Review of last class:

- A teaching: TSD Mindfulness objective which is to **move into perfect relationships by taming your mind, soothing your gut and dwelling in your heart**

- These relationships include the relationship with **yourself, with other people, with the food you eat, with money, with God** (if you choose to be spiritual in that way).

- This perfection is **not based on your personal expectations**. Instead, it is **defined by a system larger than you**.

- We **move into** these perfect relationships, **gradually**.

- Another teaching: **Anything is either a form of relationship or a form we have a relationship with**.

- The **reactions** we have are **symptoms** of our relationship and our **desires define** the relationship.

- These relationships have **meaning** and are **emotional**.

- Our experience in this world is **directly affected by each and every relationship we have with each and everything**. Therefore, if we improve the quality of our relationships we in turn improve the quality of our life experience.
Tonight

- In the second list of the TSD Mindfulness teachings, the second prophecy states: **We are meant to grow into perfect relationships with all beings great and small.**

- **Harmony** is the nirvana of TSD Mindfulness - harmony between species, with our environment, between romantic partners, between you and your vices.

- **Personal harmony** is not attained overnight, **national harmony** is not met in a single presidential term, and **global harmony** is not perfected in a lifetime. When practicing TSD Mindfulness, it is important to consider the incremental process that brings us into harmony.

- **We can continuously feel grateful for this ongoing incremental process.**

- Let’s consider someone who has **struggled through many broken relationships over the years**. This person might feel as though they **give too much to their relationships and consistently feels betrayed and hurt in the end.**

- When this person practices TSD Mindfulness, their relationships start to **change** because they are learning how to better dwell in their heart. This person is **more conscious of what they need** in a relationship. This person is **more confident to set boundaries.**
o When we **move our consciousness into our heart**, we are able to become **more vulnerable in our relationships**. We can feel more genuine feelings from our heart and talk about these feelings.

o the second prophecy states: **We are meant to grow into perfect relationships with all beings great and small.** I don’t interpret this as actual size but instead **importance**. We grow into these perfect relationships with those people who are **extremely important** in our lives but also with the people who seem **less significant**.

o I interpret “**beings**” to mean **anything that exists**, or “**bes**”.

o If our relationships are improving as a result of our TSD Mindfulness practice, they are **improving equally across the board**. Your practice does not discriminate, it affects all relationships in your realm.

o As an example, you might notice your **relationship with yourself** become healthier while at the same time your **interaction with social media** also grows healthier.

o Moving into perfect relationships does not mean everything becomes **more positive, more apparent, more solid**. Some relationships may **crumble or dwindle**. This especially makes sense when it comes to relationships and **dependencies that are too strong in your life**.
Next teaching:

- The first teaching "On Trust" in the TDS Mindfulness teachings is **Logic and survival instinct cannot wholeheartedly be trusted.**

- This teaching might challenge our present perspectives. We come into our TDS Mindfulness practice with a certain set of views based on our personal experiences, the culture of our family, the culture of our peers, and the culture of our nation.

- Culturally, logic and instinct are accepted as being quite valid in today's world.

- As children, we are taught to rely on logic to solve problems. And survival instinct has proved to keep species alive.

- What's more, logic and instinct really do work.

- Logic and instinct are not usually effective approaches to decisions when it comes to relationship.

- To genuinely improve relationships, we need to move away from using logic and instinct to guide us.

- The chief reason for letting go of logic and instinct while practicing TSD Mindfulness is to move our consciousness into our hearts.

- The heart is not driven by logic nor by instinct, therefore we are not "in" our heart fields if we are using these approaches.

- Logic is what drives our mental field and therefore if we let it go, we easily move our consciousness out of our mental field and into
our heart field.

- **One of the most effective ways of moving our consciousness into our heart field is to quiet our logic** while practicing TSD Mindfulness.

- **Survival instinct is what drives our gut** and therefore if we let it go, we easily move our consciousness out of our gut field and into our heart field.

- **One of the most effective ways to move our consciousness out of our gut field is to soothe and reassure our gut**, which in turn quiets our instinct.

- **Logic and survival instinct cannot be wholeheartedly trusted.**

- Have you **ever noticed your mind lead you to a way of thinking that was not helpful** to you or the people in your life? **Logic is what brought us to this way of thinking.** The logic might not have been justified or gracious, but it was logical.

- **Logic is not bound to supporting our highest interest, "Logic" is not synonymous with "good."**

- **Revenge** is logical; **blame** is also logical. **Kindness** is also logical, as is **gratitude.**

- Survival instinct works in much the same way. Our **instinct can certainly keep us** out of harm’s way and in some cases save our lives.
o However, sometimes our instinct can steer us away from something that will really help us.

o For example, standing up in front of a crowd and giving an **important speech**. Those **butterflies** in your stomach are your gut's reaction to your own bravery.

o Another example, the **anxiety** you might feel before you make yourself **vulnerable to your romantic partner** is also your gut's reaction.

o Survival **instinct is sometimes valuable, sometimes it is not** and so cannot be wholeheartedly be trusted.

o TSD mindfulness helps us navigate our logic and instinct that falls in grey areas we have difficulty discerning between.

o When practicing TSD mindfulness you will **find clarity on these subtle areas of your life**, which in turn improve your relationships with the people and the "things" in your life.
The meditation

Review

- I led you to only use your will to direct our attention, in other words to concentrate.

- You focused on your breath to help tame your mental field.

- You soothed our gut by reassuring ourselves that in this present moment we are safe and our future is preserved.

- This helps because your gut fears change.

- We talked about how when the gut is very triggered it can take over the whole system of the temperamental body.

- Tonight we are going to continue to tame mental field and soothe gut field, and we will begin to dwell in heart.

- Moving your consciousness into your heart field can be uncomfortable before it becomes pleasant.

- How do you feel on a scale of 1 to 10 when you are in a situation you have little control?

- Perhaps you are at a party and did not drive, and therefore can’t leave exactly when you want to. Perhaps you are at Disney world and have zero control of how long you will have to wait in line to enter a ride. Perhaps you are on an airplane and need trust your captains’ and flight attendants to keep you safe.
There are a million reasons why we don’t desire to dwell in our hearts. One is control. We have very little if no control over what is there.

Unlike the mental field, in which we have control if we practice and train. And we have great influence over the gut field, but a little less than the mental field.

In the heart field we are not able to influence, direct or control our heart emotions, physical sensations, and other parts of our experience.

We must surrender.

The technique we are going to use tonight to move our consciousness into our heart field is to embrace uncertainty.

We know we are truly in our heart field if we genuinely don’t know the outcome.

If we have a knowing we are in our mental field, since the mental field is the aspect of our temperamental body that relies on knowing.

And if we instinctually feel there will be a certain outcome, we are in our gut field.

When we move into the heart we are vulnerable to trauma, joy, and everything in between.
You might experience some deep emotions during this dwelling process. If you do, stay mindful of the emotion. Take a step back. Notice how it feels physically. Notice what thoughts the emotion is instigating. Don’t try to control it, simply observe and feel.

This is part of the healing process if the emotions come from trauma. And if they are coming from joy then this is part of the joyful experience.

We cannot close the door to trauma and open the door to joy. It’s the same door.

The taming of the mental field and the soothing of the gut field are the steps we take to get us to the heart field and embrace the core of who we are and the reality of our experience.

Before going into the meditation consider three important issues you are facing in your life right now. For example, an upcoming move, or a new job opportunity, or a sick family member. We will refer to them in the meditation. We will embrace not knowing the outcome of these three issues.
The meditation
Find a comfortable seated position, if you prefer to lie down, you can do that, but if you find that you focus better sitting up, then do that. Close your eyes. Take in a few relaxing breaths. Inhale... as you breathe out feel yourself settle physically. Inhale ... and as you exhale feel your settle mentally. One more focused inhale ... and has you exhale, feel your emotions settle.

Notice any physical sensations in your body? Pause
Notice any stiffness or ache. Pause
Notice any pressure against the furniture or floor. Pause
Notice the way the air feels touching your skin. Pause

Choose a physical sensation to focus your attention on. Pause. If you notice your attention drift in another direction, exercise your will and choose to focus on your body. Take a step back and notice the part of your mind that focuses your attention. Pause. Notice how this part of your consciousness expresses itself to you.

Continue to notice physical sensations. You might be focusing on an ache, pressure or the air touching your skin. You might decide to shift your attention between these. This is okay.

If directing your attention towards physical sensations is challenging, consider directing your attention on the part of your consciousness that chooses the direction of your attention. What energy to you notice there? Is it clear and focused or is it distracted? Is it spinning or jagged? Or perhaps it is clear and focused.

Apply your will to this part of your consciousness. Use your will to steer your attention towards your body. And let go of using your will to direct anything else in your experience.

On your own, notice your body and notice the behavior of your attention. Remember the only control we are attempting to exercise is the control of our attention’s direction. Notice what happens when you purposefully apply will to your concertation. Notice if your mental field feels more settled. Pause for a minute.

Now move your attention to your gut area, at the belly. What physical sensations do you notice there? Perhaps you notice something less physical, more energetic. A fluttering or a vibration.

If you notice your attention drift in another direction, exercise your will and choose to focus on your gut field. Take a step back and notice the part of your mind that focuses your attention. Pause. Apply your will to this part of your consciousness. Use your will to steer your attention towards your gut. And let go of using your will to direct anything else in your experience.

Can you detect any concerns for change. Can you detect a fear of something in your future changing? How is this fear expressing itself in your gut field? If not, your gut may be in balance and at peace. If this is so, simply stay focused on your gut. If there is a fear, acknowledge this fear. Notice how this concern expresses itself in your gut. It is natural and instictual to be
concerned about change. Consider this possible change in your future yet also list all that will remain unchanged.Pause.

Notice if this list soothes your gut. If your gut is still affected, consider that if anything will change in the future it will be in your best interest. Be open to whatever is the best way to soothe your fear of change, expressed in your gut field.

Pause...

Now move your attention to your heart area. What physical sensations do you feel there? Even if the physical sensation is subtle, tune into it. To move your consciousness into your heart field repeat to yourself, “I do not know what will happen with this certain aspect of my life. I do not know what will happen with this other aspect of my life. And I do not know what will happen with this either.”

Feel this uncertainty.

Be open to emotions of the heart. Allow these emotions to surface, notice them. Dwell with them for however long they express themselves to you. On your own continue to notice physical sensations in the heart area and emotions that might surface. If you feel your attention drift away from your heart field notice the part of your consciousness that steers your attention. repeat to yourself, “I do not know what will happen with this certain aspect of my life. I do not know what will happen with this other aspect of my life. And I do not know what will happen with this either.” Feeling the uncertainty will bring you back to your heart field.
Reminder about the TSD Challenge

- TSD Challenge is to **practice for five days a week for 30 days** and see how your levels of **anxiety, irritability, energy, focus, feelings of love and care, connections with others, perspectives on food, money, and work** change.

Next class

- Second item on trust: **The divine flow can be wholeheartedly trusted**

- And will talk more about **the temperamental body, especially the mental field**.

- Please go to TSDMind.org **Classes page** has: past class videos, class notes, donations link, and RSVP for next class.

- Next class: **December 17th 6:30 EST.**