Inner Peace University - Module 5, Lesson 1

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[00:00:00] Congratulations! You've made it to module number five, and here we're going to tackle our fourth mental poison, something we call attention deficit, but you could also think of it as mismanaged attention. It's a nasty little habit that creates mountains and mountains of optional stress overwhelm and anxiety in our lives.

But before we jump in, we're going to start with a little bit review so we have the whole system in context.

As you remember, we started way back in the beginning with the Cycle of Becoming. It's the cycle that describes the chain of events, the karmic chain of events we would say in yoga, that create our internal experience.

It all starts with where we place our attention on something uplifting or something debilitating that leads to a particular kind of thought that arises in the mind. That thought then [00:01:00] communicates with the endocrine system- that's that internal pharmacy that's responsible for producing hormones and other biochemicals that actually produce the feelings that we feel.

And so each part of te Cycle of Becoming matters in terms of the feelings that we're having. And it's a cycle that we've already learned as been driven by brain patterns or something that we call in yoga samskaras. And there are five mental poisons that drive this in an unhelpful way. Now, the one thing that we want to keep in mind as we go through this is the cycle of becoming is not necessarily a negative cycle, because it can be transformed to be a virtuous cycle.

When we change the five mental poisons to five mental virtues, everything changes. So let's take a quick look at the five mental poisons just to refresh our memory [00:02:00] and the antidotes or the mental virtues that we're cultivating in our process.

The first mental poison of course is negativity bias. That's followed by psychological resistance. That's followed by emotional reactivity. And in this module, we're going to be talking about attention deficit more on that soon. And then our last mental poison, one will be tackling in our next module, is victimizing mindset.

We have an acronym because we want to be GREAT! It's an easy way to remember what the virtues are.

The first virtue is gratitude and positivity, second virtue is relaxation with, third virtue emotional harmonization, and the virtue for this module is something called attention management.

Now you might remember back when we went through gratitude and positivity, we used the phrase or the code word change the channel to help us to cultivate that particular virtue. [00:03:00] With relaxation with, no surprise here, the code word was relax with, and in

emotional harmonization the code word was RIDE it out. That little process that we use in order to get, come into a more harmonious relationship with our emotions.

And of course in this module, it's all about attention deficit, something that we're going to talk about in detail in the next lesson.