

Inner Peace University - Module 3, Lesson 5

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[00:00:00] Now let's take a look at our brain training objectives for this module, and specifically how we're going to move the brain and the nervous system from the habit of psychological resistance to a new and improved habit of peaceful coexistence through a technique that we call relaxing with.

So the goal is to squash the habit of psychological resistance with this technique of relaxing with. No-, to be clear, when I say relaxing with, we're not talking about relaxing instead of, so we're relaxing with whatever's happening in the moment. Two real objectives here. Number one is we want to train the brain to develop greater awareness of our habit of psychological resistance.

That is to say, we want to see psychological resistance at work in the various different parts of our lives, [00:01:00] where it's affecting us. And to be more and more conscious of the consequences of that habit. Second, we want to train the brain to relax with the very same circumstances and situations that it would normally resist and use to manufacture all sorts of optional suffering.

Of course, we're going to be using the neuro-set brain training process, which includes our note exercise, notice, observe, try, and experience. Here's what it'll look like for this module.

First, we have our in home practice, which again, will utilize the recognition sequence with this modules note experiment. We'll look at that in detail in just a moment. Keep in mind that you're going to want to use the full audio from the [00:02:00] member site module three, module two has a different brain training experiment in it. So you want to use the audio from module three. If you do have to use the mini sequence, keep in mind, you're going to have to interject the note process into it on your own because the mini sequence doesn't have it built in.

So here's what our relaxing with note experiment will look like this module. First of all, we notice the tendency to resist what's happening now with the thought, this should not be like this. Remember the thought doesn't always come in those words, it could be, boy, my hamstrings are tight or it could be gosh, this pose is taking forever or it could be, wow this traffic is just moving way too slow. Then we want to observe how the [00:03:00] mind's resistance to what's happening now has no effect on what's happening now, at least for now. That is to say when the mind's upset about the hamstrings, the hamstrings don't change. When the minds have said about the traffic, the traffic doesn't change in this moment, but, this is a big but. But the resistance does make you feel worse in this moment. So we're adding optional suffering on top of the mandatory pain, on top of what is. Then we try giving what's happening. Now your full permission to be just as it is. That is to say, we're going to relax with the very thing the mind is tending to resist. I'm going to relax with tight hamstrings. I'm going to relax with a slow moving pose. I'm going to relax with a traffic jam.

I'm going to relax with a snotty clerk. Whatever it is that the mind says, this should not be like this, I'm going to give it my full permission to [00:04:00] be and relax with it.

Now, just to be clear, we're not necessarily sanctioning bad behavior or things that we don't like. We're experimenting with the effect of relaxing with. And that brings us to our last piece, which is to experience the resulting improvement of your experience of the same circumstance. That is to say, we're looking for some incremental improvement to how we feel, even though we're still with the same hamstrings, we're still in the same yoga pose or we're still in the same traffic jam.

As we do that in the recognition sequence, we'll then combine that on alternate days with the intentional restoration practice to keep the nervous system calm and nourished. And again, we'll use the audio from the member site in order to do the intentional restoration. All of your audio [00:05:00] assets are under the module three tab.

And then last but not least, we will do our insight journal, which will proceed just like it has for the previous two modules. Here's an example of this week's Inner Peace journal. Relaxing with is the topic. Our inspirational quote is the idea that this moment should be somehow different from how it is, is at the root of 90% of your suffering. Again, this points directly to psychological resistance that we're working with in this module. In the morning, we start with, as expected, my overall feeling goal of the day is, and then we state our intention. The three things I am relaxing with today are, and then name them.

The recommendation is that you pick things that you usually will [00:06:00] resist, but not usually in a huge way. So relaxing with minor irritants to begin with. Then we have today I will relax with by, and these are four techniques, not the only four techniques, but four techniques you can use in order to help you to relax with the thing the mind is irritated.

With first one is breathing deep, smooth, inhales, and exhales as I relax with. Second one is softening, that is to consciously release tension in the body. The third technique is to give permission. Quite literally, I give this traffic my full permission to be moving 10 miles an hour, and then you have to do it, not just say it.

And then the fourth technique is by smiling, which you'll be surprised, can actually have a very significant effect on the resistance [00:07:00] that is arising in the mind. So just check one and stick with that technique throughout the day. You'll notice that different techniques work better for you than others.

Next, we have the three places I plan to practice my relaxing with note experiment. Those three places should be other than the recognition sequence. One of them can be the recognition sequence, but the other two should be in daily life. It could be with a coworker that maybe is a little bit annoying to you.

It could be with a health concern that you have, or it could even be with something like the weather. And then last for the morning, today I will tell so-and-so three things that I'm grateful for. So you want to put a person's name in there and then actually follow through and tell them three things that you're grateful for.

Then in the evening, three unexpected blessings that happened to me today. My biggest success with relaxing with today was, [00:08:00] my biggest challenge with relaxing with today was, and how I'll do better tomorrow.

And then last but not least, tonight, I plan to go to sleep, appreciating name somebody or some thing. And then of course we actually want to follow through on that.

Our code words for this module are to relax with. Again, remember the code words are these just little back pocket phrases that we use to remind ourselves. So when I find myself getting all irritable and resistant to something that's happening, I can just tell myself, Oh, Eric, remember relax with, and then the second code word, similar or related, I should say, but a slightly different technique, it's a little more cognitive, and that is give permission. Give permission to whatever the mind is upset with for it to be just the way it is at least for now and see [00:09:00] how that affects your experience.

Well, that's it. That's the daily exercises for module three. As always, if there's anything I can do to help, if you have any questions, give me a shout. I'm here to do what I can. And remember, don't get too serious, have fun with it, but stay consistent. I'll see you soon.