In the last class we talked about the **gut and heart fields** in more depth. 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 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**.

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**.

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.

I offered a metaphor for the temperamental body: I seesaw. 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)
o In the middle of our temperamental body is the pivot point representing the heart and is where the crux of our experience sits.

o 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.

Tonight

o Tonight we are going to discuss all three items on the list of The Desires of the Temperamental Body. The first item on the list of The Desires of the Temperamental Body is The mental field desires change.

o The mental field desires change because of free will and the ego. If change were not an option in our lives then there would be no need for free will, an ego, or a mental field. So the mental field likes change because it gives itself purpose.

o Specifically, the mental field wants the ability to make a decision. Decisions usually lead to change.

o The mental field would have no purpose if it were not for “change” or “making decisions” because the mental field analyzes options, reflects on the past and makes projections about the future. It is also creative.
Let us be grateful that coupled with our free will we were also born with a mental field that supports us to use that will. So not only does the mental field desire change it also has a wealth of tools at its disposal to institute change.

If a large corporation sets out to make a change, it must rely on several different groups of people to guide them through this change.

One being those who analyze historical data to assess how to go forward. More people to make judgments and decisions about whether or not the outcomes will be beneficial. And still other people use creativity to develop ideas not yet researched, analyzed or tested.

Risk assessment is involved, as well as, financial analysis and resource management.

A corporation's powerhouse of men and women and the technology they use is a wonderful outwardly projection of what our mental field does when we entertain changes in our own lives.

Our mental field reflects on the past and projects into the future, it simulates outcomes, and makes judgments about risks and rewards. As well as, uses creativity to conceptualize designs never thought of before.
- For example, if you are considering moving to a **new home**, you will **reflect on** the homes you've lived in in the past and consider what you **liked and disliked** about them. Then you will consider the **different options** you have for a new home. You might also use your **creativity and open yourself up to a new type of living situation**.

- Either way, risks will be assessed and so forth. This process might **not be entirely conscious**, but you are using your mental field to some degree. Some of you might rely **less on our mental field and more on your gut field**, or even your **heart field**.

- **Despite all the benefits** to using your mental field, when you practice TSD Mindfulness you **quiet this powerhouse** temporarily.

- The reason is, this **powerhouse** of reflection, simulation and projection **distracts you from your gut and our heart fields**.

- Additionally, as powerful as the mental field is, it often **misses this point**—the point being, much of the time it is **not as important what we are doing but how we are doing it**.

- Moving into the heart helps us be conscious of **how we are doing what we are doing** as opposed to simply, **what we are doing**.

- And since the mental field is very much **associated with will**, it is in our best interest to **use our will to quiet our mental field**. If not, our will, naturally will **migrate to activities associated with change**.
Gut field

- The **second item** on the list of *The Desires of the Temperamental Body* is **The gut field desires preservation**. This is quite **opposite to the mental field**, which desires change.

- The gut field **desires preservation**, first and foremost, **to keep us alive**. This is the gut field's primary job. *Every species has a gut field* and this is evident when you observe an insect, bird or mammal **fight for its own life**.

- In these circumstances, the **gut field has taken over** the temperamental body system. An **frog** will climb out of a container, a **bird** with feed itself, and a **squirrel** will flee from a predator. All these creatures receive impulses from their gut field telling them to do **whatever is in their power to survive**.

- Interestingly, **all vertebrates have a gut field**, some animals have a **heart field**, and a **smaller number of animals have a mental field**.

- This can be observed by **looking at the brain**. For example, a fish has a **reptilian complex** and a **limbic system**, yet **no neocortex**. This indicates that fish have a **gut field and a heart field but not a mental field**.

- Here are some **other situations** the gut field likes to preserve. **Someone else's life**. If we have someone close to us fighting for their own survival, our gut field is affected.

- Our gut field is also invested in **emotional survival**. If our gut senses a situation in which we might become **emotionally devastated**, it will react with a "hard no."
- The gut field is also concerned about preserving the ego and therefore will often react if our egos are threatened.

- Emotional and egotistical survival is not always in our best interest. In fact, in some situations, emotional detestation and ego deflation are important to moving into a perfect relationship.

- And someday physical death will be important to moving into perfect relationship.

- Therefore, it is important that we know how to soothe our guts during TSD mindfulness. Moreover, our guts' reaction to loss of preservation distracts us from the heart field and makes it difficult or impossible to dwell in the heart. Soothing the gut's fear of change is key to a TSD mindfulness practice.

Heart field

- The third item on the list of The Desires of the Temperamental Body is The heart field desires consideration. Not "consideration" as in lets-put-some-thought-into-this, but instead devoted and steady observation. Yep, that's it. Just some good old fashion attention.

- The heart field is our rock. It is the reality of who we are. It does not ask for much, yet at the same time, we do not have great influence over what is in the heart. The heart field only desires us to move our consciousness into it and consider what is there.

- The heart field desires consideration because your attention in the heart instigates the healing process and the joyful experience--two things your soul wants for you.
If you have already done healing work or are free from trauma, then the joyful experience may be your only process.

The healing process and joyful experience leads us to true sense of purpose, connection, fulfillment, and energy.

We cannot fully see what is in the heart field until we move our consciousness into our hearts. For example, heart field fatigue. We can’t see this unless we dwell in our heart.

The heart field often gets tired, which in turn leaves us feeling drained. The heart field is tired because we have not been relying on divine flow and instead use our temperamental bodies to handle all that comes our way.

This takes a toll on our temperamental bodies, especially our hearts field. We need to rely more on divine flow, so we do not become fatigued energetically, physically, emotionally, and intellectually.

The remedy for this exhaustion is surrender in our hearts, which is not possible without our devout and steady attention within the heart field.

And we cannot begin to become attentive in our hearts, until we move our consciousness into our heart field. This movement requires us to first tame our mind and soothe our gut fields.

A sense of worthiness is also important to pulling this off because dedicating a portion of your day to simply moving into your heart and observing seems luxurious for most. But in reality, it is not beyond reach. It could be as routine as brushing your teeth.
Delving into the other teachings of TSD Mindfulness will offer a thorough explanation of surrendering in the heart and how to instigate the healing process and/or the joyful experience.

The meditation

- Let’s review some ideas about our use of will when we practice TSD Mindfulness. Will is used primarily for three acts in TSD Mindfulness—these are focusing, waiting, and trusting.

- I invite you to use your will during this meditation to steer your attention but to let go of using will at all for any other endeavor.

- Some examples of what you might steer your attention towards are: your breath, sounds in your environment, physical sensations in your body, fears your gut field is experiencing, physical sensations in your heart field, symbols in your heart field, and emotions in your heart field.

- Focusing, waiting and trusting are key actions that lead to divine flow.

- When we wait, we use will to stop us from jumping ahead of ourselves and instead simply be in the moment.

- We can use our will to help us better trust. We do this by using our will to disengage from your logic, steady your gut, and be in your heart.

- We turn to our logic when we do not completely trust. And that is acceptable because there are somethings you should not trust.
o But **divine flow can be wholeheartedly trusted** so there is **no need to turn to logic to open up to this flow**. In fact, you **won’t be able to open up to it if you are engaged in your logic**.

o Tonight, I will lead you to **notice your breath**. Last class we focused on **physical sensations** to tame the mental field, and the class before I led you to **hear sounds** in your environment. Choose what you would like to focus on to **best tame your mental field**.

o I will also lead you to **embrace uncertainty** around **three events** in your life. They can be significant in your life or events you feel indifferent about. For example, **your job, a relationship, or a personal goal**.

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.

Bring your attention to your breath. Do you feel a tickle sensation in your nostrils? Pause. Do you notice the difference of air temperature going into your nostrils compared to the air leaving your nostrils? Pause. Notice the rising and falling of your chest as you breathe. Choose an aspect of your breath to focus your attention on. Pause.

If you notice your attention drift in another direction, exercise your will and choose to focus on your breath. 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 subtleties of the sensation. Do you notice temperature, physical sensations in your nostrils or the movement of your chest?

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 do 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 an aspect of your breath. 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.

TSD Challenge

Classes page – class notes, videos, class summaries, donation link, class registration.

Teachings page, lists all the teachings and links teachings to blog posts.

One more class – 7 total.