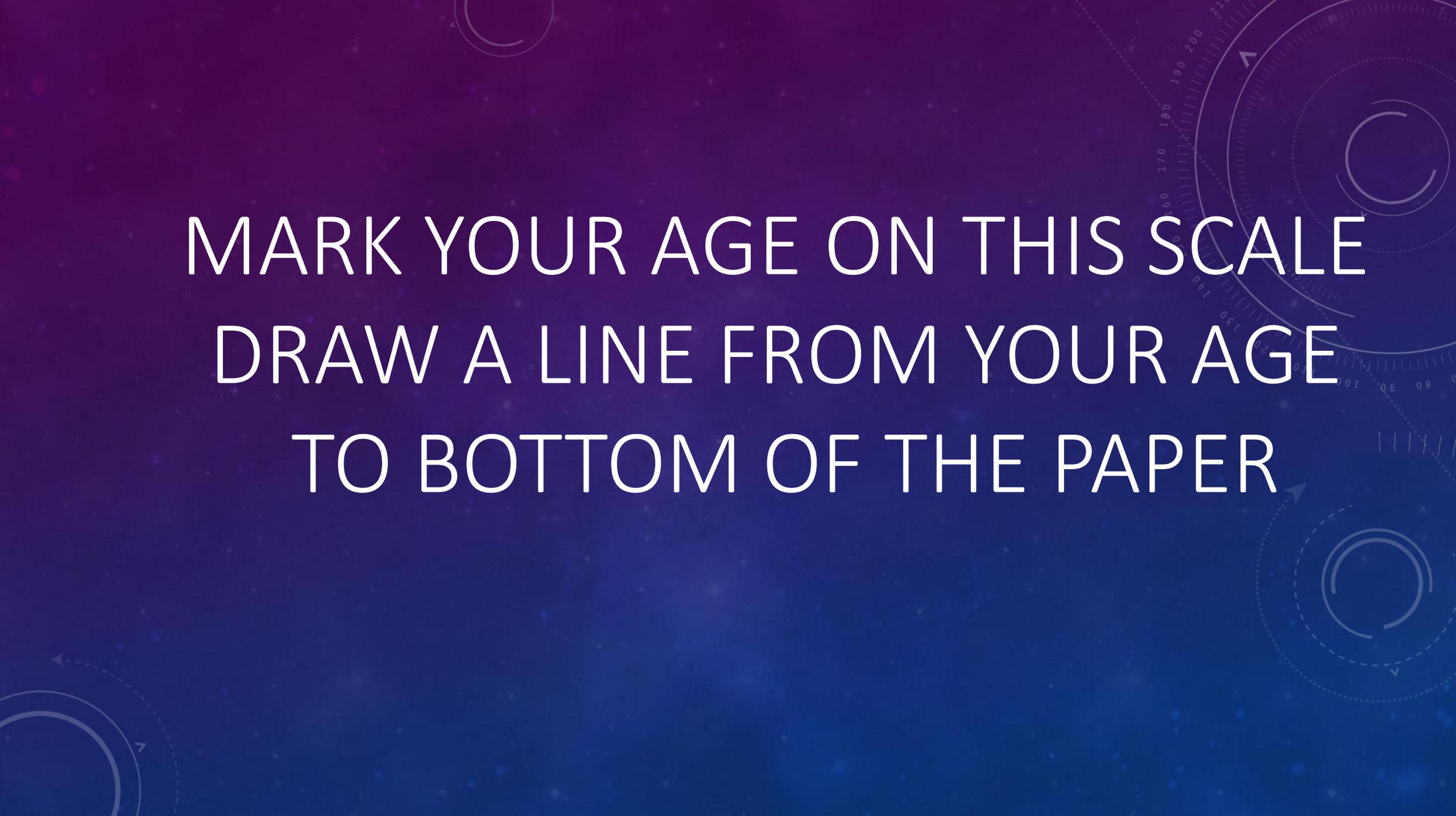
DRAW A LINE ACROSS THE PAPER

PUT A ZERO AND ONE END AND 100 AT THE OTHER

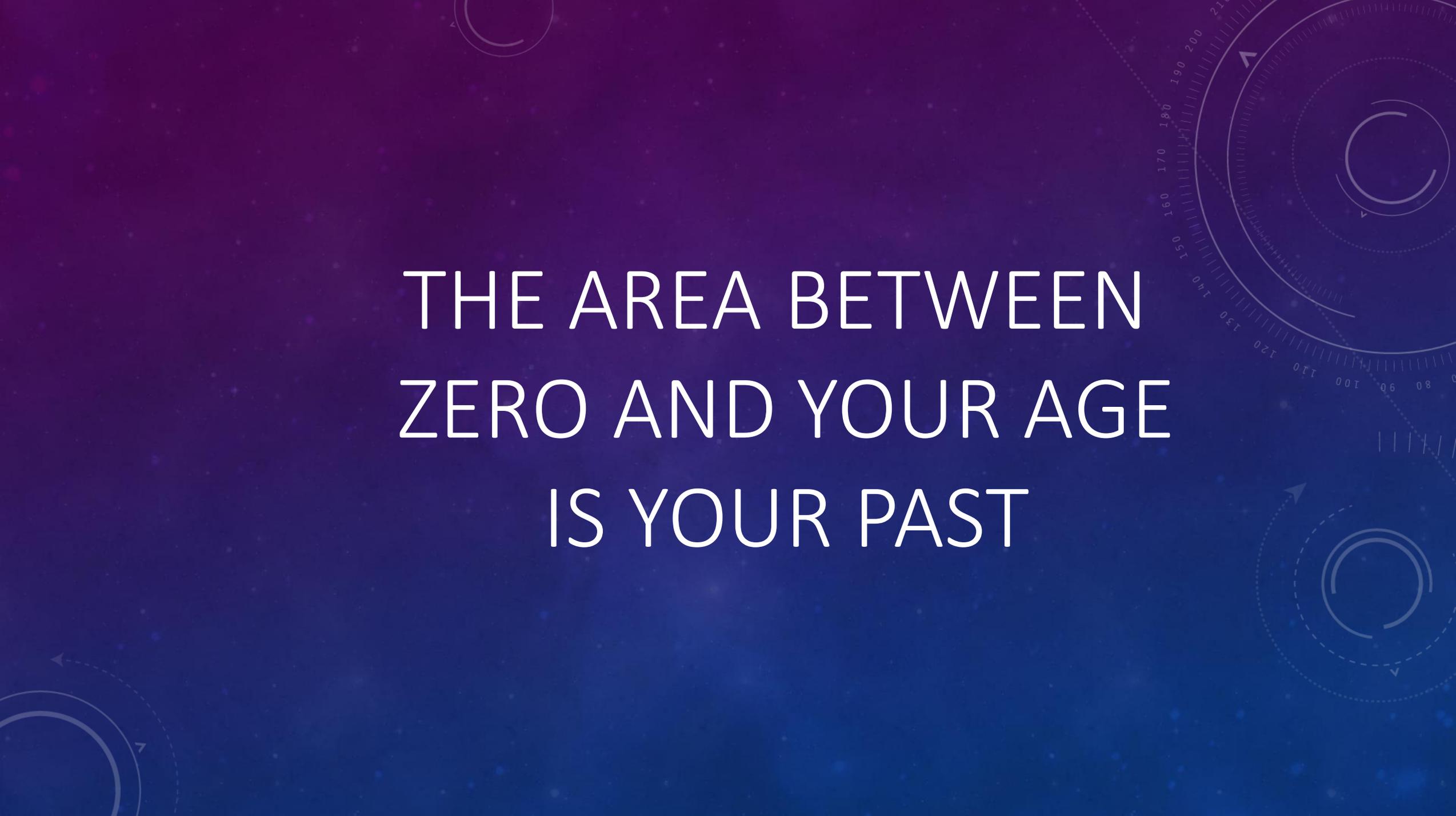
PUT 50 IN THE MIDDLE

PUT 25 BETWEEN THE ZERO AND THE FIFTY

PUT 75 BETWEEN THE 50 AND THE 100

The background features a dark blue gradient with faint, light blue technical diagrams. On the right side, there is a circular scale with numerical markings from 0 to 210. Other diagrams include concentric circles, dashed lines, and arrows, suggesting a technical or scientific theme.

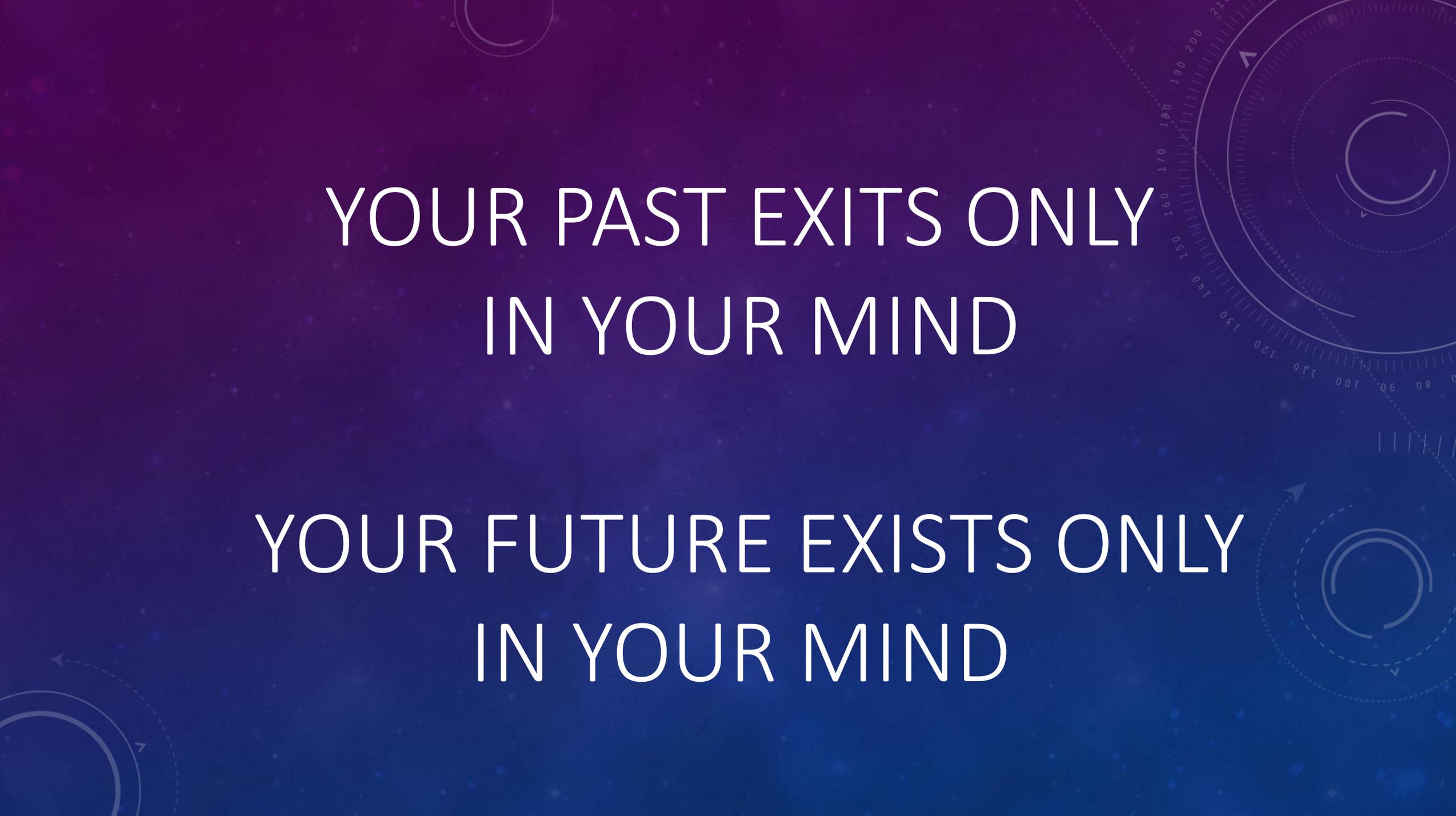
MARK YOUR AGE ON THIS SCALE
DRAW A LINE FROM YOUR AGE
TO BOTTOM OF THE PAPER



THE AREA BETWEEN
ZERO AND YOUR AGE
IS YOUR PAST

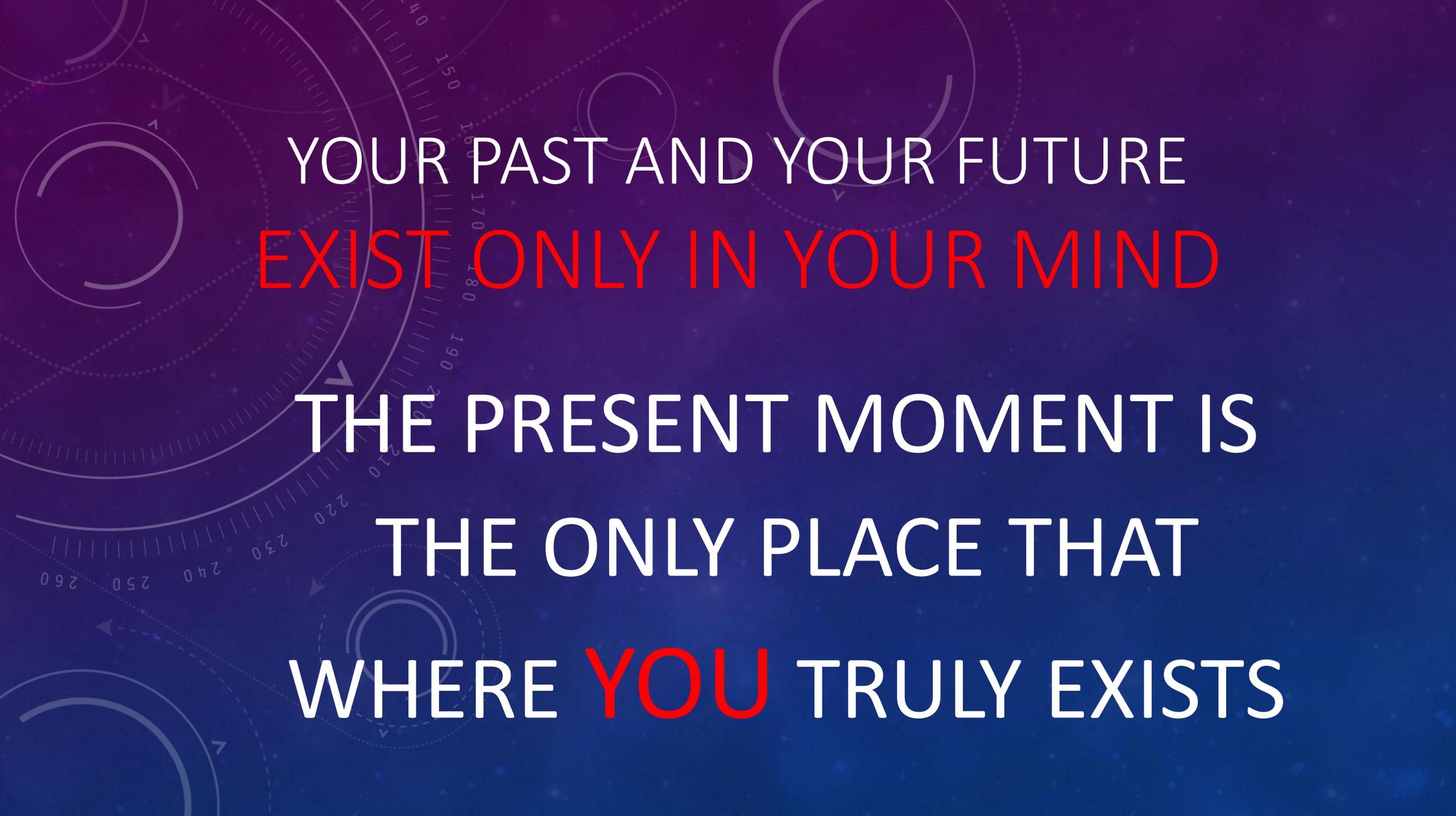
The background is a dark blue gradient with a field of small white stars. Overlaid on this are several faint, light blue circular patterns. Some are solid lines, while others are dashed. One prominent pattern in the upper right quadrant is a large circle with a scale from 0 to 210 degrees, marked every 10 degrees. Other smaller circles and arcs are scattered throughout the frame, some with arrows indicating direction.

THE AREA BETWEEN
YOUR AGE AND 100
IS YOUR FUTURE



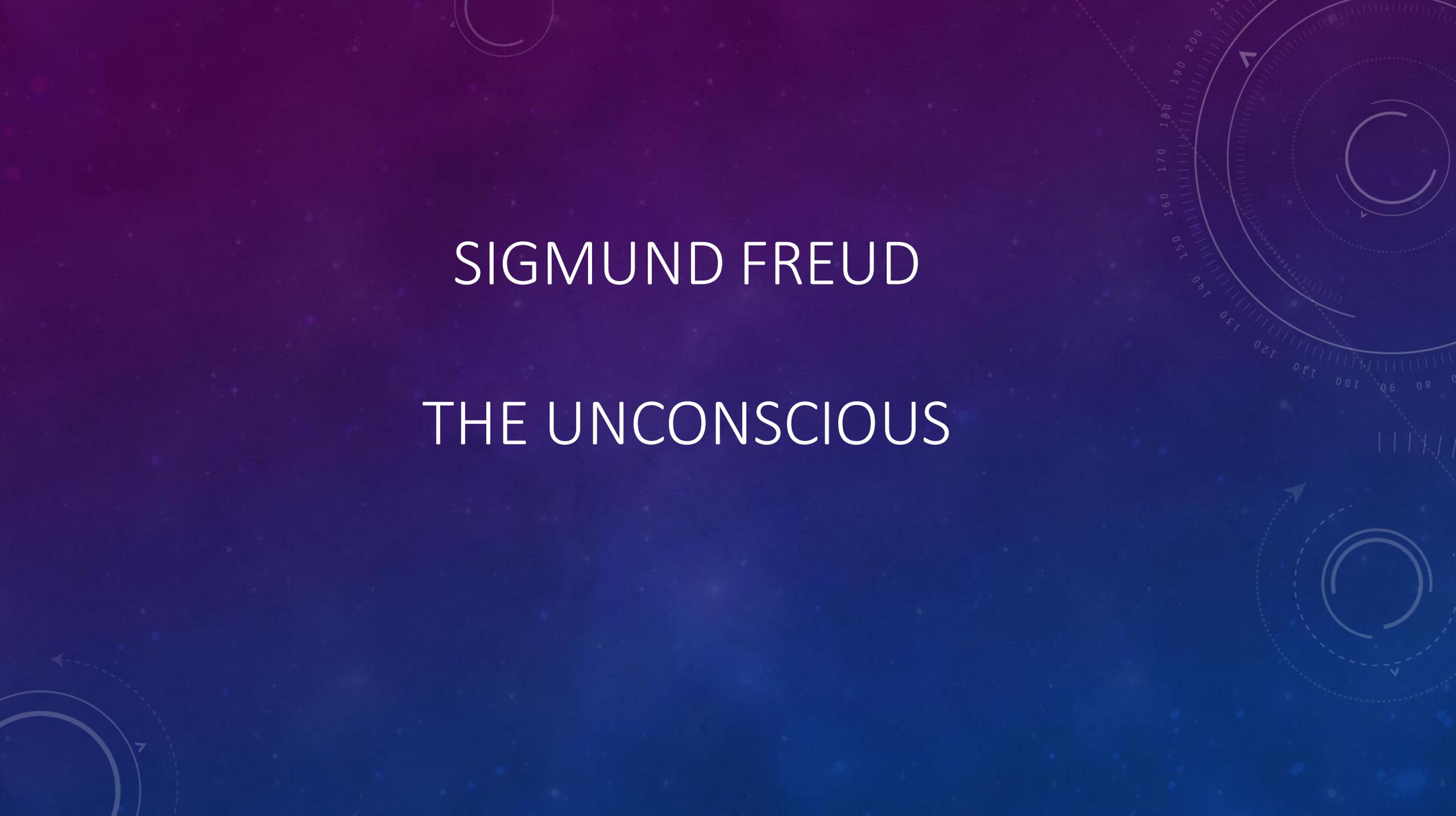
YOUR PAST EXISTS ONLY
IN YOUR MIND

YOUR FUTURE EXISTS ONLY
IN YOUR MIND

The background features a dark blue gradient with faint, overlapping circular patterns and numerical scales. Some of the visible numbers include 40, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, and 260. The text is centered and reads:

YOUR PAST AND YOUR FUTURE
EXIST ONLY IN YOUR MIND

THE PRESENT MOMENT IS
THE ONLY PLACE THAT
WHERE **YOU** TRULY EXISTS

The background is a dark blue gradient with a field of small white dots. Several circular patterns are overlaid: a large dashed circle with an arrow pointing left in the bottom left; a large solid circle with an arrow pointing right in the top left; a large dashed circle with an arrow pointing right in the bottom right; and a large solid circle with an arrow pointing left in the top right. The top right circle has numerical markings (100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210) along its outer edge.

SIGMUND FREUD

THE UNCONSCIOUS

CONSCIOUS AWARENESS

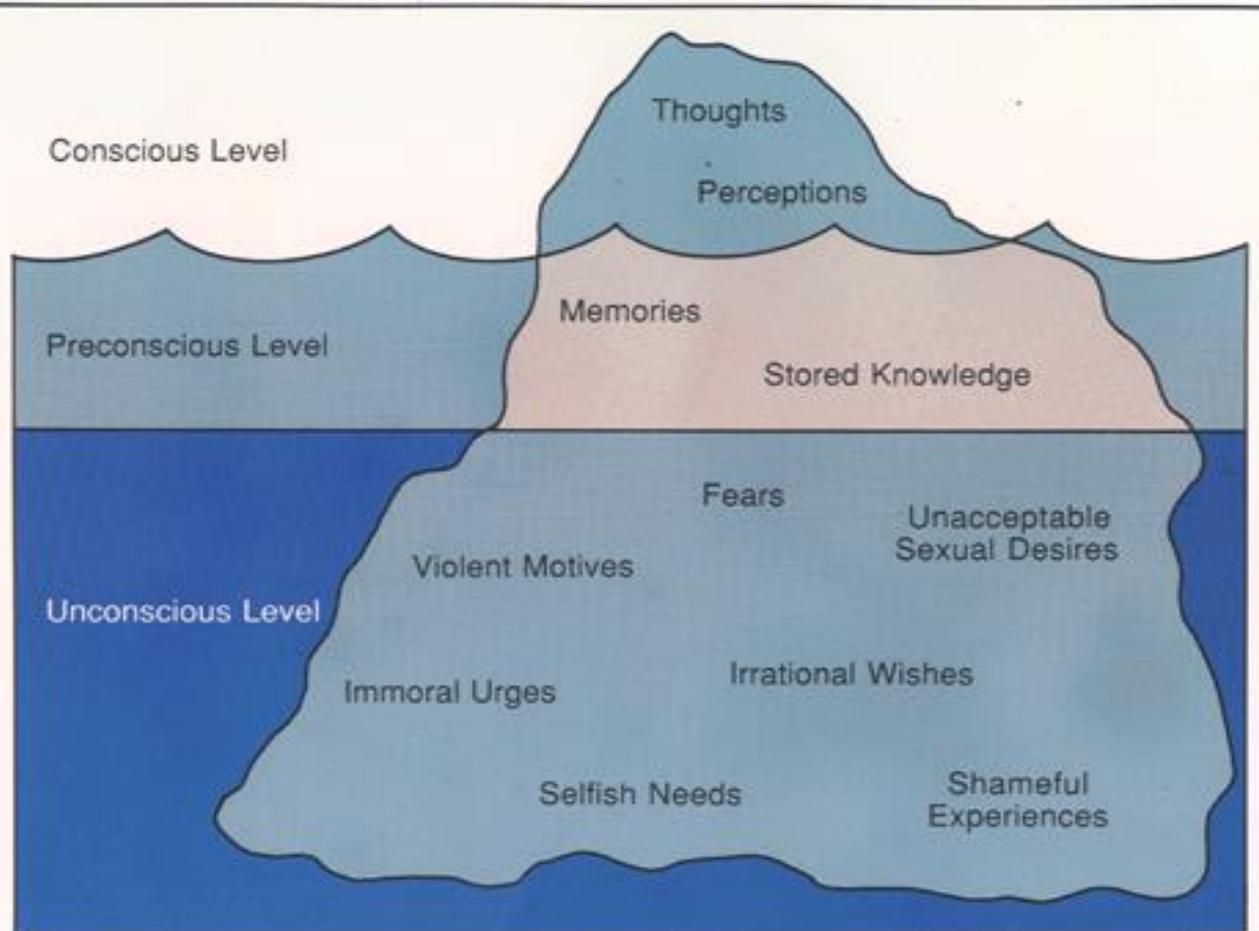
- Unconscious

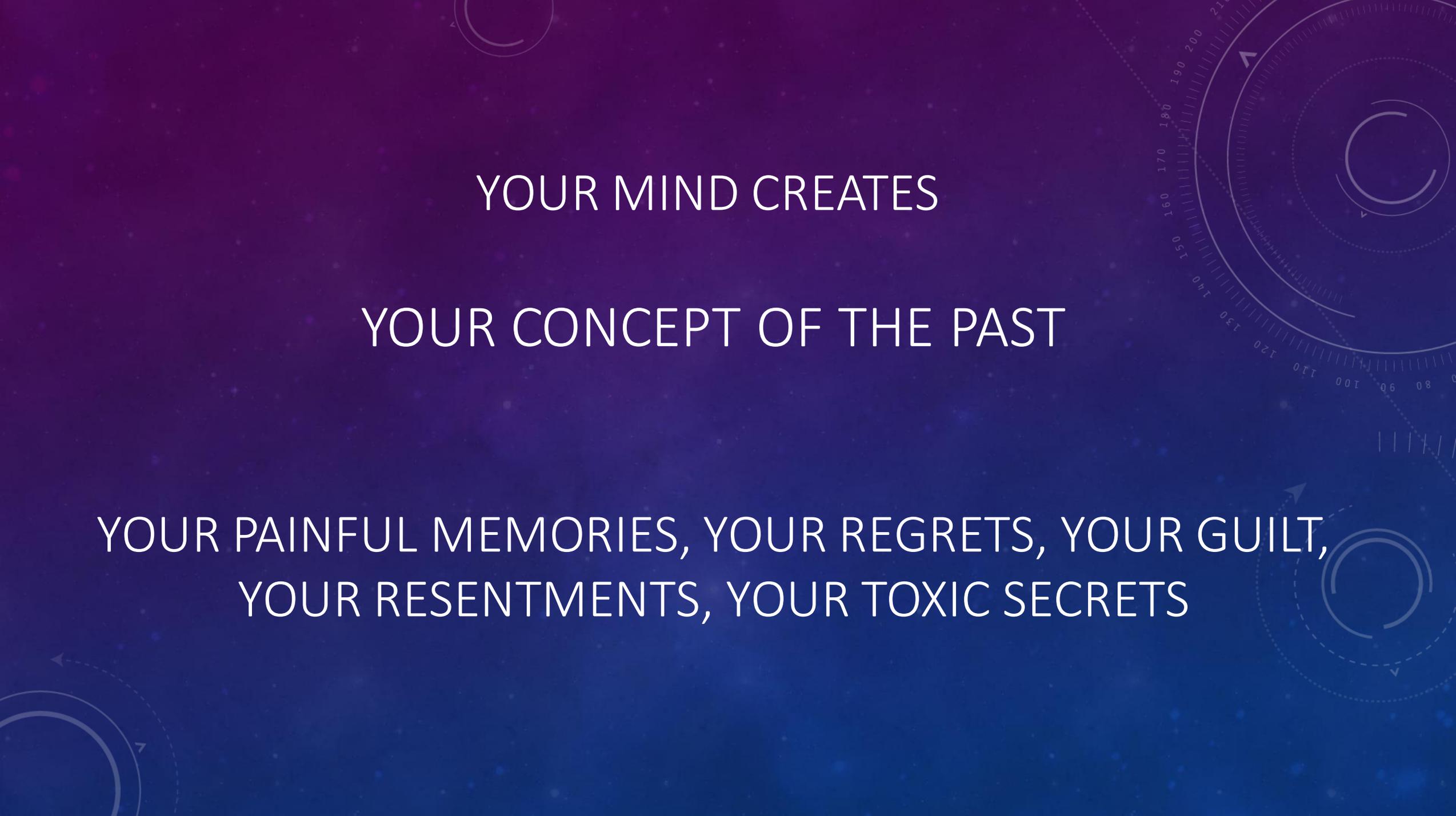
CONSCIOUS AWARENESS

- Unconscious

THE UNCONSCIOUS

PERS 5 Freud's View of the Human Mind: The Mental Iceberg





YOUR MIND CREATES
YOUR CONCEPT OF THE PAST

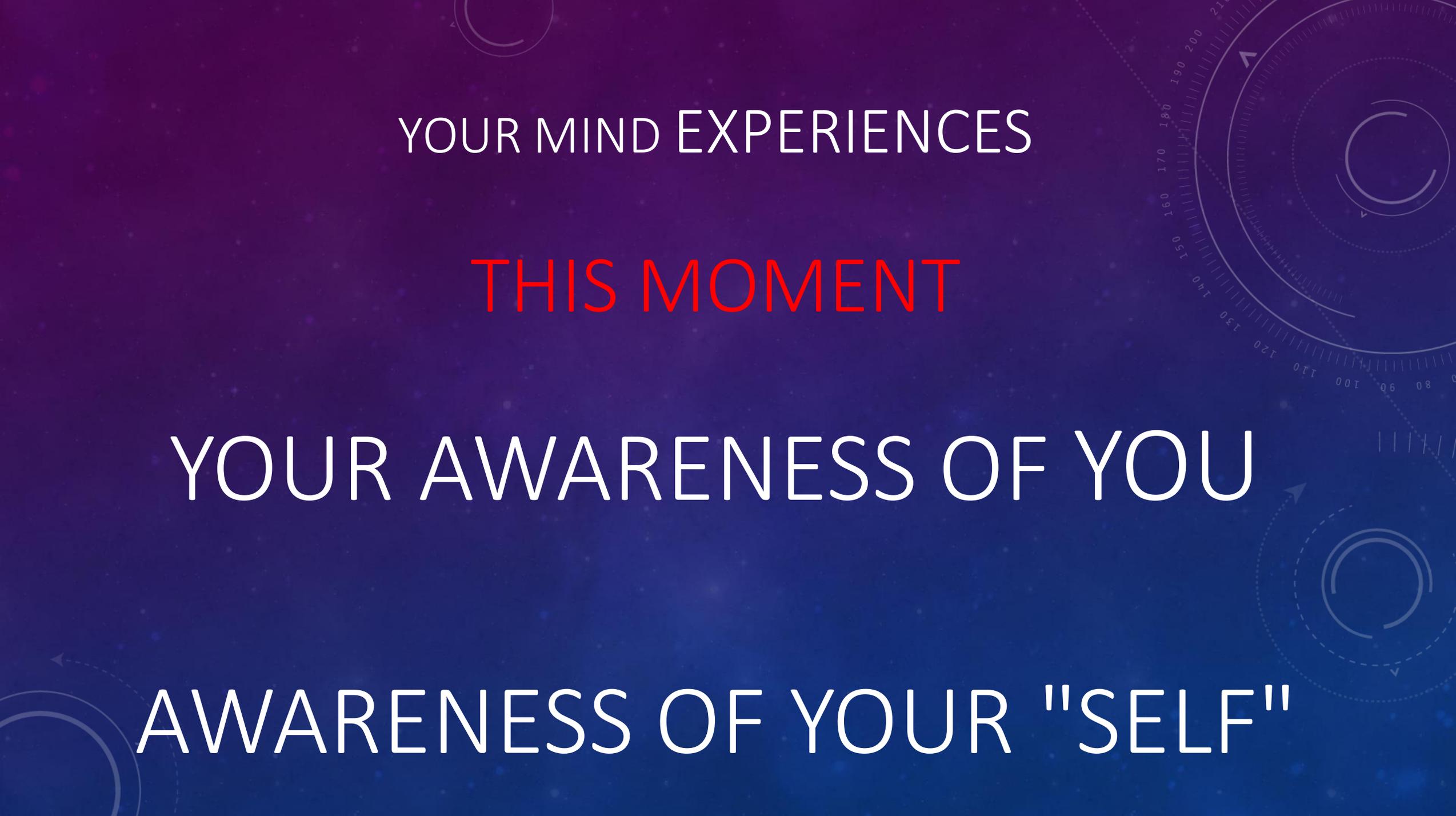
YOUR PAINFUL MEMORIES, YOUR REGRETS, YOUR GUILT,
YOUR RESENTMENTS, YOUR TOXIC SECRETS

The background is a dark blue gradient with faint, white, circular patterns and lines, resembling a technical or scientific diagram. The text is centered and written in a clean, white, sans-serif font.

YOUR MIND CREATES

YOUR CONCEPT OF THE FUTURE

YOUR CONSCIOUS UNMET DESIRES, ACTIVE FEARS
YOUR WORRIES, YOUR HOPES,
YOUR STORIES

The background features a dark blue gradient with a starry space pattern. On the right side, there are several technical diagrams, including a large circular gauge with numerical markings from 0 to 210 and a smaller circular diagram below it. On the left side, there are faint circular outlines and arrows.

YOUR MIND EXPERIENCES

THIS MOMENT

YOUR AWARENESS OF YOU

AWARENESS OF YOUR "SELF"

The background is a gradient from dark purple at the top to dark blue at the bottom, with a subtle starry pattern. On the left side, there are several overlapping circular elements. A prominent one is a scale with tick marks and numbers ranging from 140 to 260. Other circles contain curved lines and arrows, suggesting motion or cycles.

QUESTIONS?

SELF-GUIDED MEDIATION OF SELF-AWARENESS

EXPERIENCE THE MOMENT

- Hold your Awareness on

The Sensations created by your Breathing

MONKEY MIND ROOF BRAIN CHATTER

- Your brain spontaneously generates
THOUGHTS

The background features a dark blue gradient with faint, overlapping circular patterns and numerical scales. Some of the visible numbers include 40, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, and 260. The text is centered and rendered in a clean, white, sans-serif font.

CATCH AND RELEASE

CATCH YOURSELF THINKING

RELEASE THE THOUGHT

RETURN TO FEELING THE SENSATIONS OF BREATHING

SELF-GUIDED MEDITATION

REST YOUR AWARENESS ON YOUR BREATH

USE CATCH AND RELEASE WHEN YOU CATCH YOUR SELF THINKING

BAT BRAIN



RAT BRAIN

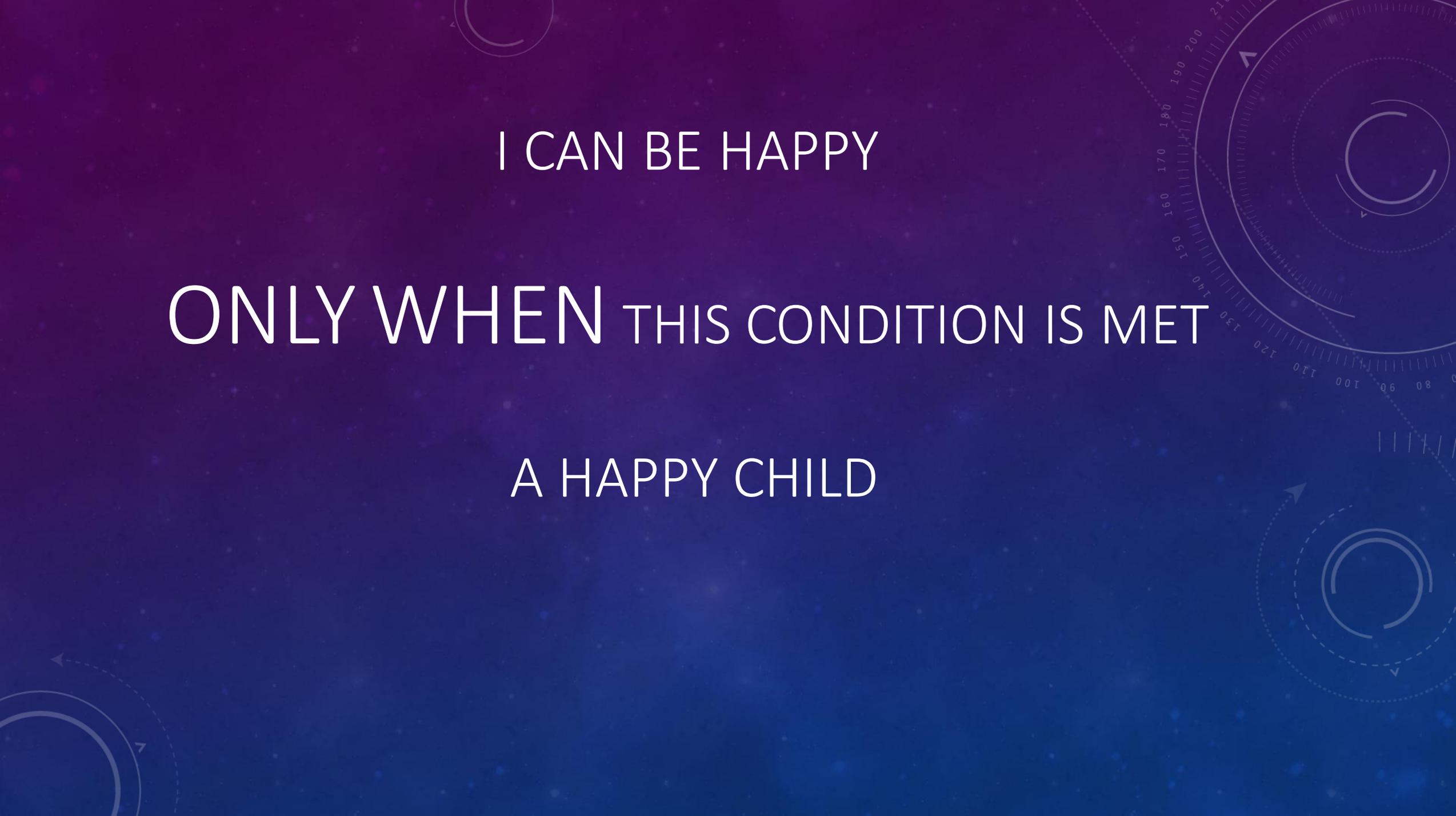


YOUR MIND HOLDS YOUR BELIEFS

- Some of those BELIEFS are UNTRUE and result in:
 - **Unhappiness**
 - Albert Ellis

YOU CAN BE ONLY AS HAPPY
AS YOUR LEAST HAPPY CHILD



The background is a dark blue gradient with a starry space pattern. On the right side, there are several technical diagrams, including a large circular gauge with numerical markings from 80 to 210 and a smaller circular diagram below it. On the left side, there are faint circular diagrams, one of which has a dashed arrow pointing left. The text is centered in white, sans-serif font.

I CAN BE HAPPY

ONLY WHEN THIS CONDITION IS MET

A HAPPY CHILD

YOUR STORY

- Your story is your core beliefs
(about YOUR SELF and the WORLD)
- Your story is the Beliefs
you use to create you and your world
- YOU AND YOUR WORLD ARE CREATED by your STORY

YOUR STORY

- Your story protects your-self image (YOU)
- Your story contains **untruths**

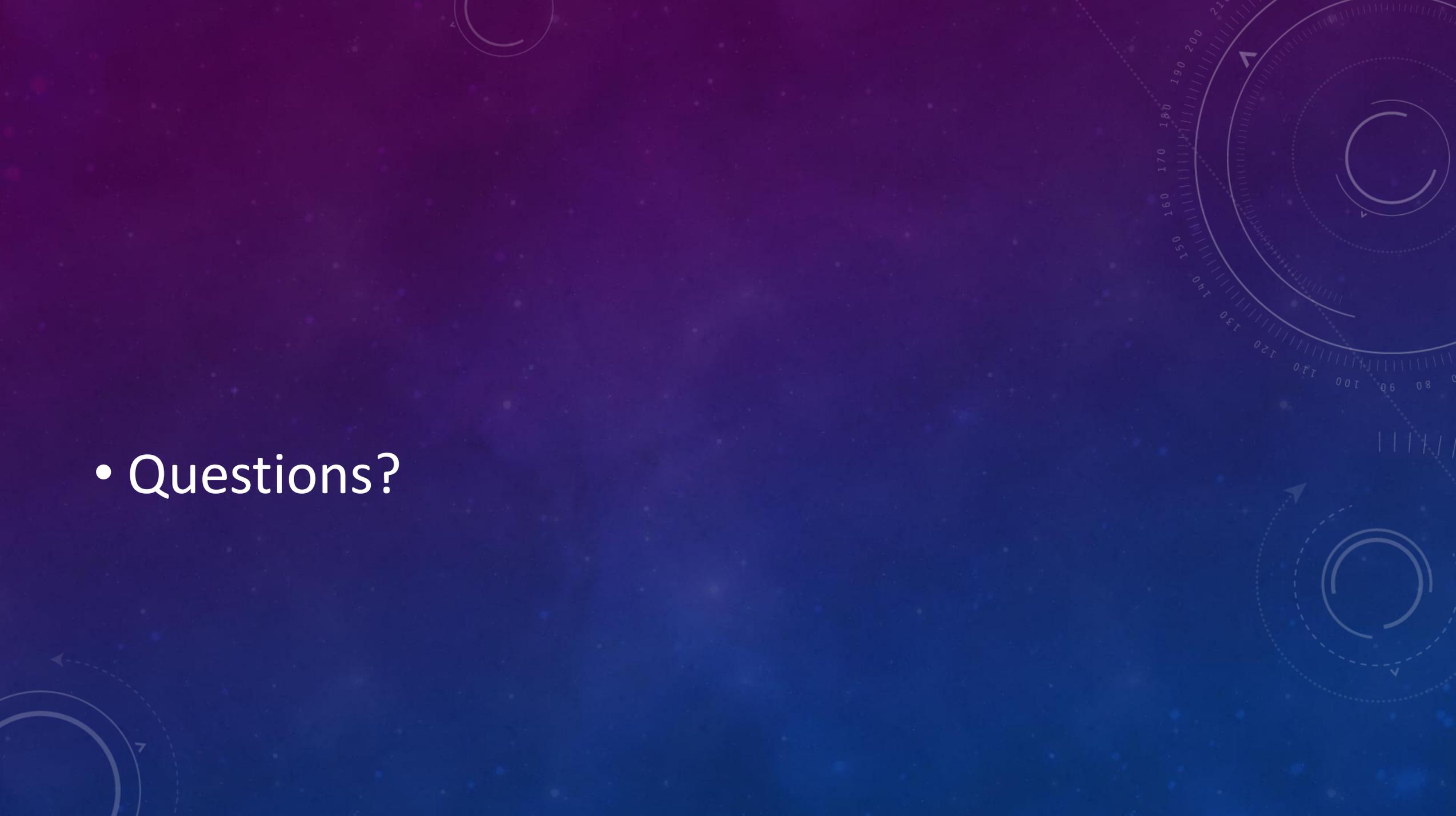
COMMON UNTRUTHS/IRRATIONAL BELIEFS

- I must be perfect
- Everyone must like me
- Life must be fair to me

CHANGE YOUR MIND

- CHANGE YOUR WORLD

• Questions?

The background is a dark blue gradient with a field of small white stars. On the right side, there are several technical diagrams. At the top right, there is a circular gauge with a scale from 0 to 210 and a needle pointing to approximately 190. Below it is another circular diagram with concentric circles and arrows. At the bottom right, there is a diagram with dashed lines and arrows forming a circular path. On the left side, there are also some faint circular diagrams and arrows.

The background is a gradient from dark purple at the top to dark blue at the bottom. It features several faint, semi-transparent circular elements. On the left side, there is a large circular scale with tick marks and numbers ranging from 40 to 260. Other circles of various sizes and colors (white, light blue) are scattered across the background, some with arrows indicating direction. The overall aesthetic is clean, modern, and technical.

BODY AWARENESS STANDING MEDITATION

The background features a dark blue gradient with faint, light blue circular patterns and numbers. The numbers, including 40, 150, 170, 180, 190, 200, 210, 220, 230, 240, 250, and 260, are arranged in a circular fashion, suggesting a scale or a path. There are also dashed lines and arrows indicating movement or direction.

GUIDED MOVING MEDITATION

THE TREE

HOLD YOUR AWARENESS ON THE
IMAGE IN YOUR MIND

WEEK TWO PRACTICE

- Meditate daily (ten minutes)
- Meditate catching, and releasing your thoughts
- Frequently during the day do a quick body scan
- Frequently during the day notice your thoughts
- Notice the GOOD STUFF

FOR NEXT WEEK

HAVE A CANDLE AND A WAY TO LIGHT IT
FROM COURSE DOWNLOADS

PRINT OUT OWN DOWNLOAD PICTURE
HAVE MAGIC MARKERS OR COLORED PENS

WISDOM OF THE WEEK

- Be Kind to Yourself
- Be Patient
- Be Persistent