

Breaking Out of PFP Prison

It's An Inside Job



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The Four Personal Qualities of Mindful Emotional Self-Regulation



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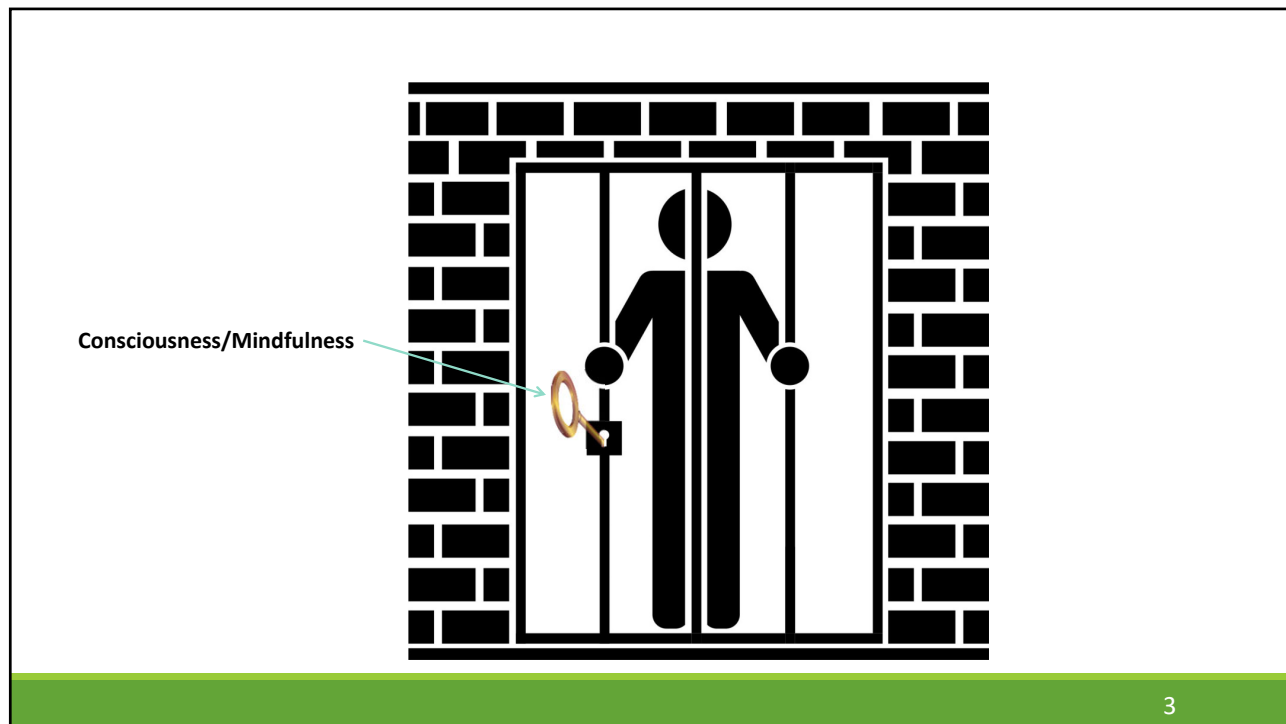
SELF-EXPRESSION

SELF-MANAGEMENT

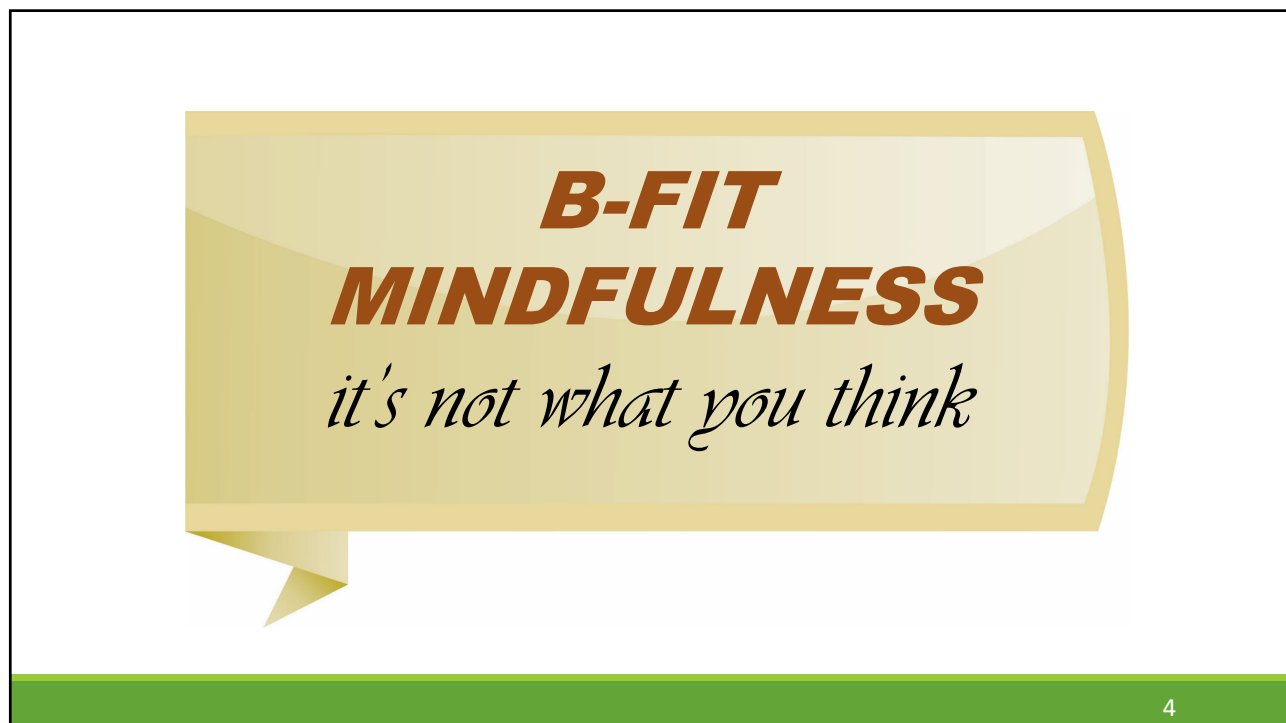
SELF-UNDERSTANDING

SELF-AWARENESS

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How to Escape from the 'Dog Eat Dog' World

- If you can always be cheerful, ignoring aches and pains;
- If you can resist complaining and boring people with your troubles;
- If you can understand when your loved ones are too busy to give you any time;
- If you can take criticism and blame without resentment;
- If you can relax without alcohol;

...then you are probably ...

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The Family Dog!



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Our Human Predicament and Potential

We human folks are different from other animals with whom we share this planet.

This is because we have the potential to be conscious. This is to know that we are here and as a result can make choices that your average dog likely can't.

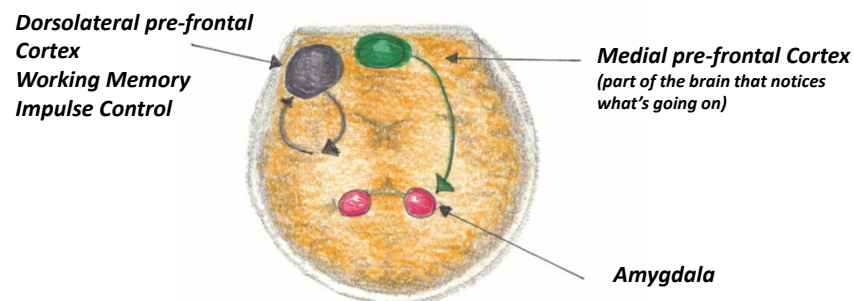
Become aware that you are listening to me right now.
Let's call this being somewhat more conscious.

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Mindful Emotional Self Regulation

The main way we can consciously access the emotional brain is through self awareness*, i.e. becoming mindful. Mindfulness increases connections in the medial pre-frontal cortex. This reduces anxiety for the Supporter and the Person Supported.



(*Research reference: J. LeDoux, "Emotion Circuits in the Brain", Journal of Neuroscience 33, no. 9 (2013) 3815-23)

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According to many published Neuroscientists, including Dr. Daniel Siegel (UCLA) in his book called *The Mindful Brain* (page 42 and 43) the following brain, body and being functions correlate with the activity of medial areas of the prefrontal cortex:

1. **Body regulation** – the emotional brakes and accelerator functions.
2. **Attuned communication** involves the coordination of the input from another person with the activity of one's own (as with mirror neurons).
3. **Emotional balance** to have enough activation so that life has meaning and vitality but not so much that life becomes chaotic.
4. **Response flexibility** is the capacity to pause before action.
5. **Empathy** – knowing what might be going on inside someone else.
6. **Insight or self-knowing** awareness to be able to link the past, present and future.
7. **Fear modulation** that may be carried out by the release of the inhibitory neurotransmitter GABA.
8. **Intuition** – a neural mechanism by which we process deep ways of knowing via our body i.e. 'somatic intelligence'.
9. **Morality** – taking into consideration the larger picture, to image what is best for the whole not just one's self, even when alone.

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Write Your Signature

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The Consciousness Continuum

Over each 24 hour period, we can be experiencing consciousness on a 1-10 continuum.

Unconscious: (1)

- like when we are asleep in our bed.

Semiconscious: (autopilot) (5)

- like how we typically drive our car, relate to people and do most 'doings'.

Fully Conscious: (self aware) (10)

- like when we are paying attention – noticing **what** we are doing e.g. how we drive when a police car is following us;
- knowing **that** we are doing it and
- knowing **how** our **body's sensations, feelings and thoughts** are reacting to what is happening.

Subconscious:

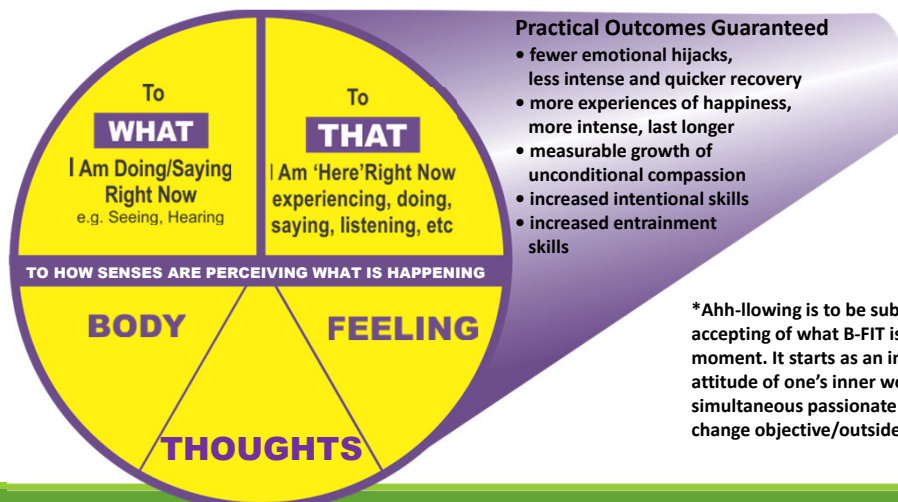
- our data bank of 'files' that we inherit and develop.

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B-FIT MINDFULNESS IS...

Being Ahh-llowing* of and Paying Attention:



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Looking with greater clarity

The Mindfulness microscope reveals a more complete and accurate experience of one's B-FIT senses, perceptions and misperceptions.



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Mindfulness Exercise Debrief

- What was your Predominant Experience of Thinking - Image or Talk?
Conclusion? You are not your thoughts or feelings.
- What happened when you just noticed a thought?
- Did you feel relatively calm? This means Set Point movement of the Parasympathetic Nervous System and Vagus Nerve activation = Unconditional Compassion-after 25 hours some of the PNS stays turned on.
- Feelings – 'There is' versus 'I am'.

Mindfulness exercise reference www.centreforconsciouscare.ca Resources

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**The Following Ways are How We Accomplish Radical Changes To
The Nasty PFP Programming**

B-FIT Mindfulness has been specifically designed to interrupt this authoritarian regime's power in the following ways:

1. A reminder of being in prison:

Firstly, mindfulness reminds us that our Mind has a Mind of its own and that when we are only semiconscious (like how we drive our car), our **PFP** (not mindful us) is making many poor choices.

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2. Awareness right now of More Optimal Responses:

The 'mindful me' has a much greater likelihood of not being as semiconsciously driven to behave in accordance with PFP Programming initial thoughts' and feelings' directives.

The more conscious we become in the moment, we immediately 'rethink' more optimal responses than initially offered by PFP.

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3. Upgrade the Live-Drive:

As we mature to B-FIT wisdom and kindness and intrapersonal skills, the PFP live-drive seems to be upgraded to a more complete version (i.e. me version 2.0) so even the PFP autopilot thoughts, feelings and actions are now more aligned with the more conscious 'ideal self' me.

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4. Those Thoughts and Feelings Are Not Me:

As we are 'just naturally' more and more mindful, the 'Mindful Me' (witness, noticer, observer), less and less identifies with 'the' thoughts and feelings as 'me'.

This results in consistently manifesting our highest level of Competence, Calm and Care for **all** others.

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**“From a mindful centre we can respond instead of react.
Unconscious reactions create problems.
Mindful responses bring peace.
Whatever happens can be met with wisdom and
compassion.”**

Jack Kornfield

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The Mindfulness Alternative

Approximately 25 hours of Mindfulness Training and Practise significantly reduces these risks and enhances your Conscious and Unconditional Compassionate Thoughts, Feelings, Care and Support Skills.

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2. *University of Wisconsin, R. Davidson*
3. *Full Catastrophe Living, J. Kabat-Zinn*
4. *The Effect of Mindfulness on Anxiety and Depression – A Meta Analytic Review, S.G. Hofmann*
5. *Stress and Parasympathetic Control, S.W. Pargue*
6. *The Mindful Brain, D.J. Siegel*
7. *The Body Keeps the Score – Bessel van der Kolk (pages 203-218)*
8. *Waking Up – Sam Harris (pages 119-123)*

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PFP Brain Research References

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