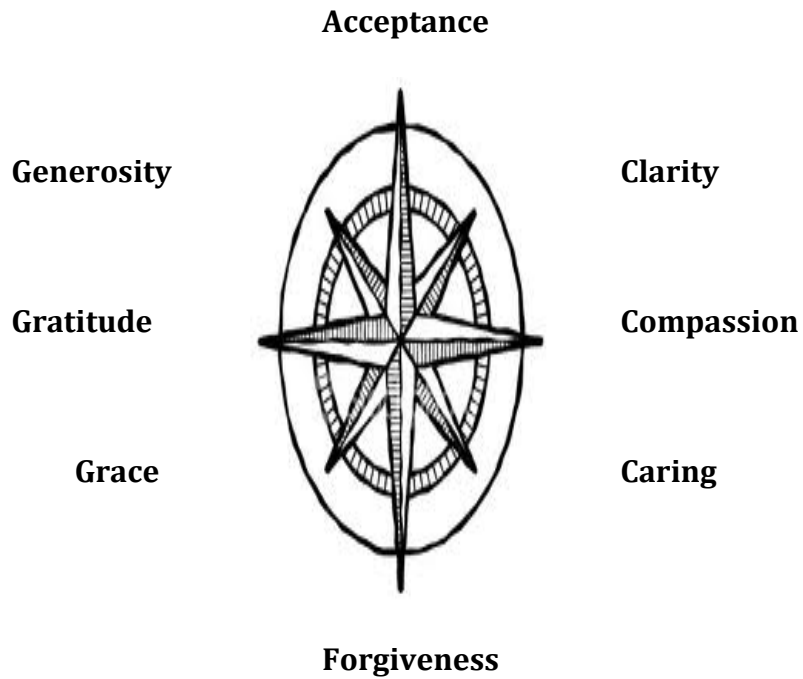


Virtue's Compass



DeepBrainWork(DBW)-

Brief meditations on *virtues* that attend to extreme *emotional landscapes*.

Virtues-

Empathy specified for preserving close relationships and well being.

'Emotional Landscapes' -

Strong predictable patterns of neural response in the emotional cortex of the brain.

Negative Life Event/Trauma

Some of life's extreme experiences 'flood' (surge a blood flow) into areas of the brain arousing us emotionally and physically. Some incidents create a negative patterned under seemingly normal circumstances. This hyper-arousal can cause problems in life and relationship and affect our peace of mind and physical well-being.

I. The Practice: 2minutes

Identify a Sense

Smell, sight, sound, touch etc.

Ground Physically

– Feet flat, relaxed belly, head balanced

Find Cognitive Momentum:

- catch ...your first thought
- clench... it with your eyebrows,
- release it!
- Follow the thought...

Into an Emotional Landscape:

Describe the landscape (dessert, mountains, ocean, river)

Paint a portrait in your minds eye.

Emotional Label:

Pick a single emotion to describe the landscape portrait.

(Sad, happy, angry, relieved, isolated, dangerous, confused)

Select a virtue:

To Soften the negative, or

To honor the positive.

(Generosity, Grace, Clarity, Care, Acceptance...)

Virtue as an Element -

Let virtue into the landscape as an element or weather

(sunlight, breeze, soft snow, gentle rain)

II. Some Explanation

Deep Brain Work (DBW) is inspired by meditation, cognitive behavioral techniques and emotions work that has come to my attention over the years.

First – Aware breathing (first controlled;then relaxed) calms the body and eases the mind. It's biology, There's no debating it!

Second - Brief mediations have profound effect on life appreciation and happiness. (Kubla-Ross, Hanson, Pink, Tich Nat Han, Ghandi, the list is long and respectable)

Third – Our conscious is cognitive (human), BUT our conscience is emotional (animal. There are 'ancient landscapes' in our brains that allow for both.

TRY This!

Place your index finger where the bridge of your nose meets your forehead press gently and steadily upward. Draw a line straight to the crown of your head. You just massaged your decision-making. The midline of the cerebral cortex is where we spend most of our decision time. (Categorize, Analyze, Decide).

Deciding Vs Acting

Often, we act differently than we decide.

How is this possible?

Did our circumstance change?

Did we?

More often than not we lost the battle deep in the brain, unconsciously.

The Set-Up?

Evolution set it up so that we existed before we knew it.

A pre-conscious self before awareness.

This is often true of our thinking and acting.

We generally have decided what to do before it hits our consciousness.

Reflex, Reflux and Reflection

The skills for 'Being' lie deeper than Unconscious *Reflex*, just left of Visceral *Reflux* and squarely in Conscious *Reflection*. The journey from sympathetic to parasympathetic responses in deeper mechanisms of survival are what is explored in these exercises.

Exercise Cont'd:

Continue drawing your finger from the crown

Slowly to the base of your skull

move to *your* right.

Emotional needs and Virtues (Forgiveness, Compassion, Understanding, Caring..etc).

Press here....what do you feel

If you had a stressful day it can feel a lot like...Self- Compassion?

Virtues vs Primal Directives

These virtues are anchored in a sea of primal directives. HALT - Hungry, Angry, Lonely, Tired – instructs us to act impulsively while the virtues attempt to preserve our selves and our relationships (intimate and other).

More DBW Available! Go to contact page and request consult!