

TRANSCRIPT

Inner Peace University - Lesson 2-3

[00:00:00] I hope by now, it's clear that we've got some brain training to do. Specifically, we need to go to work and reprogram those bits of patterning that are depressing our wellbeing, pulling us down into frustration and irritation and anger and anxiety and all the rest. But of course, the question is which of these patterns, which of these samskaras do we go to work on.

With literally millions and millions and millions of bits of programming that live in our brains, it can seem, well, an overwhelming task. But here's the good news. The fact is there are five primary samskaras that drive upward to 85% of the unhelpful feelings and emotions that depress our wellbeing. And those five are something that we call the five mental poisons.

And we will be learning about and neutralizing each one in coming modules. But today we're going to [00:01:00] start with number one, and that is negativity bias. Negativity bias refers to an inborn tendency that lives in the brain and the nervous system that has it prioritizing bad over good. Or you could say another way is that your attention gravitates very strongly to problems while conveniently ignoring blessings. Now I know this sounds like maybe not the best idea, but if you think about way back in the old days, in the caveman days, when somebody was roaming around looking for food, well, they had a name for the caveman who was focused on the beautiful sunset instead of the approaching saber tooth tiger sneaking up on them. And that name was dinner.

Fact of the matter is, is that just to stay alive back then you had to be laser focused on threats. And the blessings really didn't matter so much, but of course a lot has changed [00:02:00] in our world since then. And now this tendency that once upon a time really served us so well can also work against us.

So what we're up to here is we want to reverse negativity bias, or at least turn down the volume on its power. The antidote for negativity bias is something that we call effortless gratitude. And it's a technique that begins to chip away at those patterns that drive our negativity bias and leave us focusing on the problems and the threats and all of the negative things in our environment and replace them with patterning that has our attention naturally, effortlessly gravitating towards the gifts and blessings in our lives. I'll tell you all about how it works both in our recognition sequence and formal practices and out in the world in our next lesson.