

INNER PEACE WORKSHOP

YOUR INNER PEACE BLUEPRINT

Use the five stage NeuroSet Brain-training Process to meet the Five Mental Poisons with their respective Inner Peace Antidotes.

NeuroSet Brain-training Process: Recognize - Resist - Relax - Respond - Repeat

MENTAL POISON

OBJECTIVE 1

NEGATIVITY BIAS

Negativity bias is an instinctual habit that has the nervous system automatically prioritizing "threats" and "problems" over the blessings in our lives. This mental habit can create the perception that our lives are filled with problems and challenges when they are not.

OBJECTIVE 2

PSYCHOLOGICAL RESISTANCE

Psychological Resistance is the brain's habit of protesting the aspects of present-moment experience it does not like. Forgetting that each moment can be no different from how it is, the brain goes to war with the moment with the consequence of creating optional suffering.

OBJECTIVE 3

EMOTIONAL REACTIVITY

Emotional Reactivity is the mental habit of reacting to emotional phenomena in unnecessarily excessive ways. This habit creates avoidable drama and can actually magnify and perpetuate the very emotions that are troubling our experience.

OBJECTIVE 4

ATTENTION MIS-MANAGEMENT

Attention Mis-management refers to the habit of allowing attention to wander to anything it wishes to focus on. This mental poison leads to the creation of needless stress and overwhelm which can negatively affect all other systems of the body-mind, including the immune system.

OBJECTIVE 5

VICTIMIZING MINDSET

The Victimizing Mindset is an attitude that reacts to challenges and difficulties with frustration and disappointment, in so doing, neglects to perceive—or utilize—the transformational opportunity that is present in the situation at hand. The Victimizing Mindset asks: "Why me?"

INNER PEACE ANTIDOTE

EFFORTLESS GRATITUDE

The regular and deliberate practice of seeking out things to be grateful for is the antidote for negativity bias. Using the NeuroSet Brain-training Method (below), regularly counter the mental tendency to focus on problems and reorient toward the blessings in your life.

PEACEFUL COEXISTENCE

Peaceful Coexistence invites us to remember the immutable nature of each moment and to "relax with" the irritants and challenges in each moment, while still doing our best to make things better. Peaceful Coexistence is a perfect blend of effort and acceptance.

EMOTIONAL HARMONIZATION

At the core of Emotional Harmonization is recalibrating the way the brain and the nervous system experiences emotional phenomena. By perceiving emotions in their raw form (simple patterns of experience) much of their power to control our actions is destroyed.

ATTENTION MANAGEMENT

The practice of Attention Management involves the willful placement of attention on the types of objects in our experience (including thoughts and feelings) that yield an improved experience of wellness. At its core, Attention Management is about training attention to "sit & stay".

TRANSFORMATIONAL MINDSET

The Transformational Mindset is an attitude of being that helps one to spontaneously recognize the opportunities for transformation that are inherent in challenges. The Transformational Mindset is one that asks: "How can use this situation to grow?"