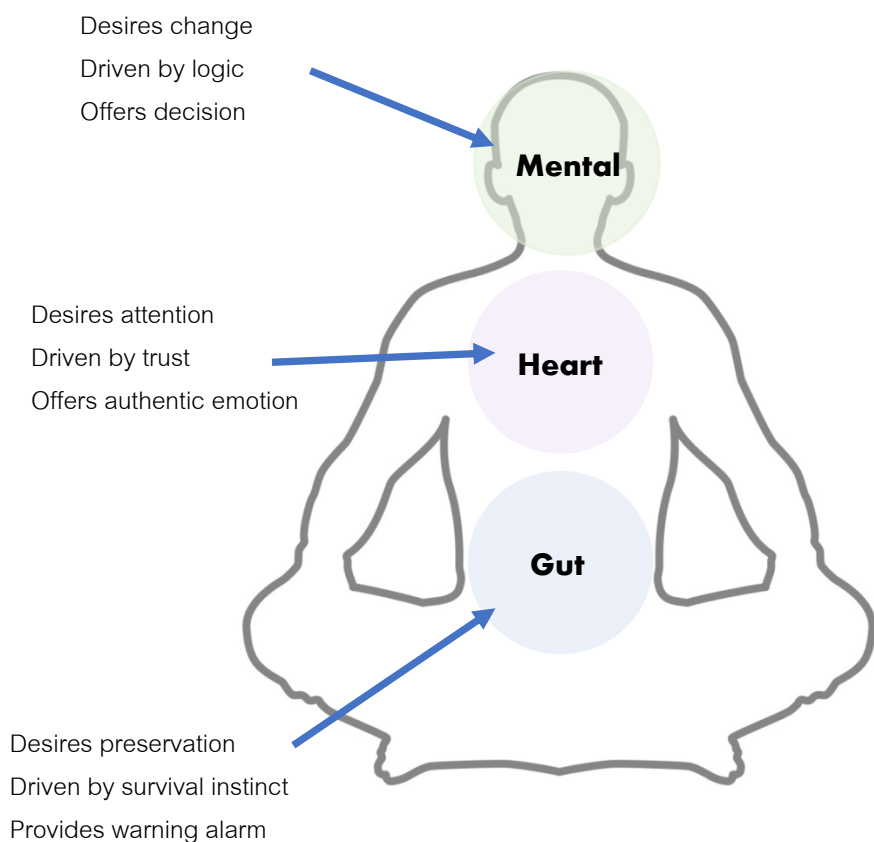


MINDFULNESS OF THE TEMPERAMENTAL BODY

The *temperamental body* is a TSD Mindfulness term illustrating a psychological and energetic system made up of our mental, gut and heart fields. Each field is differentiated by what it desires, how it operates, and what it produces. When we learn the unique qualities of each field, we gain clarity about what drives us and how we can balance our system so that we may permanently reduce our stress.



The **mental field** desires change, operates on logic, produces decision. To create balance in our temperamental body we can rely on mindfulness to gain comfort with what exists in our lives in the present moment, intermittently disengage from our logic, and temporarily let go of our need to make a decision.

The **heart field** desires attention, operates on trust and produces authentic emotion. To create balance in our temperamental bodies, we can use mindfulness to become comfortable with uncertainty, and become aware of what exists in our hearts, practice self-compassion, and allow our authentic emotions to lead us to joy and healing.

The **gut field** desires preservation, operates on survival instinct, and produces an alarm, warning us of upcoming change. To create balance in our temperamental bodies, we can use TSD techniques to become comfortable with possible changes in our lives, validate our survival instincts, and soothe our guts when triggered.