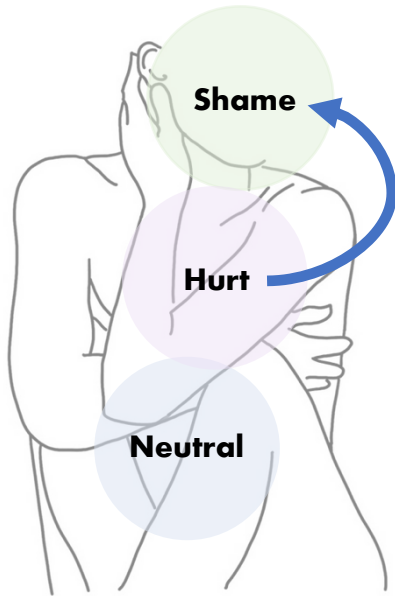
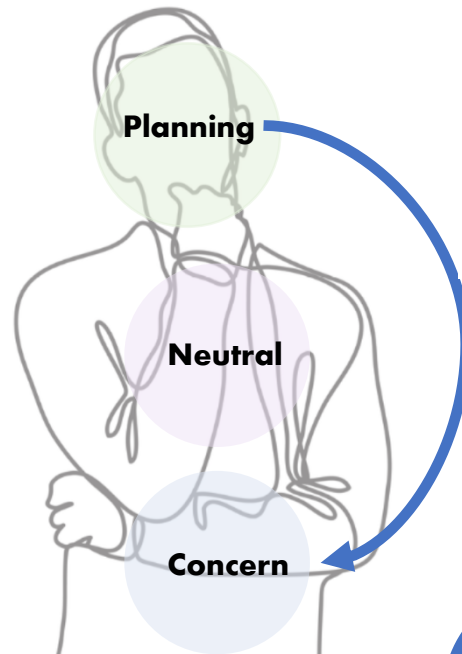


TSD MINDFULNESS

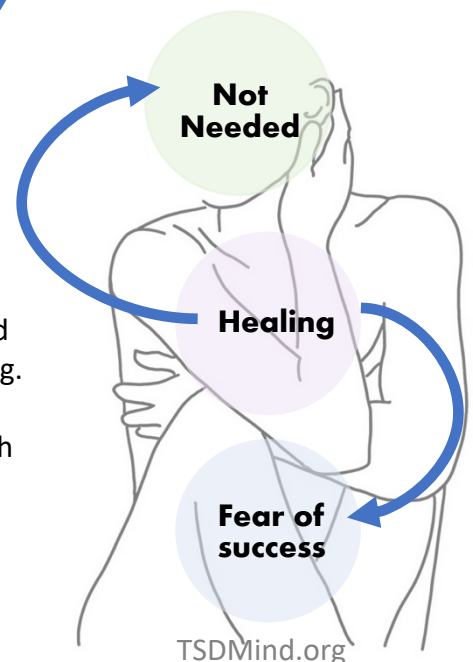
TEMPERAMENTAL BODY INTERACTION



An authentic feeling of hurt is experienced in the heart and immediately the mental field explains and justified the hurt with logic, distorting the hurt into shame. This authentic heart emotion is distorted into thoughts such as, "I am foolish for being so trusting."



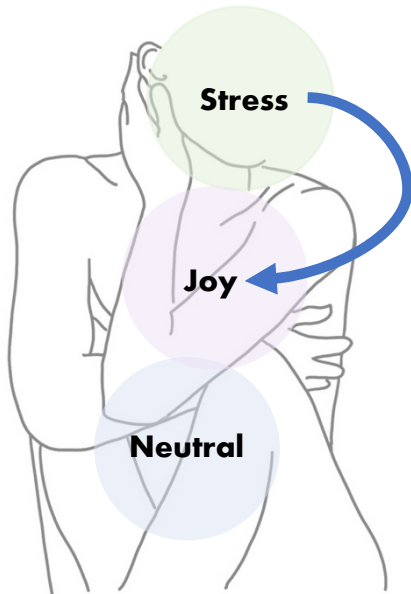
The mental field plans a vacation and eventually the gut field is concerned about not being financially stable. Their plans trigger their gut field.



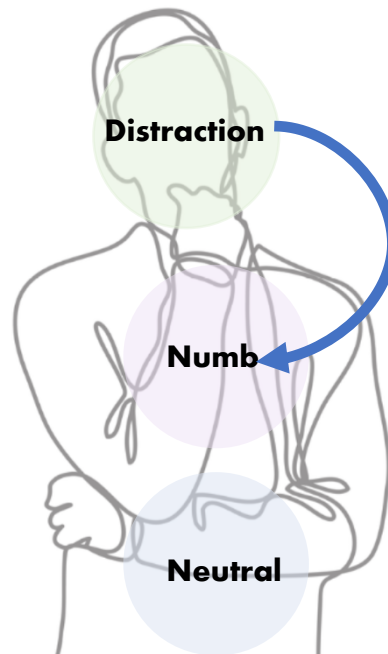
The heart field enters a healing process and soon the mental field is no longer needed to protect the heart and so resists the healing. And the gut field is triggered because aspects of life will change due to the healing. The mental and gut fields have interfered with their healing process.

TSD MINDFULNESS

TEMPERAMENTAL BODY INTERACTION



Joy is experienced in the heart field and immediately the mental field becomes stressed about the possibility of losing this feeling of joy. The authentic feeling of joy is closed down by their thoughts.



To protect the heart from uncomfortable feelings, the mental field creates a distraction. Eventually the heart field becomes numb. They miss the opportunity to heal.

The heart field experiences authentic feelings of vulnerability. Soon, the mental field is stressed about possibly getting hurt. And the gut field becomes concerned life will change as a result of being vulnerable. Their mental and gut fields interfere with their intimacy.

