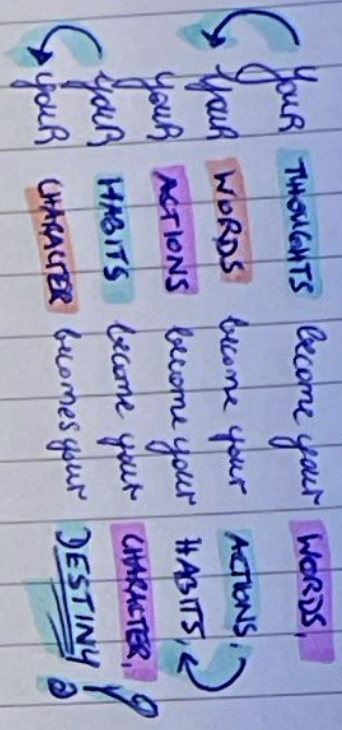


Story XVII // Ep. 18
THE 4 BODIES SERIES: THE MENTAL BODY

NEXT THE ENDOVORE BODY
ARTICULAR
LASTLY: THE SPIRITUAL BODY

TO WILL WILLERS
SACCEDED MASTER
ENKALCEDIA.AG

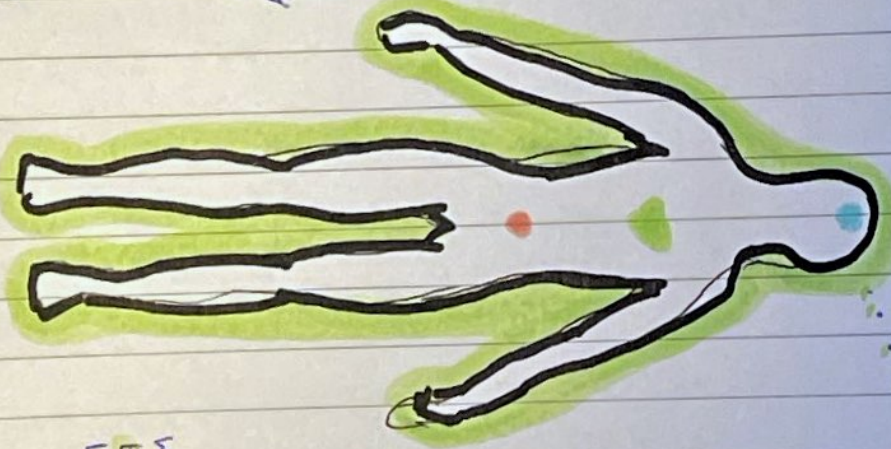


EXERCISE "THOUGHT TRACKING"

- H = higher mindset (joy, hope, happiness, love, compassion, courage, determination)
- M = sad thoughts, angry thoughts, stress, obsession, fear
- L = depression, numbness, detachment, self-pity/victimhood, inconsistencies

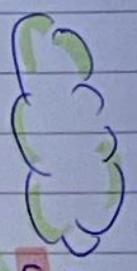
NO JUDGEMENT - PRACTICE OBSERVATION
journal each your observations before
journal about your result + how this mindfulness practice has contributed to your healing journey

| | | | | | | |
|----|-----|-----|-----|-----|-----|---------|
| AM | | | | | | |
| PM | | | | | | |
| | MON | TUE | WED | THU | FRI | SAT SUN |



WAYS TO WORK WITH THE MENTAL BODY:

- OBSERVATION: discern self from "morning" mind AND meditation practice
- SLOW DOWN: transform one household chore in a 5 step ritual (see ep. 7: Rituals + Routines)
- EXPERIENCE THE DAYS OF LIFE: listen to an inspirational podcast/book/movie/quote + put your intention towards 1 thing only!



ETHERAL OF AIR
CONTAINS OUR THOUGHTS!

HIGHER MIND
- PACIFYING OUR THOUGHTS ALLOWS US TO BE ALIGNED WITH OUR HIGHER SELF

- PURE MIND means NOT to suppress emotions/thoughts
"deemed negative" it means detaching from them as being who we are

* WE ARE NOT OUR THOUGHTS
- AN EXERCISE IN LETTING IT PASS + NOT IDENTIFY WITH THEM / HOLD ON TO THEM

WE STRIVE TO WORK TOWARD
EQUANIMITY
L through practices

OBJECTIVITY
L there is an outside world that doesn't move ourselves.

! BOTH ARE IMPORTANT: BALANCE IS KEY!
fucking is the practice

LOWER MIND - SENSUAL/RIGHT/FLIGHT
- self-liking
- 'normal mind'
- pleasure seeking
- REACTIVE
L instant gratification
L distractions
L escapism
L addictions
L using mechanisms
L ignore self talk

- lowest expression that stored all the things that we called
L bike systems
L throat patterns
L throat conditioning
L pleat
L losing control
L coming from being rejected