Class #5 TSD Mindfulness

Review

- In the last class we talked about the second teaching on trust, "Divine Flow can be wholeheartedly trusted."

- An example of this would be a force swooping in and guiding you to take action in a certain way.

- The purpose of connecting with Divine Flow is to feel supported, renewed and with direction.

- Logic is sometimes correct and sometimes not. Instinct is sometimes valuable and sometimes not. Divine flow is always correct and always valuable.

- We also talked about how our own will can aid in waiting and trusting. When we wait, we use will to stop us from jumping ahead of ourselves and instead simply be in the moment.

- When we trust, we can use our will to disengage from your logic, steady your gut, and be in your heart.

- I also defined the temperamental body and explained that our mental, gut and heart fields work together to drive our inclinations and emotional responses.

- Since these fields work together, the temperamental body is a system. This is important because systems are everywhere.

- I explained that the mental field is made up of beliefs, mental emotions, creative ideas, desires and more. These aspects are work together and create another system.
I mentioned the relationship between the mental field and the brain. The mental field relies on the brain’s circuitry to process information.

And we discussed the difference between the "mental field" and the "mind". The "mind" is more similar to "consciousness" and the mind can move.

Tonight we will continue with "The Fields of the Temperamental Body", moving on to the gut field. The gut field is located at the solar plexus, which is a complex system of nerves found in the pit of the stomach and is part of the sympathetic nervous system.

The gut field is in relationship to the solar plexus, in the same way the mental field is in relationship to the brain. The gut field relies on the physical structure of the solar plexus to create responses.

While, thoughts, specifically (decisions or beliefs) are responses the mental field creates, impulses are what the gut field creates.

The gut field responds in a binary way--either contentment because all is preserved or discomfort because certain aspects of your life are at risk for changing.

The clearest and most pronounced feeling of discomfort the gut expresses is the fear of you or someone you are close to dying.

Death is one of the most monumental changes we will experience and the gut field responds strongly.
The gut field can be associated with instinct. What separates instinct from thought is instinct is something we are born with as opposed to something we learn during our life.

However, your gut field often responds as a result of your life experience, therefore, the gut field is not confined to innate instinct.

When practicing TSD Mindfulness, we use reassurance to soothe the gut. This is a contrast to the mental field, with which we use concentration to tame this part of our temperamental body.

The gut field does not respond well to our practice of focusing on sights, sounds and physical sensations. Instead the gut responds well to reassurance.

We in a sense, "speak" to the gut and remind the gut of all that will remain intact and be preserved. And if a change is on the horizon, we let the gut know that this change is in our highest interest.

The most important point to know about the gut field, in regards to TSD Mindfulness, is that we need to soothe our gut field, as well as our mental field, to move our consciousness into our heart field.

It is also important to note, that gut field drives your behavior and your relationships with the people and "things" in their lives. Just like the mental field.
○ The actions you take to save your own life, and the way you express yourself to keep your emotions and ego preserved—affect your relationships. Therefore, your gut field affects your relationships.

○ Despite popular belief, our mind (or mental field) is not solely responsible for our peaceful state or lack there of. Instead all three fields of the temperamental body affect our state.

○ The final field, the heart field, is located in the heart area.

○ The heart field is the most ambiguous of the three fields, yet the most powerful in our lives.

○ Let's consider a seesaw as a metaphor for the temperamental body.

○ The mental field and the gut field are at either end of the seesaw. They work in tandem, pulling us between "simulate change, analyze outcomes, and put plans into action to make change" (mental field) and at the other end, "keep everything in your life exactly as it is." (gut field)

○ In the middle of our temperamental body is the pivot point representing the heart and is where the crux of our experience sits.

○ When we tame our mental field and soothe our gut field, we balance the seesaw and make it possible for us to move into our hearts.
o In the heart, exists the reality of our existence. This is where old pain resides, as well as, true joy.

o When practicing TSD mindfulness, focus on moving your consciousness into your heart field and acknowledge what is there.

o What is there expresses itself in different ways for different people. You might notice a physical sensation, you might notice a rhythmic energy, or you might notice a heart emotion you are experiencing in the present moment.

o The rhythmic energy is probably the most abstract of the three expressions I listed. This rhythmic energy often expresses itself as a symbol.

o If you have received hypnotherapy you might have experienced this before, but the symbol is in the heart as opposed to the mind. This symbol might be visual in your mind’s eye or it might be something you simply sense.

o Emotions may surface during any point of your practice. Perhaps while taming your mental field, soothing your gut or dwelling in your heart.

o If they do, rely on mindfulness and sit with them. Notice how the emotion manifests in your physical body. Let these physical sensations and any thoughts come and go as they may, without judgement.

o The most important thing to know about the heart field is it is the keystone of the temperamental body and what you become
mindful of in the heart is real.

- And, during TSD Mindfulness we practice moving our consciousness into our heart field by taming our mental field and soothing our gut field.

Meditation

- As a review from last class I explained how to verify whether we are taming our mental field, soothing our gut field and dwelling in our heart field. This is what I call the three point check.
- We know we are taming our mental field if we observe and experience quiet. Or relative quiet. There is less processing of ideas, less simulating future outcomes, less analyzations of past experiences.
- We know we are in our gut field if we observe or experience a calmness at our core. Not just tranquility in our mind, but our overall being feels calm.
- There is an absence of worry about possible disruptions in our lives, or changes on the horizon.
- We might know we are in our heart field if we are uncertain about pretty much everything. If we know something or have certainty about something, we are likely not fully in our heart field.
- We also might notice a rhythmic energy in the heart area. This rhythm might have a physical sensation, or it might impress a symbolic image into your consciousness. Or we might experience a heart emotion, such as joy, gratitude or sadness.
o In tonight’s meditation we will continue to notice this rhythmic energy. It’s not your heartbeat but it is a **repetitive occurrence that represents something that drives you**, for better or for worse.

o I’m going to lead you to **notice physical sensations** tonight to help you **tame your mental field**. If you prefer to focus on the breath or sounds, feel free to do that.

o Remember, it is **not** so much **what you are focusing on** while taming the mental field, but **how you are concentrating**.

o And just as we did a couple classes ago, think of **three situations going on in your life**. They can be **important or less significant**. For example, your **job**, even if you are totally comfortable with your job.

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 breath 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. What do you feel? Perhaps pressure from the furniture or floor where you rest. Or an ache or the air touching your skin. If there are multiple sensations, choose one to focus your attention on. Pause.

If you notice your attention drift in another direction, exercise your will and choose to focus on the physical sensation. 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 the physical sensations in your body. Notice the subtleties of the sensation. Do you notice temperature, do you feel the texture of your clothing? Is a pain sharp or dull?

If directing your attention towards a sensation 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 a sound. And let go of using your will to direct anything else in your experience.

On your own, notice sounds 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 not be triggered 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 instinctual 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. Move your attention there by repeating... I do not know what will happen with this situation in my life. I do not know what will happen with this either. Nor do I know the outcome of this situation. Allow yourself to simply not know the answers or the outcomes. Feel this uncertainty. Pause.

Now that you are settling your consciousness into your heart field, be still and wait and trust. Wait to observe a subtle physical sensation...
Be still and wait and trust. Pause.

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. Pause.

With your teetertotter between your mind and gut completely still, notice any rhythmic essences in your heart. Pause.

On your own continue to notice physical sensations in the heart area, rhythmic essences 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. Use your will to stay focused in your heart field.

Pause for several minutes.