

Inner Peace University - Module 5, Lesson 5

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[00:00:00] In this lesson, we're going to talk about the natural antidote for the debilitating state of dis-integration. Something that you may have already guessed is called integration. Where dis-integration is busy and complicated and stressful, integration is, well, just the opposite. Integration is calm, simple and nourishing.

Think about the perfect golf swing or the perfect ski run or that perfect bite of your favorite dessert and how each one of these has the potential to pull you into the moment like nothing else. A state where you're not thinking about yesterday or tomorrow. You're not thinking about your things to do list. [00:01:00] You're not judging yourself or judging the experience. There's just the fullness of the moment. This is a state of integration.

One of the best places to get a sense of not only what integration is, but how it works, is the movies. When you walk into the movie theater, you likely have all sorts of things going on in your head, from the chores that you have to do from maybe an argument that you had earlier in the day or plans that you have for later in the evening.

But when the movie starts something quite amazing happens. All of these distractions and thoughts and emotions get pushed out and we're left with the movie. This is all because, as we've already talked about, there's a limitation of attention. Namely attention can really only pay [00:02:00] attention to one thing at a time.

And if the movie is good enough, the movie captures our attention so magnetically that everything else in our lives seems to evaporate, because attention can only focus on one thing at a time. Of course, if it's not a good movie and we spend all of our time judging the movie or looking at our watch or thinking about all the other things we could be doing, we are still dis-integrated because the movie didn't capture our attention enough. But when we're sitting in the theater and when we are transported and captivated by the movie, no matter what it is, and all of our problems and all of our distractions disappear, this is the magic of integration.

Now critical piece here is to understand that integration is what we really crave. [00:03:00] We don't really want to play golf, or we don't really want to go skiing, or we really don't want to eat the perfect dessert. What we crave is the integration that those things bring us.

I mean, think about it. Have you ever had a bad day on the ski slope or have you ever eaten your favorite dessert and it really just didn't do it for you? It's because in those moments you didn't get integrated and the integration is what you really want. But the better news is that this state of integration, it can be created independent of circumstance.

You don't need to spend all of the money to go up to the mountains and go skiing. You don't have to spend all of the time and effort to get onto the golf course, and you don't have to eat all those calories just to get integrated. The truth is, is that we can create that state, the

same state of fullness and fulfillment and calm and ease, through [00:04:00] attention management. A practice we call Dharana in yoga.

And as you may have already imagined, that's exactly what we're going to be up to in our brain training for this module.

So here are the key takeaways about attention management. First, attention can only focus on one thing at a time. Second, unmanaged or mismanaged attention creates dis-integration. It also negatively affects both intensity and capacity. That is the intensity of the unwanted emotions and feelings we feel and our capacity to remain relaxed with those emotions and feelings. And last, mastering attention management enables us to create integration and more and more circumstances out of thin air.