

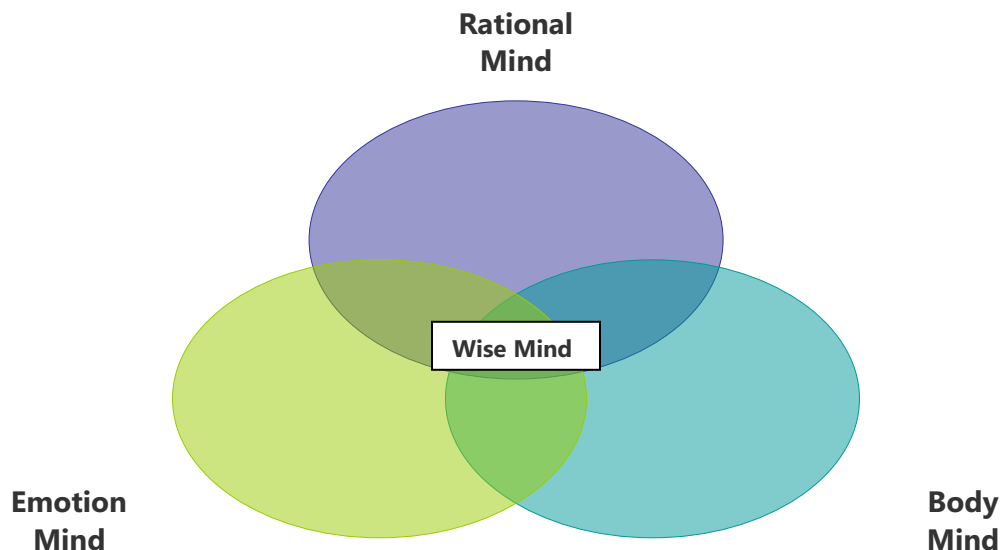
Lighted Path™ Spirit Collage Using Mindfulness to Listen to Your Wise Mind

I. Mindfulness Exercise: Listening to your Wise Mind to find your path in your life journey

You have many decisions and goals that you are wanting to pursue. It is difficult to know the “right” answer at times. Using a mindfulness technique can help you figure out the best direction to go and how to handle life situations.

Four areas of the Mind: Body Mind, Emotion Mind, and Rational Mind, and Wise Mind

- **Rational Mind** Hears and processed the facts about a circumstance. Things are black and white, logical, and rational and there is no judgment. Facts just are.
- **Emotion Mind** hears and processes the emotions you feel about the circumstance. Emotions are neither right nor wrong, they just are. Emotions are felt in differing degrees and related to triggering memories as well from your past.
- **Body Mind** experiences the circumstance in sensations in the body such as muscle tension, pain, relaxed muscles, sweating, nervous jitters, soreness, fatigue, stomach sensations, basically any body sensation that comes along during and just after a circumstance occurs.
- **Wise Mind** is where all of the other three areas meet and overlap. It is what the circumstance feels like emotionally, where you feel it in your body and what that means, and what the facts are. Each area is important for developing your Wise Mind.



By listening to all areas of your Mind: Emotion, Rational, and Body, you can experience the Whole Mind, or your Wise Mind. Each part of the Mind has something valuable to tell you. Given a circumstance that leads you to make a decision or response, you must base it on wisdom, your Wise Mind. Often we are consumed with one area and “not able” to hear the other area. We certainly are aware of emotions when they are raw and strong, or the body when it is in pain or weary, or the facts when they are very obvious.

Problems occur in decision-making and goal setting when we do not listen to all the areas, but just to one. If we were to listen to Rational Mind only, we would miss the passion that surrounds the circumstance which would tell us that this is important to us. If we were to listen to the Emotional Mind only, we might miss the opportunity to make a great decision to move forward if we are scared or be impulsive and act too quickly or irrationally. The same is true for only listening to the Body Mind, where we might just give up too soon if we are tired, or not take the time to take care of ourselves in order to move forward with strength if we were not to listen to what our body needs.

Listening to Wise Mind (all of our Mind) takes practice: a reflective practice of a quieting of our minds and listening intently to each area of our Mind. It takes breathing deeply and stopping the racing thoughts, calming ourselves, even if for just a moment, to hear what our Spirit says. This is the essence of listening to our Spirit's wisdom. It is the necessary journey inward that can actually help us MOVE FORWARD or sit still and not jump to fast. Quite quickly we can actually calm our mind, regulate our emotions and relax our bodies when we experience something that is not comfortable in our experience and decision making.

In the upcoming Creativity Coaching experience, **Mindfulness Spirit Collage**, it will be helpful to practice mindfulness and listen to your Wise Mind prior to working on your collage and at reflective pauses during your collage building. You will have a series of coaching questions throughout this experience to help you create a vision for your life journey that is pertinent right now in this moment.

II. Mindfulness Practice: How to Listen to Your Wise Mind

Goal: Assessing your life journey right now and how to move forward in a direction you desire.

Step 1: Write down the question or concern that you have related to how you see your life right now. Example: How do you see your life right now and how do you want to move forward? What is your intention?

Step 2: What are the facts about this question?

Step 3: What do you feel about this question?

Step 4: Where is your body reacting to this question and what are the physical responses?

Step 5: PAUSE.....

BREATHE!!!!

Step 6: What is your Wise Mind telling you about your intention or answer to this question? (Use the combination of all the areas to formulate your answer):

III. Entrepreneurial Spirit Collage Experience:

1. Using magazines and colored paper cut out colors, shapes, phrases, words from magazines that tell you about where your life journey is right now and where you want it to go.
2. Glue these on a large or small piece of multi-media paper with a glue mixture in cups, glue sticks in a design that helps you get across your vision of what your creative work is right now and what you intend it to be moving forward. Leave some blank areas to write on later.
3. Using markers write out some things your Wise Mind told you during this experience in the blank places or on pieces of paper that you can glue on to the collage.
4. You may paint glue gloss mixture over top of your collage to secure it and give it a glossy finish. You may also put embellishments on these collages wherever you would like.
5. Take these home or to work and put them where you can see them, reminding you of your intentions to move your life forward.
6. Explore what is getting in the way of this forward movement over the next few weeks. Using mindfulness practice and collage, set small intentional steps to begin to overcome some of the obstacles.