

# TRANSCRIPT

## Inner Peace University Lesson 2-1

[00:00:00] Welcome to module two. Now, as you remember, in the last module, it was all about committing to calm. It was there that we began to get interested in the various different components of where we place our attention, the thoughts that we hold and the types of things that we do that either lead to more calm or to more internal turmoil.

So you should begin to have a picture of the kinds of things that are nourishing you and the kinds of things that are dragging you down. We've got lots more to do on that front, but for now we should be in a pretty good place to move forward. Now, speaking of moving forward here, we're going to be talking about the brain, specifically, those sabotaging brain patterns, the things that we call mental poisons in this system. that fuel our unwanted emotions and depress our wellbeing. Before we get there, we're going to take just a minute to review [00:01:00] the cycle of becoming one last time, because it's such a critical component of our path forward. let's go on over to the board and take a quick look. So this by now should be pretty familiar to you. As a quick review,

however, just so it's fresh in our minds as we move forward into our brain training, this gentleman here is experiencing unpleasant emotions. This could be anxiety, it could be frustration, could be irritation. It could be impatience, any number of things. Now the conventional wisdom is that these sensations come from our circumstance.

I'm impatient because the line is moving too slow, the brain tells me, or feeling stressed and anxious because the bank account is too low, the brain tells me, but we've already learned that there's more here than meets the eye. And specifically the cycle of becoming is a big part in [00:02:00] where these feelings really come from.

So the sensations, a pattern of sensations that we call let's just go with anxiety for now really is something that comes from the endocrine system. As the endocrine system, which is a pharmaceutical factory that lives inside of you releases certain chemicals into the bloodstream and the cells, we feel the feeling of anxiety or any number of other troubling emotions.

And as we've learned, the endocrine system doesn't decide to do this on its own. It takes its order from thoughts, specifically, thoughts that come from the brain. So when the brain has created a story, that there is a problem, like my bank account is too low, I get sad thoughts, sad thoughts order the endocrine system to create sad chemicals, sad chemicals create sad feelings.

On the other hand, if the brain had a [00:03:00] story about something happy, I would have happy thoughts, happy chemicals and happy feelings. Now the last little piece of our puzzle here has to do with where is the brain coming up with these thoughts? How has it manufacturing this story that then informs the endocrine system on what to do?

And the answer there is that to a very large extent, The brain takes its cue from what we are perceiving. So when this gentleman here has his attention on the half empty part of the glass, he's more likely to get a sad story. And these sad thoughts create sad chemicals, sad feelings. On the other hand, if he worked to focus on the half full part of the glass, much more likely to get now happy chemicals.

Or sorry, happy story, happy chemicals, which lead to happy feelings . Again, the cycle of becoming that's happening invisibly within all of [00:04:00] us all day, every day. One little piece left and that is where we put our attention. The stories that the mind comes up with and how we react to sensations are all driven by the same thing. Where we place our attention,

that's driven by patterns that live in the brain. The story that the mind comes up with based upon what we're looking at comes from patterns that live in the brain, and yes, you guessed it, how we react to these sensations also comes from patterns that live in the brain. So quite literally all roads lead to the brain.

Which is why in the next lesson, we're going to look at these brain patterns called samskaras in yoga and how we can take control and change them to our benefit. I'll see you there.