

Inner Peace University - Module 3, Lesson 1

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[00:00:00] Welcome to module number three, where we're going to jump into our second mental poison, something we call Psychological Resistance and learn how to neutralize that with a new set of brain training exercises. But before we jump into that, I wanted to spend just a little time on a brief review to get everything kind of fresh in our minds before we dive in.

So if you remember way back in module one, our first order of business was to understand where unhelpful feelings like anxiety or anger or impatience or stress or overwhelm really come from. And to do that, we talked about the cycle of becoming- that cycle that has us attending to something. We put our attention on something and that perception then leads to certain thoughts.

And those thoughts then lead to the endocrine system, creating certain biochemicals and hormones that are put into the [00:01:00] bloodstream and those chemicals then create feelings in the body. So it's perception, thoughts, the endocrine system, which leads to the feelings. And you'll also remember, I hope that the key here is understanding that there are numerous places where we can begin to manage this cycle and manage it for our benefit.

We can manage where we place our attention. We can manage the kinds of thoughts that arise in the mind, and we can manage how we react to the feelings. The key takeaway was that all three of those things where we place our attention to the thoughts that arise in the mind and how we react to the feelings are controlled by the brain and the nervous system.

So the winning formula here and something that's really what we're focused on throughout this whole process is re-patterning the brain and the nervous system. We want to remove the unhelpful patterning and replace it with more helpful [00:02:00] patterning. Something, by the way that the ancient yoga, masters and meditation masters have been doing for thousands of years, even though they may not have conceptualized it in this way.

So once we got that under our belt, we then went to work learning our yoga based tools. The recognition sequence, the yoga posture sequence that's not really about yoga postures as much as it is a place to conduct brain training, and our intentional restoration or guided relaxation process. That's designed to reset the nervous system and to make it more, how shall we say receptive to the brain training as well as making us feel better in our daily lives.

So that was in module number one. Module number two as you're probably fresh in your mind was all about our first mental poison. Something we call negativity bias, which is that tendency to focus on what's not working in my [00:03:00] life. Negativity bias again was baked into our nervous systems by mother nature.

That's why it's so strong and has us focusing on the threats in our circumstance while ignoring the gifts and blessings. Something that takes a pretty incredible toll on our well being and been countering that with something we call effortless gratitude or trying to

create effortless gratitude, a real quick reminder is that effortless gratitude is not only about the feeling of gratitude.

As a matter of fact, it's probably not even primarily about the feeling of gratitude. We're using the gratitude practice to train attention to automatically and spontaneously gravitate towards the more positive aspects of our experience. So I say that because even if you maybe are not overwhelmed by feelings of gratitude [00:04:00] at this point, trust that the process is still working, because if you've been sticking with it, You are making inroads in getting your attention to focus, not exclusively on all the problems as it usually does, or as it oftentimes does, but instead, beginning to notice more and more and without effort, the positive aspects of our experience.

So keep that in mind. Now this module is all about our second mental poison. Something we call Psychological Resistance. But before we jump in there, we need to talk a little bit about the nature of reality, something we're going to do in the next video. So I'll see you there.