Monday Class 2 – Key Concepts
Topic: Putting the mind in its place.

Mindset:

Curious self-enquiry.
Maitri as *Maitri* is one of the four virtues of Buddhism, collectively known as *Brahmaviharas* or 'the immeasurables' **IT IS unconditional friendliness.**

We are in the journey of falling in love with our sweet selves.

Initial Self-reflection: Can you identify at least one thought you've had recently that hasn't been very helpful?

There is no such thing as reality.
You experience and create a story about it through the filters of your mind.

If you can observe your thoughts and stories, then YOU ARE NOT YOUR MIND.
You are something bigger.

1. Conscious mind [the interface / phone screen]
2. Subconscious [the software]
3. Superconscious [your higher self]

The subconscious mind eliminates, distorts and generalizes information to help process.

There are many biases like all-or-nothing mentality, overgeneraliations, discounting the positive, jumping to conclusions, magnification, making everything about you.

Let's understand the mind a little better: **Gorilla Test.**

There are so many things WE DON'T SEE.
Confirmation Bias: The mind is looking to confirm what it already knows.

Your thoughts and beliefs create your present reality.
Your thoughts and beliefs create your future – They drive your behaviour.

We might have some very **unhelpful or useless and untrue stories in our head.**

We can check the stories by asking:

- Is it really true? What evidence do I have of that?
- Is it useful? It it helping me get where I want and need?

Understanding your own blueprint/narrative/internal dialogue:

Our programming: THE MIND and our Belief System.
Since we grew up deeply disconnected from ourselves, this programming is all external.
The metrics we have in place are external.

Society **deeply embedded its values into us** through repetition and reinforcement: school, magazines, pop music, Disney movies, TV shows.

Now, one of the deepest forms of programming came from how our love was conditioned. So what we had to do in order to be loved.

Traits associated with "being good" are accepted, while others associated with "being bad" are rejected.

Would the disapproval of our parents threaten our safety? Would the disapproval of our teachers and classmates jeopardize our need to belong?

We adjusted our behavior to gratify our needs and learned to adapt to the external world.

All the unaccepted or discouraged parts of us in the first 20 years of our lives are bundled together, swept out of view (outside our conscious awareness).

So here's the problem: The shadow can operate on its own without our full awareness. It's as if our conscious self goes on autopilot while the unconscious assumes control

Any part we disown within us turns against us.

We we want to make the subconscious conscious. SO THAT WE CHOOSE and it's not the auto-pilot, or default software that is running the show! We need to reprogram.

Uncovering Shame:

- Shame – evolved psychological solution is thought to promote the maintenance of social hierarchies

- **SHAME is not the problem, it's what we are ashamed about.**

- It can be healthy for self-reflection. If it's on the wrong belief…. Then it's a problem

- A person experiencing shame would be likely to think "I am a bad person" whereas someone experiencing guilt would be likely to think "I did a bad thing"

- The experience of shame encourages self-evaluative ruminations that are degrading and pervade all aspects of the self (i.e., both physical and psychological). As such, the self is perceived as **innately flawed**. Thus, shame is a negatively self-conscious emotion that results in global self-condemnation

- Shame is an emergent consequence of the innate human desire to be perceived as attractive

- Thus, shame may play an integral role in preserving social order (Gilbert, 1997; Fessler, 2004). Similarly, others have suggested that shame may perform an important adaptive function in terms of the maintenance of social norms and moral behavior (FARTING lol)

Self-reflection: With your thought "Can you identify at least one thought you've had recently that hasn't been very helpful?" – WHERE DO YOU THINK IT CAME FROM?

Recognizing the voices in our head. Beliefs, values, stories. Some examples:

- Inner critic – Criticizing everything you do.
- The instigator – "Your should…."
- I'm not good enough
- I'm too much
- I don't' deserve this
- I'm not worthy of a loving relationship
- I'm not worthy of success, or money, or happiness
- Theres something specific I have to do, like be perfect, to be loved.

What is the shadow?

The **shadow** is a psychological term for everything we can't see in ourselves.
All we deny in ourselves—whatever we perceive as inferior, evil, or unacceptable—become part of the shadow.

Shadow work is making the unconscious conscious.

Anything incompatible with our chosen conscious attitude about ourselves relegates to this dark side.

The personal shadow is the *disowned self*. This shadow self represents the parts of us we no longer claim to be our own, including inherent positive qualities.

5 Childhood WOUNDS: abandonment, rejection, betrayal, humiliation, injustice.

You are not the stories that are playing in your head.
Acknowledge and heal our wounding, so we don't operate FROM it.

Operating from the wounds deepens the wounds.

PATTERNS are repetitive behaviours.

Behaviours come from thoughts or beliefs.

You think or believe something → so then you act or behave a certain way.
If you do this over and over again in the same way it's a pattern.

So what beliefs and thoughts are driving your negative patterns?

We will uncover this slowly.