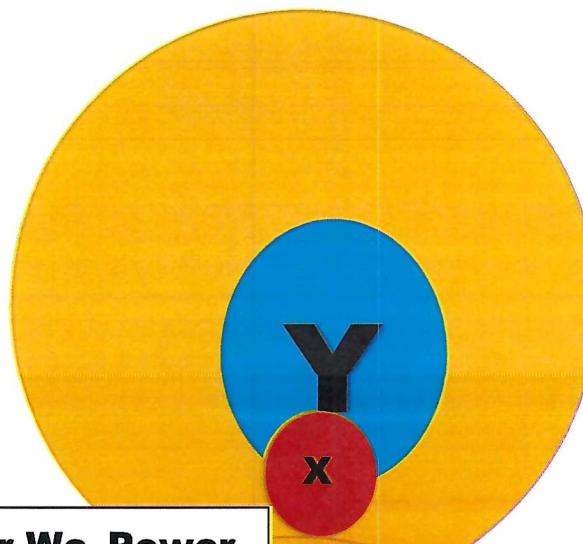
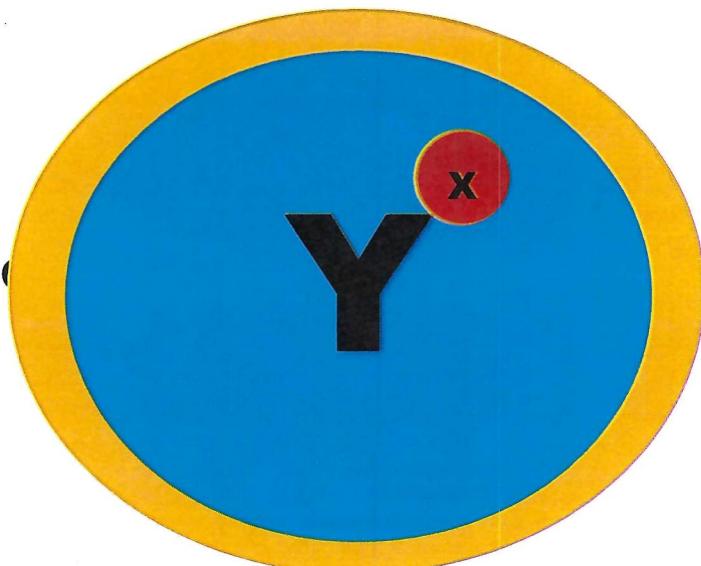


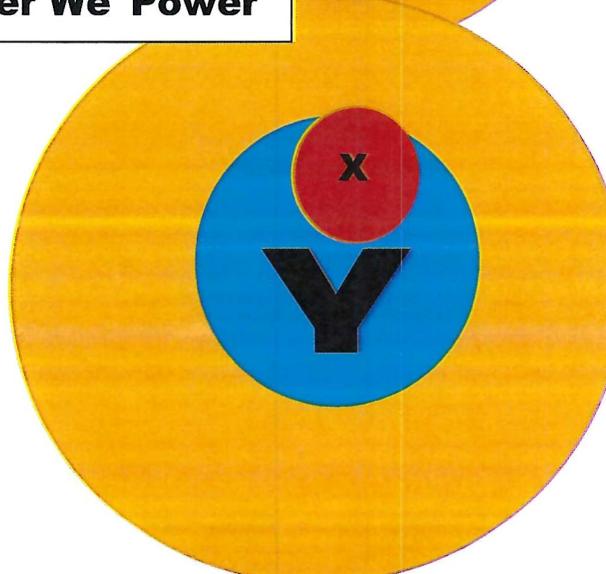
Two Brains – a Heart Nature and A Spiritual Realm

Z

Alone



Super We Power



X = Conscious Mind – knowledge, reasoning, intellect, “will”/decisionmaking. Cycles, moves around, drifts within the neural pathways of the Unconscious Mind. (E.g mood swings)

Y = Unconscious Mind – recorded emotional and mental memories, that are almost completely inaccessible to the Conscious Brain. (Primarily the Limbic area of the Brain.) Overwhelms and controls the conscious mind – without the conscious mind “knowing it” – especially when it is activated/triggered, but otherwise majorly filters and processes all sensation and thought before. Filters and distorts all sensations, perceptions, and reactions. The neural location of all addictions, obsessions, compulsions, and habits. Controlled by “factory settings” and by emotional damage from painful/stressful life experiences. (Onion) The “unknowable”.

Z = Spiritual Realm – inaccessible to the human brain without an intimate spiritual relationship with a “WE” -- Someones greater than ourselves. X tries to figure it out, understand, and “believe” it – which is thought suppression of neural activity – feelings.

Workshop: Introducing Meditative WE Pausing - Making Life a Better Place – Together – Through the Twelve Steps and Mindful Meditation

****Welcome!**** This workshop will introduce you to the practice of "WE Pause" – a unique approach to meditation that combines personal mindfulness with a sense of collective spiritual WE connection. Our goal is to explore how pausing and meditating can help us understand and experience ourselves, our Higher Presence Persons, and others better – more consciously -- and how "WE Pausing" can make our lives, and the lives around us, a better place by Higher WE Powered Design – how WE can Pause – and I Feel – and Live -- Better.

* ****Personal Workshop Goal:**** In 10 words or less, what do you hope to gain from this workshop?

***** MY Goal of Meditative WE Pausing Practice:**

- 1. To Feel Better, To Stay Sober and Clean, and To Deal With Life Better.**
- 2. To Obtain the behavioral and spiritual skills to do the following:**
 - Focused Daily Time: Prep for Each Day, and/or dealing with a special need.**
 - During the Day: regular spiritual maintenance and situational spiritual adjustments.**

Introduction:

- 1. My ESH vs. "Absolute Truth": I Don't Know. WE "Know".**
- 2. Difficult Words For Understanding: e.g God, Acceptance, Powerlessness, Mindfulness, Meditation,**

3. ****The "Two Brains," :**

- **Cerebral: Conscious, Advanced, and Intelligent vs**
- **Limbic -- Unconscious, Primitive and Instinctual.**
- **"Knows" but is Powerless (when Limbic Brain activated) vs Doesn't Know but is All Powerful (when activated). So impossible for "knowing" (Cerebral) to ultimately solve anything.**

4. Any answers, solutions, information, reasoning that the Cerebral Brain possesses is worthless unless the Limbic Brain is deactivated emotionally – and once activated can only be deactivated by spiritual Higher Presence. (spiritual experiences/awakenings)

5. Introducing the idea/personal experience of a guiding "Higher Intimate Presence."

6. ****What Does Pausing/Meditation – in general -- Do -- neurologically? Why is it Important?****

Why would the Limbic brain resist meditation, mindfulness, and pausing? (People and the cerebral cortex brain do not resist what could help a person feel better.)

John Cabot Zinn -- Understanding the benefits of taking humanly mindful pausing, even without spiritual WE Pausing

Recovery Ideal: Combining secular mindful techniques with spiritual WE Pausing/Experiences.

BEGIN WITH A “BRAIN SCAN”: We continue to take “personal inventory” – and when/where We are disturbed (when something is “wrong”) We promptly admit the exact nature of that emotional disturbance – to God, to ourselves, and to other

human beings. (Sharing “Secrets”— WEfully: Steps One, Four/Five, Ten, and “Prayer” in Step Eleven)

1. The importance of ongoing personal inventory/”BRAIN SCAN” -- for spiritual maintenance: one possible version.

* **What is your biggest current emotional life challenge(s)?**

* **Emotional Ratings:** Briefly rate your current emotional state, as it relates to your current life challenge(s). On scale of 1-10, what are your emotional levels of:

1. Irritation, Annoyance, Frustration, Anger.
2. Uneasy, Nervous, Anxious, Afraid.
3. Sad
4. Lonely
5. Guilty
6. Ashamed

Summary: In 10 words or less, what would you like “God” – your personal Super WE Powered Higher Person -- to do for you?

Experiencing the Pause – Practical Secular Meditative & Mindfulness

Techniques**: requires no admission of powerlessness – or belief/experience of a Higher Life Force.

Secular Techniques/Tools for Secular Meditation and Mindfulness

1. **Silence:** Setting up the environment, posture, and finding stillness.
2. **Breathing Techniques:** “Simple” to more complicated breathing exercises to focus and calm the Primitive mind.
3. **Mantras:** Using focusing words, phrases, or images.

(Mantra is a tool that can help us focus and quiet our minds. In Sanskrit, the word 'mantra' means 'mind protection' as using a mantra or short spiritual phrase or affirmation can replace and overcome incessant mental neural tape loops and negatively repeating thoughts and emotional pain, thus clearing the humanly damaged mind and bringing it back to a calm quiet space.

4. ****Body Scan/Focus:**** Mindful pausing by bringing awareness to physical sensations in parts or all of the body – relaxes or distracts the Primitive Brain.
5. ****Grounding**:** Making the mind feel secure by physically focusing on the conscious placement of feet, hands, and seated body in ways that create emotionally securing firmness.
6. ****Music/Sounds:**** Using background elements to encourage pausing by replacing neural emotional chatter and/or outside noises. (Soothing or neurally distracting)
7. ****Guided Meditations:**** Verbally guided mindfulness directions toward specific techniques and resources for being and remaining present and focused.

WE Pause: Super WE Powers -- Spiritual Pausing/Meditation:

****Step One, Eleven: WE -- PAUSE – WE ADMIT – WE Improve Our Intimate Connection – with “God”, with oneself, and with others. (Super WE Powered) ****

1. Sources of Super WE Power/Presence:

- **Super We Powered Others and the 3A'S – Attention, Approval, Affection, and Safe/Supportive.**
- **Pauseful Meditative Readings:** Reading -- “Listening to” -- daily meditations and/or recovery literature.
- **WE Pausing in Recovery Meetings:** how to absorb spiritual power from the Presence in others – whether through their speaking/words or simply by their physical presence.

2. Practicing Spiritual Pausing:

1. Deep breathing.

2. Spiritually focusing mantras and spiritual tools.
3. Body Scan: WE Pause into Higher Presence from Our Bodies.
4. WE Pause – Guided Meditation -- Step One and Eleven.

Finding A Livable WE Pause Plan: Options – Must Make Me Feel Better – or Feel Less.

1. Five minutes in morning: Deep Breathing – Body Awareness – Mantra Centering – Possible Readings – Possible Journalling
2. Possible Readings – Possible Journalling
3. Spiritual meditative Pausing throughout the day:
 - Periodic “We Pause” – Breathing and Centering Mantras – 30 seconds to five minutes.
 - Super WE Powered Pausing connections with others: 3'AS
 - Possible Readings – Possible Journalling

Develop a natural process/routine/even habit of WE Pausing – throughout the day -- as needed and/or as spiritual maintenance – whether needed or not.

Nexts Groups:

1. January 15th Zoom from 630 to 800: Review of Introduction/Practice.
2. February 22nd – Token III 200 to 430: Step Two and more WE Pause Practice – “WE Pause – WE Come to Believe – and WE Go Beyond”