When you describe introvert and extrovert, Can't a person be both?

A:

**INTROVERTS AND EXTROVERTS**

- Historically, psychology agrees on several points although no standard definitions
  - They differ in levels of outside stimulation needed to function
  - They work differently—extroverts tackle assignments quickly making fast, sometimes rash, decisions and are risk-takers (“thrill of the chase”) while introverts work more slowly, focus on one task at a time, can have mighty powers of concentration and are relatively immune to fame and fortune
INTROVERTS
• Historically...(continued)
  • Our personalities shape our social type. Extroverts add life to the
    party and laugh at your jokes. They are assertive, dominant and in
    great need of company. They think out loud and on their feet and
    prefer talking to listening. Extroverts are comfortable with conflict
    but not solitude. Introverts may have strong social skills and enjoy
    parties and business meetings but after a while wish they were
    home. They devote social energy to close friends, colleagues and
    family while listening more than they talk. They feel like they
    express themselves better in writing. Introverts dislike conflict.
    They don’t like “small talk” but do enjoy deep conversations.

INTROVERTS
• TEMPERAMENT (Jerome Kagan)
  • Exposed 4 month old children to new experiences and noted
    widely varying experiences
    • 20% cried lustily and pumped their arms and legs (“HIGH
      REACTIVES”)
    • 40% stayed quiet and placid with little arm and leg
      movement (“LOW REACTIVES”)
    • Remaining 40% fall between the two extremes

INTROVERTS
• Kagen predicted the “high reactive” would grow to be
  quiet teenagers
• Continued to monitor at 2, 4, 7, and 11 years of age
• “High Reactives” were more likely to develop serious,
  careful personalities
• “Low Reactives” more likely to be relaxed and confident
• High and low reactives corresponds with introvert and
  extroverts

INTROVERTS
• Introverts are not necessarily shy. Shyness is fear of social
  disapproval or humiliation. Introversion is about
  environment and level of stimulation
• Can be shy and introverted
INTROVERTS

- Kagan also monitored HR, BP, finger temperature and other measures of the nervous system
- Believed these were controlled by the amygdala
- *Infants born with excitable amygdala would wiggle and squirm when shown unfamiliar objects and would grow up to be vigilant when meeting new people*

INTROVERTS

- Amygdala functioning
  - Low Reactive- have reduced firing when faced with novelty
  - Tend to be extroverts
  - Like novelty if raised in an attentive, safe environment
  - If raised in chaos can turn into delinquency and even psychopathy (treatment-positive role models and channeling fearlessness into constructive acts)

INTROVERTS

- Amygdala functioning (continued)
  - High Reactive- have increased amygdala firing in novel situations
    - Tend to be introverts
    - Aversion to novelty can cause the individual to stay in the safety of their head
    - Need to help them find “safe” ways to engage
    - Might start out with individual care preparing them for a small group experience

INTROVERTS

- David Dobbs- “The Orchid Hypothesis”
  - Many children like dandelions are able to thrive in just about any environment
  - Others including “High Reactives” are like orchids as they wilt easily but under the right circumstances can grow strong and magnificent
  - “High Reactives” can be overwhelmed by childhood adversity but also able to benefit from a nurturing environment more than other kids (more impacted to both positive and negative experiences)
INTROVERTS

- “High Reactives” more likely to respond to negative challenges with depression, anxiety and shyness (Social Anxiety Disorder)
- With good parenting and stable environment have fewer emotional problems and more social skills
- They are exceedingly empathic, caring and cooperative
- Easily disturbed by cruelty, irresponsibility and injustice
- They are successful at things that matter to them

INTROVERTS

- 40-50% genetic
  - Serotonin transporter gene (SERT) or 5-HTTLPR helps regulate the processing of serotonin effecting mood
  - Those with short allele tend to be “High Reactives” and introverted plus increased incidence of depression in humans with difficult environments
  - If given the right environment can do as well or better than those with the long allele
  - Tend to observe instead of participating initially
  - Adolescent girls with CERT 20% more likely to be depressed in chaotic home environment but 25% less likely if raised in stable environment

INTROVERTS AND EXTROVERTS

- Extroverts often exhibit qualities of charm, charisma, and persuasion, while introverts tend to be creative and prefer to work alone.
- But it’s not always black and white; we all exist on a spectrum between introversion and extroversion, manifesting qualities of each depending on the circumstance.
- If you’ve partied your extroverted self out for the weekend, you might want to spend Monday night completely alone in your pajamas

The last slide approaches your question. Genetics aside, we can all function in extremes if environmental and neurobiological dictate.
What are the factors associated with loneliness and can depression lead to loneliness?

**THE RELATIONSHIP BETWEEN LONELINESS AND DEPRESSION**

- There are many signs and symptoms common to both of these feelings. Some of them include:
  - Feeling unworthy of love, attention or affection
  - Antisocial behavior
  - Self-blaming thoughts and actions
  - Loss of self-esteem
  - Sleep pattern changes, insomnia or excessive sleeping included
  - Fatigue
  - Obsessing over resolved past issues, arguments or decisions

**THE RELATIONSHIP BETWEEN LONELINESS AND DEPRESSION**

- Not all lonely people are depressed, nor are all depressed people lonely, but the 2 conditions share significant variance in many of the studies that have measured them both. Some people experience transient loneliness, others a more permanent type of loneliness. Those suffering chronic forms of loneliness are more likely to also be depressed than those whose loneliness is more fleeting, reactive, and situational.

**THE RELATIONSHIP BETWEEN LONELINESS AND DEPRESSION**

- With depression often long term emotional suffering can manifest in the body as illnesses or out of character behavior. Although loneliness can also cause a person to act out of character, it should rarely if ever cause physical symptoms. With clinical depression the list of signs and symptoms become a bit more serious:
  - Unexplained mood swings
  - Excessive tearing or crying
  - Various changes in eating patterns
  - Loss of weight
  - Irritability
  - Problems with concentrating
  - Random body aches such as backaches and headaches

Your question is very intuitive. With depression, the symptoms (anergia, cognitive, etc.) can certainly compromise the depressed persons ability to socialize. If they are up on the extrovert scale, they can certainly feel lonely. However, the typical progression is loneliness to depression.
How can I (as a youth mentor working in behavioral health) balance or merge clients' need to tell me the details of what's been going on in their life, with teaching them specific mental health treatment modalities like mindfulness or breathing exercises, etc?

A: Thank you for what you are doing to help others. One must first start with the relationship. Although, it was not the scope of this course, I have attached info from another presentation “The Art and Science of Healing”. Once the relationship is established compliance should significantly improved. This relationship allows you to help them change perceptions and also change their vagal response (want parasympathetic not sympathetic dominance- Porges Polyvagal theory, see last five slides). Maybe we can do something down the road on integrating this into your approach.

Everything flows from here. An examined life..

“Heed these words, you who wish to probe the depths of Nature: If you do not find within your Self that which you seek, neither will you find it outside. If you ignore the wonders of your own House, how do you expect to find other wonders? In you is hidden the Treasure of Treasures. Know Thyself and you will know the Universe and the Gods.”

"Knowing your own darkness is the best method for dealing with the darknesses of other people."

Carl Jung
THE ART AND SCIENCE OF HEALING: SELF AS AGENT OF CHANGE
A “WOUNDED HEALER”

A CLINICIAN CANNOT TAKE A PATIENT ANY FURTHER THAN THEIR OWN SPIRITUAL AND PERSONAL EXPLORATION HAS TAKEN THEM

THE ART AND SCIENCE OF HEALING: SELF AS AGENT OF CHANGE

- We cannot help people when we are not operating genuinely from the core of who we really are
- People we help want to know, “Will you accept me as I am without judgement?” and “Will you truly listen to and hear me?”
- To operate genuinely we must ask the same questions of ourselves- “Am I listening to myself?” and “Am I humbly willing to grow into my self?”
- It is your healing self that constellates the healing role inside of others
THE ART AND SCIENCE OF HEALING: SELF AS AGENT OF CHANGE

• Research since the 1970’s has found one factor consistently associated with positive outcome in therapy-the therapeutic relationship (strength of the relationship between client and therapist) (Butler and Strupp, 1986; Horvath and Symonds, 1991; Martín, Garske & Davis, 2000)
• The therapeutic conditions consisted of increased levels of empathy, unconditional regard and acceptance (Rogers, 1961)
• Largely fostered through nonverbal communication of respect, acceptance and affective attunement (ability to be present to, and with, another’s expression of their experience)(D’Elia, 2001)

THE ART AND SCIENCE OF HEALING: VERTICAL DEVELOPMENT

• With the required continuing education for practitioners, a great deal of the available offerings focus on ethics, skills, modalities or new information gleaned from research. One’s professional development can resemble graduate course work, and this type of learning can be predominantly informative or horizontal in nature.
THE ART AND SCIENCE OF HEALING: VERTICAL DEVELOPMENT

• With the number of therapies in the hundreds and growing, what seems lost is over four decades of empirical research finds, other than pre-existing client characteristics, individual therapist differences and the therapeutic relationship are the most robust indicators of outcome.

• Therefore, it makes sense to continuously develop the instrument of influence: the self.

THE ART AND SCIENCE OF HEALING: VERTICAL DEVELOPMENT

• Transformative growth involves more than what to do in the therapeutic process. If we are to meet clients where they are, we must first know who and where we are. This process is lifelong and includes learning and adapting personally and professionally.
Vertical development is the on-going process of bringing subjective being into objective awareness (change in worldview). Uncovering the psychological structures that give rise to the ego is an intentional process, as we willingly examine our choices, beliefs, and actions.
THE ART AND SCIENCE OF HEALING-DEFAULT MODE NETWORK (DMN)

- Naturalistic environments have been demonstrated to promote relaxation and wellbeing.
- Functional connectivity showed a shift from anterior to posterior midline functional coupling in the naturalistic condition. These changes were accompanied by an increase in peak high frequency heart rate variability, indicating an increase in parasympathetic activity in the naturalistic condition in line with the Stress Recovery Theory of nature exposure.

THE ART AND SCIENCE OF HEALING-DEFAULT MODE NETWORK (DMN)

- Changes in heart rate and the peak high frequency were correlated with baseline functional connectivity within the DMN and baseline *parasympathetic tone* (REDUCED SYMPATHETIC TONE) respectively, highlighting the importance of individual neural and autonomic differences in the response to nature exposure.
- the ability of nature exposure to promote recovery from physiological or psychological stress.
THE ART AND SCIENCE OF HEALING-DEFAULT MODE NETWORK (DMN)

- Exposure to naturalistic stimuli following psychological stress challenge can increase parasympathetic activation and reduce sympathetic activation, as indexed by electrodermal activity, heart rate and blood pressure, or cortisol levels.
VAGAL TONE

- Having a higher vagal tone is a good thing. It means you are more likely to be able to relax your body after suffering from stress, and your internal systems probably function better, such as:
  - Blood sugar regulation
  - Reduced risk of stroke and cardiovascular disease
  - Lower blood pressure
  - Better digestion
  - Less migraines
  - Lowers depression symptoms
  - Experience less stress and anxiety

VAGAL TONE

- If you have a low vagal tone you are more susceptible to heart problems, stokes, diabetes, depression, and inflammatory conditions such as rheumatoid arthritis, inflammatory bowel disease, lupus, and endometriosis.

- However, a number of researchers have discovered that by stimulating the nerve using electrical current you can increase your vagal tone, and improve your resilience to these problems. However, there are ways you can improve your vagal tone yourself:
VAGAL TONE

• Consider TO INCREASE PARASYMPATHETIC TONE...
  – 1. Hum – It may sound bizarre, but humming stimulates the nerve because it is connected to your vocal chords. Try it!
  – 2. Speak – Speak more and you will raise your vagal tone through your vocal chords.
  – 3. Cold water – While there is more research to be done on this technique, there has been evidence to suggest that by splashing cold water on your face you stimulate the vagus nerve.
VAGAL TONE

- Consider TO INCREASE PARASYMPATHETIC TONE...
  - 4. Breathe deeply – Take long, deep breaths and use your diaphragm to stimulate your vagus nerve.
  - 5. Yoga – The relaxed, concentrated breathing practices of yoga can increase to your vagal tone levels.
  - 6. Meditate – Meditation and thinking positive thoughts can have a positive affect on your vagus nerve.

Being an introvert It is difficult to interact with my colleagues and often because of this I am taken as an arrogant individual and they start distancing themselves from me. How to overcome such situations?

A: First of all, this is a question you should pose to your supervisor or more senior member of staff. Have you explained this to your supervisor and colleagues? If they understand you better, it could help. It is contra to being closed-up. You might ask them how all can work together better. What do they need from you and how can you meet their needs without compromising yourself? Using Discernment can help. Keep track of your of your thoughts and when any negatives come up work on changing them with positive affirmations. Your energy directly impacts those around you.

POSITIVE AFFIRMATIONS

- Thoughts stimulate the release of neurotransmitters. If you have happy thoughts, then you’re producing chemicals like dopamine that make you feel happy.

- Negative, angry and fearful thoughts also produce neurotransmitters (Reduced Serotonin, Dopamine, Norepinephrine, GABA) to make you feel how you’re thinking

- Affirmations interrupt the maladaptive neuro-networks. And the more you use affirmations, the more those nerve cells that are connected to each other (i.e., firing together), start breaking the long-term relationship with your negative thoughts, literally re-wiring to your new, affirming beliefs.
POSITIVE AFFIRMATIONS

• Self-affirmation was associated with more self-focused brain activity only when contemplating future scenarios.

• Thinking about the future is associated with brain activity in some of the very same neural regions involved in self-affirmation.

• Then it follows that performing future-based self-affirmation would be particularly effective. From a neural point of view, focusing on the future would reinforce the neural activation patterns that are associated with the self-affirmation technique.

POSITIVE AFFIRMATIONS

• If you do not have the life and relationships that you want, you likely do not have the thinking patterns you need to create the optimal emotional states, and thus actions to succeed.

• As an adult, perhaps more than physical sustenance, you continue to need (not merely want) meaningful emotional, intellectual and spiritual stimulation.

• The unconscious prompts you to continually take care of your needs for positive physical and emotional nourishment, knowing the happier you are, the healthier you are.

POSITIVE AFFIRMATIONS

• Our unconscious is wired to dutifully follow your commands. Your self-talk comprises thoughts and beliefs (worldview) that form the egoic perception filters that your unconscious mind totally depends on to interpret the events you experience in and around you.

• Most of your perceptions are soft-wired, that is, they’re not hard-wired directives in your nature. They were learned and therefore can be unlearned, changed or replaced.
EGO FILTER

EGO FILTER FORMED BY WORLDVIEW AND UNCONSCIOUS PROGRAMS. OFTEN HEARS ONLY WHAT IT WANTS TO HEAR

REALITY/TRUTH → EGO’S REALITY

POSITIVE AFFIRMATIONS

• Negative unconscious beliefs cause one to hate, run away from or demean the part of you (or others) that feels emotions of vulnerability.

• This produces reactive behaviors designed to avoid, numb or eliminate painful emotions. Avoidance with no positive change. Associative memory related to the negative belief becomes stronger and stronger with utilization.

• Positive change necessitates conscious work to produce conscious change. It means identifying negative thinking patterns as they surface and replacing them with life enriching ones.

POSITIVE AFFIRMATIONS: POSITIVE CONSCIOUS CHANGE

• Develop your connection to your body.
  • Emotions and felt sensations— are intimate messages from your body to you. You are wired to be in intimate connection to your body
  • Practice feeling your feelings with presence, calm and full acceptance; get to know the location of your feelings in your body; observe the shifts of energy inside. If you do not already, regularly dance, sing, move, stretch, exercise, and do this with joy and nonjudgment
POSITIVE AFFIRMATIONS: POSITIVE CONSCIOUS CHANGE

• Cultivate healthy relationships with your self and life.
  • Your brain is a relationship organ; you are a relationship being. Life is also all about relationships, not only with other persons, but also with what nourishes you, the foods you eat, the liquids you take in.
  • Purpose of all communications, in a sense, is to enhance and enrich your knowledge, empathic connection and understanding of yourself and others so that you may cultivate healthier, more vibrant relationships. Arguably, the most vital relationship, as an adult, is the one you have with yourself, and all parts of yourself, your mind, body, emotions, and so on.

POSITIVE AFFIRMATIONS: POSITIVE CONSCIOUS CHANGE

• Grow awareness of your thoughts and the words you use (DISCERNMENT)
  • Words spark emotional states, it helps to grow your capacity to consciously calm your mind and body with your words and thoughts. This directly supports your mind and body to work together cooperatively.
  • Identify any toxic thinking patterns or limiting beliefs you hold, and consciously observe the impact of different words on your own and others’ emotional states. Become aware of your triggers, and how certain words or thoughts activate your body’s fear-response.

POSITIVE AFFIRMATIONS: POSITIVE CONSCIOUS CHANGE

• Befriend your unconscious mind. Becoming more and more conscious of your unconscious mind.
  • Unconscious mind is on your side. It is in charge of the formation and breaking of habits. Your behavior—especially unwanted ones—are shaped by what is going on deep inside of you, more specifically, by processes managed by the unconscious mind. Literally, your beliefs trick the unconscious into thinking you need certain defensive strategies, i.e., a reactive set of thoughts, feelings, actions, etc., to help you “deal” with what upsets or triggers you. The mind of your body has learned to rely on these quick-fix habituated solutions to reduce your anxiety at a given moment.
  • Utilization of narcissistic defenses insures “I’m not to blame.” “It’s your fault.” The unconscious mind is the storehouse for your attitudes, values and beliefs, as well as, your habits, fears, and past experiences.
When I started teaching in 1970’s, being an introvert and being early in recovery and an abused child my silence was often seen as arrogance instead of introversion and low self-esteem. Personal/spiritual growth was the avenue I utilized. Whether it is right for you, is your decision.

Could you explain again the meaning or simpler meaning of Vegetative symptomatology?

A: Vegetative symptoms are disturbances of a person's functions necessary to maintain life (vegetative functions). These disturbances are most commonly seen in mood disorders, and are part of the diagnostic criteria for depression, but also appear in other conditions (Schizophrenia, for example).

Vegetative symptoms in a patient with typical depression include:

- Weight loss and anorexia (loss of appetite)
- Insomnia
- Fatigue and low energy
- Inattention


Is being in a naturalistic environment become a catalyst for loneliness compared to depression?

A: Great outdoors? Exploring the mental health benefits of natural environments

David G. Pearson and Tony Craig

There is growing evidence to suggest that exposure to natural environments can be associated with mental health benefits. Proximity to greenspace has been associated with lower levels of stress (Thompson et al., 2012) and reduced symptomology for depression and anxiety (Beyer et al., 2014), while interacting with nature can improve cognition for children with attention deficits (Taylor and Kuo, 2009) and individuals with depression (Berman et al., 2012). A recent epidemiological study has shown that people who move to greener urban areas benefit from sustained improvements in their mental health (Alcock et al., 2014). In this paper we critically review evidence indicating that such mental health benefits are associated with the so-called “restorative” properties of natural environments.

The growing trend for urbanization means the majority of the world's population are spending less time exposed to natural environments. This trend has potentially very serious implications for health if exposure to natural environments is causal to short-term recovery from stress or mental fatigue, and to overall long-term improvements in health and well-being. If the postulated causal relationship between natural environments and mental health is correct, then increasing accessibility to well-maintained greenspace and instigating behavior change programs that encourage greater interaction with nature could deliver substantial short and long-term benefits to mental health. However, much of the existing evidence base is based on an arguably too simplistic “natural” and “built” dichotomy. The importance of people's attitudes and beliefs toward health
and the environment, and how these may interact with behavioral and physiological responses, is in particular poorly represented by the existing evidence base.

The patient's attitude and perception (worldview) will contribute to their thoughts, feelings, and attitudes...and behaviors.

A good question with evidence ongoing.


I realize that this presentation is in the context of America culture, can the perspectives be also applied to Asian countries culture?

**ENRICHED ENVIRONMENT**

- A 2006 Purdue University study found that twenty-five percent of Americans cannot name a single person they feel close to. Yet every single one of us is hardwired for close relationships.

- Popular Western theories of human development focus on the belief that we are born dependent, and the task of socialization is to raise increasingly independent, individualistic people. This process of development describes separation from others as a sign of maturity. Individuals in this model are able to "stand on their own two feet." This developmental process has disintegrated or weakened the position of relationship in our culture.

- The identification of very specific neural networks that are dedicated to interpersonal relationships, to connecting, and to all of the specific skills that we need to be in healthy human connection.

A:

Using Asian culture as an example, the task is not to separate yourself from the community as it comes first instead of individual egoic needs of many Westerners. Separation from others can lead to loneliness especially in an extroverted and/or perfectionist patient.

Thank you for this question. It seems like Western culture is becoming progressively more isolated (consider the pandemic, internet-based connections) and mental health problems are on the rise as we are working against neurobiological imperatives to be a part of the group.

I am part Native American and do pro bono work for reservations especially Redbud in South Dakota. Also, an honorary Lakota healer. The culture is more horizontal with the female elevated as she is the source of life. Western is hierarchical with man...woman...child.

Billy Graham said that Western Christianity wants to get on track it should pay attention to NA spiritual practices. Or as Kurt Vonnegaut said, “AMERICAS GREATEST GIFTS TO THE WORLD ARE JAZZ AND AA.”
Can you speak more to spiritual needs?
A: Do you have a couple of years?
Using a few other slide decks including “Removing Defects of Character”
Here are some slides that might help a little. As you move toward a unitive state and beyond it is all experiential and not subject to words.
Cannot prove anything but this is what my experiences lead me to understand.

**THE SELF**

- **SIN IS...**
  - A REFUSAL TO GROW
  - A REFUSAL TO LOVE
  - A REFUSAL TO BE COMMITTED
  - A REFUSAL TO BE CONCERNED
  - A REFUSAL TO TAKE RISKS

PARABLES-OF THE TALENTS (MATT 25:14-30)
and REFUSAL TO BEAR FRUIT (MATT 7:17-20)
THE SELF

• **SIN IS NOT....**
  – ACTS
  – DEEDS
  – LAWS
  – OBLIGATIONS
• **THESE ARE SYMPTOMS OF A LACK OF SELF AWARENESS (TRUTH)**
• **HOLY SPIRIT IS TRUTH**

SEEKING TRUTH

• *There is a compulsion within you to find the missing factor in your life, that which will restore you to your original state of harmony, joy and peace*
• **THE MISSING FACTOR IS THE PRACTICE OF THE PRESENCE OF THE SPIRIT**
• The Word must be more than a quotation from a book
• **IT MUST COME ALIVE WITHIN US**
• It must be a vital living force (**PRESENCE**)
EGOLESS

• IS THERE A STATE NOT THE RESULT OF WORLDLY INFLUENCE?
• HAVE YOU EVER PURSUED YOUR DEEP INSTINCTUAL DEMAND TO BE FREE?
• FREEDOM IS AT THE BEGINNING AND NOT THE END
• FIRST BEAUTY IS A REQUIREMENT FOR THOSE WHO SEEK TRUTH
  – WHEN WAS THE LAST TIME YOU WATCHED CLOUDS, A LEAF SHIMMERING IN THE SUNLIGHT OR LISTENED TO THE SONG OF A BIRD?

EGOLESS

• FIRST BEAUTY IS A REQUIREMENT FOR THOSE WHO SEEK TRUTH
  – ONE NEEDS A DEEP FEELING FOR LIFE AND NOT BE TOTALLY CAUGHT UP IN INTELLECTUAL PURSUITS. INTELLECT IS NOT THE WAY.
  – DO YOU UNDERSTAND THE WORLD IS PERFECT? ALL CONFLICT IS A PRODUCT OF THE INTELLECT (THOUGHT, EGO)
  – INTELLECT IS LIMITED BUT SENSITIVITY HAS NO CONDITIONING-IT TAKES YOU OUT OF THE FIELD OF ANXIETY AND FEAR
EGOLESS

• **First** Beauty is a requirement for those who seek truth
  – The mind that is not sensitive to everything around it is incapable of finding truth
  • *It is because we have lost the “feeling”*

• **Second** the quality of unconditional love is required
  – Love is the very essence of beauty—to see the beauty in everything and everyone
  – Without love you can go to retreats, monasteries and meditate for years and not find truth

EGOLESS

• **Third** the qualities of unconditional love and beauty give us a sensitive (orderly) mind capable of receiving
  “Ring the bells that still can ring Forget your perfect offering There is a crack in everything That’s how the light gets in That’s how the light gets in.” “Anthem” Leonard Cohen
EGOLESS

- **Third** The qualities of unconditional love and beauty give us a sensitive (orderly) mind capable of receiving
  - A sensitive mind is vulnerable, defenseless
  - The mind must be vulnerable for the truth to enter
    - Example - The truth that you are envious, jealous, greedy...
  - Watch out for spiritual leaders who tell you they can show you the way to love and freedom

EGOLESS

- **Third** The qualities of unconditional love and beauty give us a sensitive (orderly) mind capable of receiving
  - A leader wants to lead people to something they think is right but unconditional love cannot be found there - because they are a leader
  - Unconditional love never exercises authority
EGOLESS

• **FOURTH** THE MIND MUST BE FREE AND DISCONTENT
  – THE TYPE OF DISCONTENT THAT SAYS THERE MUST BE MORE
  – A FEELING OF NOT FITTING INTO WHAT IS GOING ON AROUND YOU
  – THIS GIVES US ENERGY AND IS THE BEGINNING OF FREEDOM
    • NOT FREEDOM FROM SOMETHING
    • NOT FREEDOM WE HOPE TO GAIN BY CERTAIN SPIRITUAL PRACTICES

EGOLESS

• **FOURTH** THE MIND MUST BE FREE AND DISCONTENT
  – THERE IS A SENSE OF FREEDOM THAT IS NOT FROM ANYTHING, WHICH HAS NO CAUSE
  – IT IS A STATE OF BEING FREE
  – ISN’T THE FREEDOM WE STRIVE FOR ALWAYS BY OUR WILL?
  – SO WHAT IS WILL?
    • “I MUST BE” AND “I AM GOING TO BE”
    • “THE WILL TO NOT RESIST AND GO WITH THE CROWD”
EGOLESS

• **FOURTH** THE MIND MUST BE FREE AND DISCONTENT
  – THE WILL COMES FROM DESIRE
  – THE VERY DESIRE FOR FREEDOM IS THE DENIAL OF IT
  – DESIRE IS JUST ANOTHER DESIRABLE STATE I WANT INSTEAD OF “WHAT IS”
  – TRUE FREEDOM IS A QUALITY OF MIND, YOU CANNOT SEEK IT

EGOLESS

• **FIFTH** A PERSON WHO IS CONVINCED OF SOMETHING IS INCAPABLE OF SEEING WHAT IS TRUE
  – YOU CAN BE UNCONDITIONED AND CONVINCED OF SOMETHING ELSE
  – WHEN YOU RECEIVE “TRUTH” IT JUST IS
    • INTUITIVE
  – IT IS PERFECT MOMENT TO PERFECT MOMENT
EGOLESS

• **FIFTH A PERSON WHO IS CONVINCED OF SOMETHING IS INCAPABLE OF SEEING WHAT IS TRUE**
  – TO DIE TO THE YESTERDAYS IN FULL CONSCIOUSNESS, WITH VITALITY AND AWARENESS CREATES A MIND IN A STATE OF “NOT KNOWING”
  – ONLY A MIND CAPABLE OF BEING IN A STATE OF “NOT KNOWING” IS FREE
  – A MIND THAT LIVES IN THE KNOWN IS IN PRISON
  – THE MIND IS REALLY LEARNING ONLY WHEN IN A STATE OF “NOT KNOWING”

EGOLESS

• **SIXTH HOW DO YOU BECOME FREE?**
  – **FREEDOM IS PURE OBSERVATION (AWARENESS) WITHOUT FEAR OF PUNISHMENT OR REWARD; IT IS WITHOUT MOTIVE**
  – **FREEDOM IS NOT THE END OF EVOLUTION BUT THE BEGINNING**
  – **ONE CANNOT CULTIVATE FREEDOM BECAUSE THE MINUTE YOU USE YOUR BRAIN YOU ARE USING THOUGHT WHICH IS IN THE PAST AND HAS LITTLE ENERGY**
  – **ONE CANNOT CULTIVATE FREEDOM BY TORTURING ONE’S SELF, EXERCISES, DISCIPLINES AND DENIALS**
EGOLESS

• **SIXTH HOW DO YOU BECOME FREE?**
  – EXAMINE, SEARCH YOUR HEART AND MIND TO SEE THAT NOTHING COMES FROM THOUGHT (DESIRE, COMPULSIONS, OBSESSIONS, MOTIVES, OPINIONS, WILL AND ATTACHMENT- ALL EGOIC REACTIONS) CAN LEAD ME TO FREEDOM
  – UNDERSTANDING THIS SURRENDER EVERYTHING

EGOLESS

• **SIXTH HOW DO YOU BECOME FREE?**
  – TOTAL NEGATION IS THE ESSENCE OF THE POSITIVE
    • “NETI”, “NETI”
  – WHEN THERE IS NEGATION OF ALL PSYCHOLOGICAL THOUGHT (OPINIONS, MOTIVES, ATTACHMENTS I.E. ALL MEMORY OF THE PAST)
  – NOW THERE IS LOVE WHICH IS COMPASSION AND INTELLIGENCE
EGOLESS

• **SIXTH HOW DO YOU BECOME FREE?**
  – THE MIND NOW HAS A QUALITY WHICH IS NOT THAT OF A DISCIPLINED MIND SEARCHING OR AN UNDISCIPLINED MIND WANDERING
  – NOW ONE CAN UNDERSTAND FREEDOM WHICH IS NOT A RESULT OF OR FROM SOMETHING
  – THE UNIVERSE CANNOT COME TO A MIND THAT KNOWS MEASUREMENT
    • EXAMPLE—YOU REALIZE YOU CANNOT HAVE A QUIET MIND AS LONG AS THERE IS GREED, JEALOUSY. YOU INQUIRE AND INVESTIGATE AND PURGE YOUR MIND IN A CONSTANT STATE OF NEGATION

EGOLESS

• **SIXTH HOW DO YOU BECOME FREE?**
  – WHEN ONE HAS AN ORDERLY, SENSITIVE MIND IT CAN RECEIVE TRUTH, THE ACTUAL
    • THIS IS INSIGHT
    • INTUITIVE-INTELLIGENCE
HOW DO I DEAL WITH CHARACTER DEFECTS?

• SUMMARY
  – UNLESS TIME HAS STOPPED, THE MIND CANNOT PERCEIVE ANYTHING SACRED, ANYTHING NEW
  – WE ARE TRAINED TO CHANGE “WHAT IS” TO “WHAT SHOULD BE”
  – THE OBSERVER (EGO) DOES NOT KNOW WHAT TO DO WITH “WHAT IS” AND, THEREFORE, TRIES TO CHANGE, CONTROL OR SUPPRESS IT

HOW DO I DEAL WITH CHARACTER DEFECTS?

• SUMMARY
  – WHEN THERE IS NO MOVEMENT TO CHANGE “WHAT IS” THE “WHAT IS” CEASES
  – THIS OCCURS IN COMPLETE SILENCE WITHIN THE ENERGY OF TRANSFORMATION
  – IF SAY “I MUST BE FREE FROM ANGER, JEALOUSY, ETC” THIS IS AN ABSTRACTION AND NOT REAL
  – IF SAY “I MUST OBSERVE THE FACT OF ANGER, JEALOUSY, ETC. AND LEARN THE WHOLE STRUCTURE OF ANGER, JEALOUSY, ETC.” OBSERVING DIRECTLY FOR HIMSELF, FINDS FREEDOM NOT THROUGH CULTIVATION OF THE OPPOSITE WHICH IMPLIES TIME.
**HOW DO I DEAL WITH CHARACTER DEFECTS?**

*SUMMARY*

- **IS IT NOT THE WORD THAT IS STIMULATING THE FEELING?**
- **CAN THE MIND REMAIN WITH THE FACT OF THE FEELING (SENSATION) AND NOT MOVE AWAY FROM IT**
- **WHEN MIND REMAINS TOTALLY WITH THE FACT AND NOT THE WORD; WITH THE FACT OF THAT FEELING (SORROW, ENVY, JEALOUSY) OUT OF THIS COMES PASSION**
  - **EXAMPLE: “I AM HURT,” CAN I FEEL THE HURT WITHOUT SAYING, “THAT’S NOT FAIR”, “JOHN IS A JERK” OR “I WILL GET EVEN.”**
- **IT IS DIFFICULT BECAUSE THE EGO DOES NOT WANT TO LET THE FEELING ALONE**

*SUMMARY*

- **THE EGO COMES RUSHING IN WITH BRAIN “CHATTER”: JUDGMENTS, OPINIONS, MOTIVES**
- **CAN YOU JUST WATCH WITHOUT THE MOVEMENT OF THE MIND?**
- **REMAIN WITH SUFFERING WITHOUT THE WORDS, WITHOUT THE DESIRE TO GO BEYOND SO YOU ARE OBSERVING WITHOUT THE OBSERVER**
- **WHEN THE EGO COMES IN THERE IS ALWAYS CONFLICT**
- **CAN YOU LET THE THING YOU ARE WATCHING TELL ITS STORY RATHER THAN YOU TELL IT WHAT IT SHOULD BE**
THANK YOU

“THE TIME WILL COME WHEN THERE ARE NO MAJOR PROBLEMS IN YOUR OWN LIFE, AND MANY, MANY YEARS GO BY WITHOUT YOU EVER BEING AWARE OF A MAJOR PROBLEM OF YOUR OWN, BUT YOU WILL BE DRAWING TO YOU THOSE OF THE WORLD WHO ARE SEEKING THE SAME FREEDOM THAT YOU HAVE FOUND, AND YOU WILL BE CALLED UPON TO WORK WITH THEM-TO SERVE, TO HEAL, AND TO TEACH-BUT ONLY IN PROPORTION TO YOUR OWN DEMONSTRATION.”

J. GOLDSMITH. THE CONTEMPLATIVE LIFE, PG 85.