

TRANSCRIPT

Inner Peace University - Lesson 2-5

[00:00:00] In our final lesson of this module, we'll be looking at our brain training process and how it'll all come together using our daily yoga based exercises. Let's jump right in.

Now, quite simply, we're out to defeat negativity bias and all of its nasty consequences and replace it with effortless gratitude. Specifically, we're interested in training our brains to develop greater awareness of the habit and consequence of chronically focusing on the negative aspects of our experience. And I can't emphasize enough that that word consequence is so important because we really want to consciously connect the dots between our habituated activities and patterns and how they may be depressing our wellbeing.

Then we're going to [00:01:00] rewire the brain to shine attention on the positive aspects of our experience and to do this automatically as if on autopilot.

And lastly, to then generate thoughts of gratitude and appreciation for the gifts and blessings that surround us. And of course these thoughts are generated by virtue of the fact that attention is now focused on something else.

And if you remember that cycle of becoming, where attention is placed is a big component in the flavor or shape of the thoughts that the brain is creating.

Now to do that, we're going to use what we call our neuro set brain training process, and specifically something we call the N.O.T.E Process, which is one part yoga and one part science.

The yoga part is something that we call Pratipaksha Bhavana, which is an ancient practice, and it literally translates as go to the other side of the castle. [00:02:00] But on a practical sense, it invites us to shift our attention to that which serves us or to feed those thoughts that serve us as opposed to the ones that may be pulling us down.

And the Scientific Method is a part of this as well as you'll kind of see when we get into the whole process. So, N.O.T.E. stands for notice, observe, try, and experience. Specifically, we want to Notice the occurrence of a specified unhelpful habit of mind. And I'm going to go into an example here in a moment, so that will get clearer.

Then, Observe the effect or the consequence that that habit has on your experience of the moment. Then, we Try using the Inner Peace University or yoga tools to shift that habit and create a more helpful behavior or pattern. And then [00:03:00] Experience what happened, what the change was, the immediate and significant improvement in your experience of the very same situation as a result of the minor change, in this case, it'd be a change in focus.

So here's what it's gonna look like with effortless gratitude. First step is we notice the tendency of attention to gravitate towards problems and disappointments. So as we're moving through the recognition sequence, as an example, you might notice how attention is

focusing only on the fact that the hamstrings are so tight and just ignoring the fact that your shoulders are nice and strong.

And then we observe how that negative focus does absolutely nothing to improve the moment. Meaning your hamstrings don't get any longer, just because you're focused on the fact that they're not as long as you want them to be, but focusing on the hamstrings and their inadequacy, in your mind's opinion, does make you [00:04:00] feel worse about the moment.

Then we try changing the channel by shifting our attention onto something that's uplifting or a blessing. Remember this idea of attention as a camera. So we're just going to change the channel shift, the focus of the camera onto something that is working. The fact that the breath is nice and full, or the fact that we even are blessed enough to be able to do this practice, to take care of ourselves.

And then, as we shift the attention, we want to experience how that shift has improved our experience of the very same circumstance. So again, hamstrings haven't changed, balance hasn't changed, but when I focus on the positive, my mental and emotional state is effected. And keep in mind, we're not necessarily looking for huge, huge shifts, although that may happen, but we're looking for those small incremental glimpses that prove to us that there is [00:05:00] possibility here and that we have the power to activate that possibility.

Now, the first part of this process, the notice and observe, is what we would call in the scientific method your control experiment. We're really just trying to become more aware of our default way of being.

The second half, the try and experience, is where we're actually doing the real experiment and rewiring the brain. The way this works is by we try something different and then we consciously connect this different way of being to an elevated state of being. So it helps me feel better and that is wired into the brain. It's positive reinforcement that becomes, um, something that can build momentum over time. And this is literally, step-by-step, changing the habit patterns in the brain.

Now we do this initially [00:06:00] in the recognition sequence. So you'll remember that we way back when we talked about the recognition sequence as being a place to conduct brain training or a place to do yoga or a place to create more and more inner peace.

So as we move through the sequence, we're actually going to be noticing, observing, trying, and experiencing. And I will tell you also that every, um, recognition sequence from here forward, you're going to use a slightly different recording. It's going to be the same postures, but you'll have different prompts as you move through it that will guide you through the specific note process. In this case, in this module, it will be about effortless gratitude.

But of course we don't want to stop there with just the formal practice or just our recognition sequence. We also want to carry this out into the world. So we'll notice, observe, try and experience while we're stuck in traffic or when the dishes are in the sink undone again, or when the kids aren't behaving in the way that [00:07:00] we would like them to.

Now, of course we'll get into exactly how we're going to do this more and more with, um, as we dive into the insight journal and on our coaching calls, but suffice it to say for this moment, we want to be really clear that this N.O.T.E. Process is something that we want to integrate into every part of our lives and that's the way it begins to create really, really meaningful shifts.

And of course, going forward, we're going to do this for each one of our sabotaging mental habits or our mental poisons. Starting with negativity bias in this module, then moving to psychological resistance, emotional reactivity, and mismanaged attention, victimizing mindset.

We'll talk all about those later, but just know that we're going to be incrementally doing this brain training in each upcoming module.

So how does this fit with our daily exercises? Here's how it's all going to go down. Our in home practice is going to first begin with [00:08:00] our recognition sequence, this time with the N.O.T.E. experiment.

I'm going to invite you to continue to alternate days between the recognition sequence and intentional restoration. If you could do the recognition sequence a minimum of three times, that would be ideal, three times during the week and that would be ideal, but of course do what you can.

It's really important at this point. That you do not use the video, but you use the audio from the module two section of the membership site, because again, that audio is different from the versed audio and it's different from the video. And you want to use the audio that has the integrated N.O.T.E. experiment so that you get the benefit of the full N.O.T.E Process.

Quick review, we just went through this, I know, but I have the slides so let's talk about it really quick.

So we're going to, as we go through the process, notice the tendency of attention to gravitate towards problems and disappointments, whether that is the hamstrings moving [00:09:00] or being too tight, the poses moving too slow, the temperature of the room being too hot, my body being too tired, or, in the world, the traffic moving too slow, or the clerk being kind of snotty, or the dishes being in the sink.

But notice how your attention is magnet. It seems like magnetically attracted to problems. Then we want to observe how focusing on those problems does nothing to improve them in the moment. In that moment, you're still stuck in traffic. In that moment, the dirt dishes are still dirty. In that moment your balance still isn't very good. And even though it doesn't improve anything, it does make you feel worse and remember feeling is all that counts. So in other words, what we're willing, wanting to connect the dots to is how this is not serving us.

Then we try changing the channel and changing the channels of what little, one of our little code words for this week. And it's just a little reminder, just like your TV, if what's on it's not serving you, change the channel to something else. So change the [00:10:00] channel of your attention by focusing on something that is uplifting or a blessing. And it can be even a small

thing, like the fact that you're breathing or alive, or the fact that you have a house to live in or any number of other things.

And then experience how that shift in attention improves your experience in the midst of the same circumstance that you were in just a moment ago.

Now, of course, the recognition sequence is going to come meet, be combined with intentional restoration or the guided relaxation, yoga nidra practice. We alternate the days and then last but not least. Oh. And also use the audio for that.

And then last but not least, we have the insight journal, which is going to be another fill in the blank, affair that, but this time it's all about gratitude and positivity to help us affect that effortless gratitude that we're hoping, wanting, that we are going to train into our brains.

[00:11:00] And then last but not least, as I said, we have a couple of code words for each of these modules. They're just short little phrases that help us to stay on track and remind us what we want to be doing. The first one I've already introduced, change the channel. So as you go through your day, you find yourself sucked into the negative? Change the channel, change the channel, change the channel. And the degree to which you're having trouble changing the channel or staying on something positive we have another code word, zero in. Like a laser beam, focus on what's serving you. And don't let your attention, your untrained attention, drag you into something that is not.

So that's it. That's our brain training exercises, our daily exercises for this module, all of your resources are in your membership site. And of course, if there's anything that we can do to support you, if you have any questions, shoot us an email and we'll get right back to you so that we can all get [00:12:00] the very most out of the brain training for this module.