Class #7 TSD Mindfulness

Review

- In the last class we discussed *the desires of each of the fields of the temperamental Body.*

- *The mental field desires change.* Specifically, the mental field wants the ability to make a decision. Decisions usually lead to change.

- The mental field is interested in change and making decisions because the mental field analyzes options, reflects on the past and makes projections about the future. It is also creative.

- 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.

- *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.

- Our gut field is also invested in emotional survival. The gut field is also concerned about preserving the ego.
o 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.

o *The heart field desires consideration.* 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.

o We also need to use devout and steady attention to dwell within your heart field.

o Your attention and surrender in the heart instigates the healing process and the joyful experience--two things your soul wants for you.

Mental Field

o The third list on the *Three Lists of Three* is "The Products of the Temperamental Body". As a reminder, the temperamental body determines your inclinations and emotional responses.

o The key to becoming ultra-mindful of how you develop your inclinations and emotional responses is in understanding how the three fields of the temperamental body operate and what they produce.

o The mental field operates on logic and reasoning. The mental field's chief responsibility is to gather information and send it through a logical process.

o This logical process is not always correct but it relies on the "if P then Q" principal. If an idea is true then x is also true. If the idea
is false then y must be true.

- For example, someone's logic might look like this: if a person is wearing a military uniform then said person is trustworthy. The mental field operates in this manner.

- To better understand how we build our logic over our lifetime, I would like to explain information processing, which comes from the field of psychology. Stimuli come into our sensory memory. Some stimuli is forgotten and the stimuli that is not forgotten moves into the working memory.

- Some of the stimuli there is forgotten and the stimuli that is processed and not forgotten, moves into long term memory where it can be retrieved later.

- This is a simplified version of how logic is built. A more comprehensive explanation involves emotions and how they are associated with events.

- Just as everyone's physical body is different and their personalities are unique, everyone's logic is also individual to them.

- After relying on logic, the mental field produces decision. Decisions about what to spend money on, who to call for guidance, what to have for dinner and so on.

- For many of us, our lives are made up of a long string of decisions, one after the other. Some of the decisions are made consciously and others unconsciously. Additionally, some decisions are long standing, serving as our habits.
Are you curious about the people whose lives are not made up of a long string of decisions? These are people who rely on divine flow and do not need to make as many decisions.

If you are struggling to make a decision, it is quite possible that the three fields of your temperamental body are in conflict with one another.

Practicing TSD Mindfulness can help you determine which fields are swayed in which direction and which choice is more correct and more divinely guided.

If you would like to become mindful of your own decision process, consider the following questions:

- What situations are you making decisions about?
- What type of beliefs about the world are driving those decisions?
- Do you avoid or thrive on decision making?
- What are some of the most influential decisions you have ever made in your life and do you feel you made these decisions or were they already made for you?

Another way to become mindful of your own decision process is, while meditating, notice any thoughts that come up organically and consider how these thoughts fit into your own logic.

It is important to note some decisions are made not based in established logic but instead on creativity. But just because it is creative does not mean it is divinely guided.

In addition, some decisions are based on the gut's reaction--these decisions are quick and often instinctual.
Decisions can also appear to be made from the heart but these are not technically decisions. More on that at a later point.

Gut Field

The second item on the list of *The Products of the Temperamental Body* is "The gut field operates on survival instinct and produces a binary response of preserved and unreserved".

The temperamental body is made up of the mental field, gut field, and heart field. This system determines our inclinations and emotional responses.

When we understand how these fields operate and what they produce, we better understand how we operate and thus improve our relationships with the people and "things" in our lives.

The gut field was created to keep you alive, so survival is its chief responsibility. Physical survival is the top priority, but the gut field is also invested in making sure you survive emotionally and egotistically.

In other words, the gut field operates to ensure everything is preserved. The gut field is simplistic in nature, opposed to the mental field, which is entirely complex.

The gut field works more like an alarm. It sounds off if it senses preservation might be compromised.

The gut field produces two responses. One is, "all is preserved", meaning we're good! The other is, "all is not preserved", meaning
All you know to be right in this world is going to fall apart or as a less intense example, This isn’t right, something is wrong.

- The gut field produces a response that is binary, either a yes or no. “Yes, do this action,” or “No, do not do this action.”

- Your temperamental body makes these responses apparent to your consciousness in a variety of ways. Most common responses are physical. For example, a pain in your gut or butterflies in your stomach. Or perhaps a tightness in your stomach.

- Or the response can be intellectual. The gut field can instigate thoughts in your mental field, since the mental and gut fields are in relationship. An example might be, "I can't do this."

- The responses might also be emotional. For example, a feeling of fear or worry.

- The term “gut decision” is pertinent to this discussion about how our gut field creates and shares its responses. The mainstream definition of "gut decisions" are decisions based on a hunch and absent of a reasoning process.

- This is not to be confused with how the gut field of the temperamental body operates and produces. “Gut decisions”, as defined by the mainstream, could actually come from the mental field or even the heart field.

- Only responses that address preservation and change are from the gut field.
Heart Field

- The third item on the list of *Products of the Temperamental body*, is "The heart field operates on trust and produces emotion."

- As discussed earlier, the **mental field** operates on **logic** and produces **decision**; and the **gut field** operates on **survival instinct** and produces a **binary response of preserved or not preserved**.

- The heart field is **quite different** from the mental and gut fields. For example, the heart field **does not weight options, does not make projections about what might happen in the future, nor make decisions, like the mental field. Nor is the heart field overly concerned about survival.**

- Instead, the **heart field operates on trust**, which is beautiful yet at the same time opens us up to **emotional, egotistical, and physical pain. With trust comes hurt, sometimes.**

- This is why the mental field, paired with the neocortex, and the gut field, paired with the reptilian complex are part of the system. The mental field is forever trying to run enough numbers to keep the heart field from being negatively affected and the gut field is on alert 24/7 and on a stakeout waiting for any fishy activity.

- This is quite beautiful isn't it. We have a **built-in system keeping us safe**. However, and this is a big "however", relying on the mental and gut fields to keep us safe from hurt is not our best approach to moving into perfect relationships with the people and "things" in our lives.
- Staying safe emotionally, egotistically and physically is important and we don't let go of this security in the heart field, but the heart has an alternate way to keep us safe.

- This approach is **absent of decision** and **void of any alarms**. This alternative approach is **surrendering to divine flow and trusting what is next**.

- **When we are truly in our hearts, we do not make a single decision** because the decision is already made. It takes less effort and energy, leaving us with more time and energy to do the things we love. **With no decisions to make or alarms to tune into, we are left to simply watch the events of our life unfold**.

- One of the reasons this approach is **not popular** is because your ego **plays no role in the process**. If the ego plays no role, then the ego feels useless--this is the ego's saddest feeling.

- The take-away here is **the mental field can be an obstacle in completely surrendering in our hearts**, therefore, we need to tame the mental field.

- Interestingly, our gut fields can tolerate our surrender in our hearts **a bit better** than our mental fields. If we bring into our consciousness **reassurance that most things will be preserved**, our gut is often appeased.

- **A common concern** people have about muting the mental and gut fields is **they will become too vulnerable** and therefore, the people in their lives will take advantage of us or treat them poorly.
Please remember: the energy we embody when we are led by our heart fields, is not weak or meek.

When you open up to divine flow and move in its direction you will be steered away from abusive people. In fact, your heart creates better boundaries between you and abusers than your mental and gut fields put together.

When you are truly in your heart field, it will feel nonsensical to subject yourself to abuse.

Let's look at a couple examples. Imagine a person who compromises themselves in a relationship and in the end is hurt emotionally and perhaps even physically. When this person dwells in their heart and trusts divine flow, it becomes entirely apparent that the relationship is toxic.

This person notices that leaving this relationship is not a decision that needs to be weighted but instead is a decision that is already made.

Consider another person who has a long-standing resentment towards someone because of a painful situation. When this person truly dwells in their heart, they experience forgiveness towards this person and is led to reunite with this person they were estranged with.

I will repeat the teaching, "The heart field operates on trust and produces emotion."
Each of the fields of the temperamental body produce something. The mental field produces decision and the gut field produces a binary response of "preserved" and "not preserved."

After the mental field weighs pros and cons, reflects on the past, makes predictions about the future, based in logic, the mental field finally produces a decision. Sometimes these decisions quickly manifest, and others take months or years.

After the gut compares every circumstance in your realm up against status quo, it sends out an alert if it senses a threat to emotional, egotistical, or physical survival. This alert is either "Yes, we are safe" or "No, we are not safe."

The heart field produces emotion. After you have moved your consciousness into your heart field and truly trusted what divine flow and your heart has for you, the heart field produces emotion.

These emotions are true to your core. They cannot be denied and they are who you truly are. These heart emotions are different than mental emotions. Mental emotions are contingent on something, while heart emotions are stand alone and exist regardless of what you believe to be" good" or "bad".

For example, "happiness" is a mental emotion and "joy" is a heart emotion. Someone might be happy because they got the job they have always wanted. Or someone might be happy because the drinking glass did not break when hit it the floor.
o This happiness is a result of a logical process in the mental field. As a result of being hired for this job, this person's salary increases and puts them in a better position to further their career.

o And since the glass didn't break, there is no glass to clean up, no pets were put into danger, and no time was lost. The happiness is reliant on these events.

o Joy is a little different. Joy is not based in logic, thus you might feel joyful about something that is not even logical.

o For example, a person stands in their kitchen and watches their husband wash a dish. A rush of joy gushes out of this person's consciousness as they remember unwrapping those dishes moments before they dashed off to their honeymoon.

o It doesn't make sense why in that moment this women is so utterly joyful, grateful and feeling love for her husband, but she does. This is an example of a heart emotion, produced by the heart field.

o Heart emotions can also be painful. For example, someone experiences a tinge of physical pain in their heart, out of the blue, and feels a rush of sadness as thoughts surface about an estranged friend. This sadness is a heart emotion.

o Guilt is also a heart emotion. Shame, on the other hand, is a mental emotion. Shame comes with a belief that "I shouldn't have done that" created and based on this person's unique logic.
A feeling of guilt does not come from logic but instead comes from the heart. Guilt might lead us to forgive or apologize while shame might lead us to isolate ourselves or become angry.

Detecting spontaneity in an emotion can be the easiest way to identify a heart emotion. Heart emotions often come out of nowhere because there is no string of logical thoughts that lead us to the emotion.

The emotion just shows up and might not make entire sense. These emotions are sometimes triggered by strangers. All of a sudden you notice a woman you never saw before look at her partner. Her loving stare touches your heart and you are flooded with a joyful heart emotion.

Dwelling in the heart is not for the fainthearted. Heart emotions come up when you least expect it. Yet, these emotions are the most real experience you might ever know.

These emotions are who you are. They show you who you are moment by moment. They show the greatness that you bring to the world. You heal the world with your own authenticity.

Meditation

This meditation tonight is going to be semi-guided. There will be less detail in this meditation as the previous weeks. There will be longer pauses for you to move through the steps on your own.

Remember during the first segment of the meditation you are taming your mental field. You will do this by either focusing on your breath, sounds in your environment or physical sensations in your body. I refer to this as the object of your attention.
o I invite you to keep your attention directed on one of these aspects –breath, sounds or physical sensations. You can do this by noticing the subtleties such as a tickle in your nostril, the tone of a sound, or a hot or cold sensation on your skin.

o I will also lead you to consider three events in your life to help lead you into your heart field.

Find a comfortable seated position

Close your eyes. Take in a few relaxing breaths

Bring your attention to your breath, or the sounds in your environment or physical sensations in your body.

If you notice your attention drift in another direction, exercise your will and choose to focus.

Steer your attention towards your object of attention.

If you notice your attention drift in another direction, take a step back and notice the part of your mind that focuses your attention.

Continue to notice the subtleties of your object of attention.

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.

Now move your attention to your gut area, at the belly. What do you notice there?

If you notice your attention drift in another direction, take a step back and notice the part of your mind that focuses your attention.

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?

Use your will to steer your attention towards 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.
Be open to whatever is the best way to soothe your fear of change, expressed in your gut field.

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.

Be still and wait and trust. Be open to emotions of the heart.

If you feel your attention drift away from your heart field notice the part of your consciousness that steers your attention.

Notice any rhythmic essences in your heart.

Use your will to stay focused in your heart field.

Next steps:

- Download class notes for the last 7 classes to read and review.
- Download the PDF of the TSD Mindfulness teachings and post in a visible place.
- Read the TSD Mindfulness Blog
- Listen to TSD guided meditations.
- Rewatch class 1 through Class 7 videos and look for newly published videos.

- These first 7 classes are simply an introduction to TSD Mindfulness. More classes will be released.