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Applying Science to Practice

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Self-Care:
The neuro-positive psychology of meeting
Allah/Buddha/God/Krishna/The Great Spirit
on the road

with

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The Endless Vine: An ancient symbol of life,
infinity or the interweaving wisdom of the flow
of time and movement on the path with That Which Is Eternal



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- I. Mindsight Basic Principles: It's not just about personal well-being, inner peace and equanimity but also it's implications for cultural evolution.
 - a. How you focus attention activates specific circuits of the brain.
 - b. Activating specific circuits of the brain stimulates the growth of the architectural features of the brain = neural plasticity.
 - c. With the intentional focus of your attention, aware of awareness, you create a state of activation. Repeatedly creating intentional state over time changes the brain so that you develop a trait.
 - d. The solo practice of mindful reflection activates the social circuitry of the brain that also overlaps with the regulatory circuitry = stress reduction, improved immune function, enhanced capacity for compassion and empathy, the ability to balance emotions, insight, and identity shift.

- II. Go to www.authentic happiness.sas.upenn.edu when you have 20-30 minutes.
 - a. Scroll down and click on the VIA (Values in Action) Character Strengths Test link in the middle column of the page.
 - b. Create a Username (your email address works fine) and Password. The website will store all of your test results for future review.
 - c. Complete the test then print your top five strengths and decide on one activity for the next week that uses one or more of your strengths.



III. Start a Three Good Things Journal.

- a. Find a notebook or a piece of paper to start a journal.
- b. Take 5 minutes every day/evening to list three good things that happened during the last 24 hours.
- c. Start by writing the date. List three good things. Next to each item, briefly say why it happened and what you did to help it occur. If you aren't sure why it happened, write "Unsure." If you did nothing, write "Nothing."
- d. Don't worry if you come up with less or more than three

IV. References

Kornfield, J. (2004). Meditation for beginners. Boulder, CO: Sounds True.
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Siegel, D. J. (2011). Mindsight: The new science of personal transformation. New York: Bantam.
www.drdansiegel.com

