

Mindfulness

Means paying attention in a particular way

- On purpose
- In the present moment
- Non judgementally

Mindfulness

In A

Non

Judgemental

Way

[Google mindfulness](#)

[Mindfulness for wellbeing \(NHS choices\)](#)

[Mindfulness getting started \(Mindful\)](#)

- **Wake up and be aware of the here and now. What is the reality of it?**
- **Is it worth giving it energy in regard to thoughts and self talk?**
- **Remember you can't change the past.**
- **Are you able to predict the future accurately?**

Align your mind energy so you're comfortable

Flow Up (stream)

Uncomfortable

Bridge your source mind energy to.....

Flow Down (stream)

Comfortable

Generalise if necessary for comfortable.

- Source electrical energy that enters and flows through specific parts of the brain is pure and does not have negative emotions attached to it. It is your absolute consciousness before the brain filters it.

Self talk to the negative ego from this perspective of your intelligence it will be compassionate, accepting, loving and caring. Some people may identify this as their higher self or link it to the soul or spirit.

Every breath you take holds the source energy in your body

- The Brain/Mind is where the ego lies

It's the filter of source electrical energy (*Absolute consciousness*) that feeds the positive and negative ego)

There is extensive documented research evidence done by Dr Peter Fenwick a British neuropsychiatrist and neurophysiologist and others indicating that consciousness is present without brain function, derived from people who have had out of body and near death experiences, and it's very similar related phenomena to what a high number of people communicate and experience when they are dying. This means we have dual consciousness. The I part of consciousness which is the ego that is filtered and produced in parts of the physical brain, and the absolute consciousness independent of the physical brain that is present in near death, out of body experiences and in parts of the dying process.

PLAN
RATHER THAN
REACT

FEED THE POSITIVE EGO

Create

Remember you are
empowered to do this

(Consequence)

At what level do you
allow?

- Love in all its
forms?

- Acceptance?

- Compassion?

- Forgiveness?

To live in you?

**The weakness
of the ego is
it's mechanical
not intelligent
and reactive.**