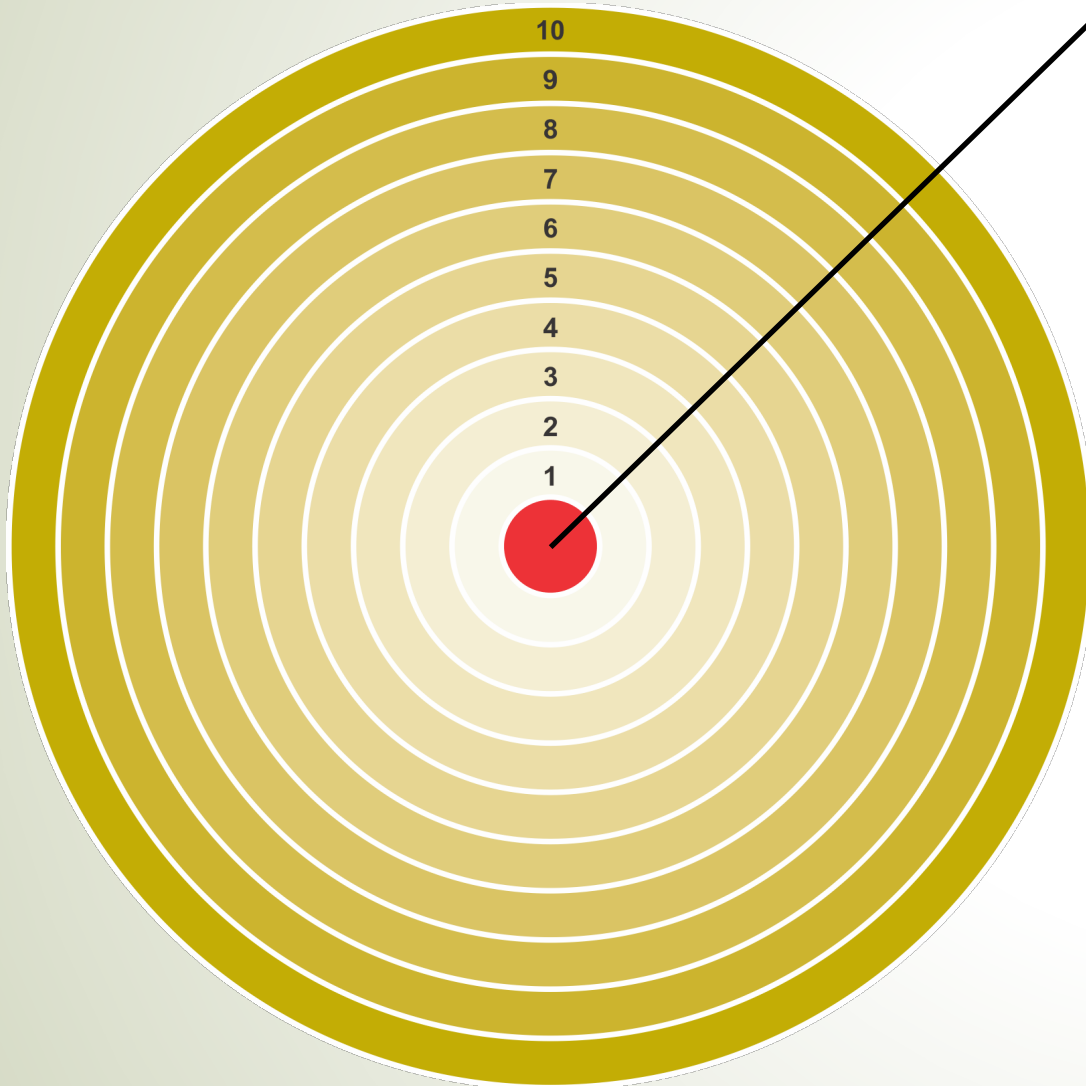


'Who' Just Felt, Said and Did That?

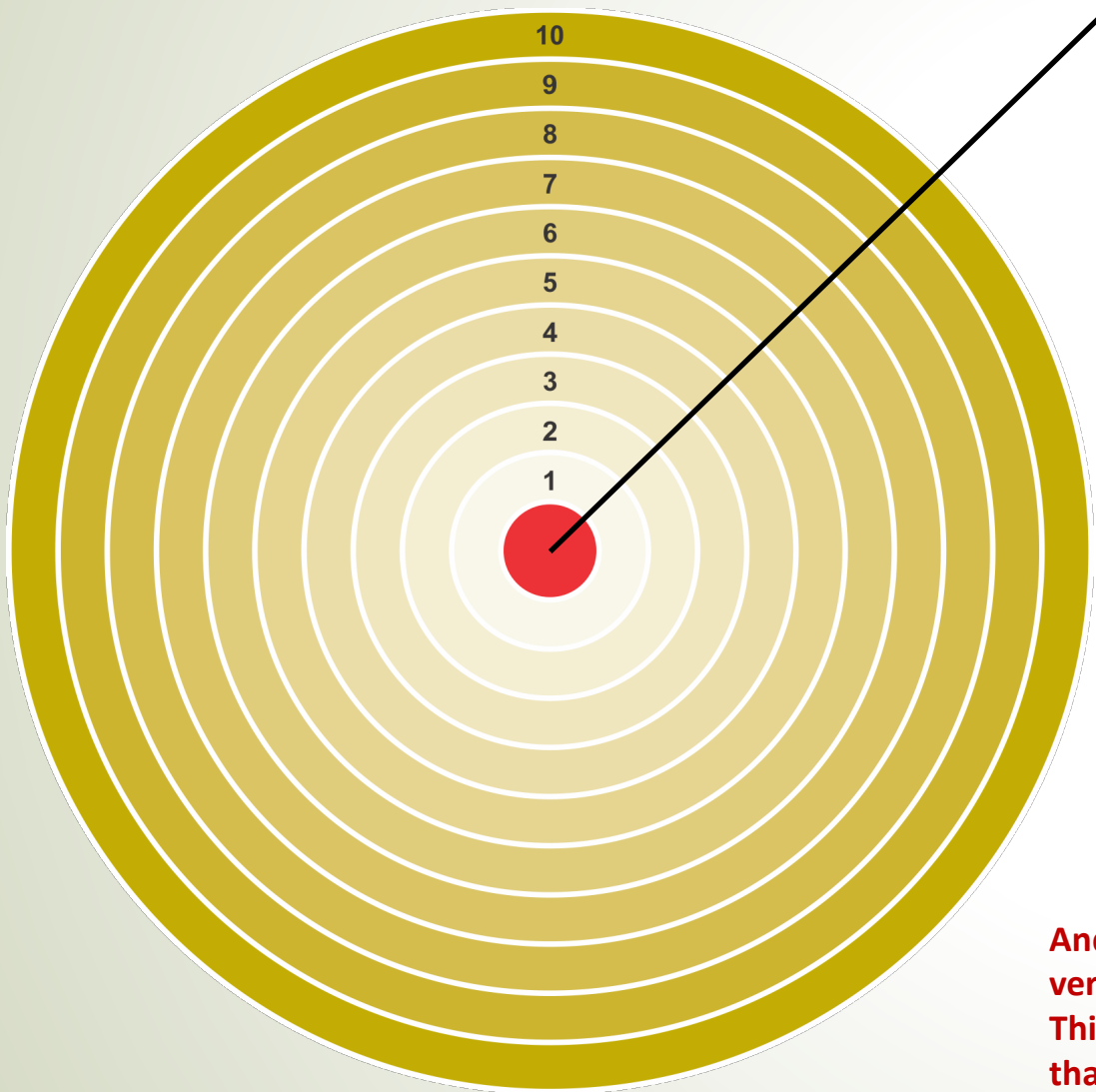
Thoughts, Feelings and Behaviours - Sources



10. Right now, the parts of your brain that were programmed a million years ago that are responsible for your safety, security, survival, sex and simplicity (e.g. phobias, prejudice, jealousy) are demanding to be heard;
9. Right now, the parts of your brain that have been programmed with 1 – 100 years of cultural and societal brain priming directives are demanding to be heard;
8. Right now, the parts of your brain that you inherited when you were conceived are demanding to be heard;
7. Right now, the parts of your brain that were programmed during the first 1-14 years of your life, as a result of your home environmental nurturing (e.g. love, trauma, filters) are demanding to be heard;
6. Right now, the parts of your brain that you have developed to increase your mindfulness, self-understanding, self-management, empathy, etc. are demanding to be heard;

'Who' Just Felt, Said and Did That? - continued

Thoughts, Feelings and Behaviours - Sources

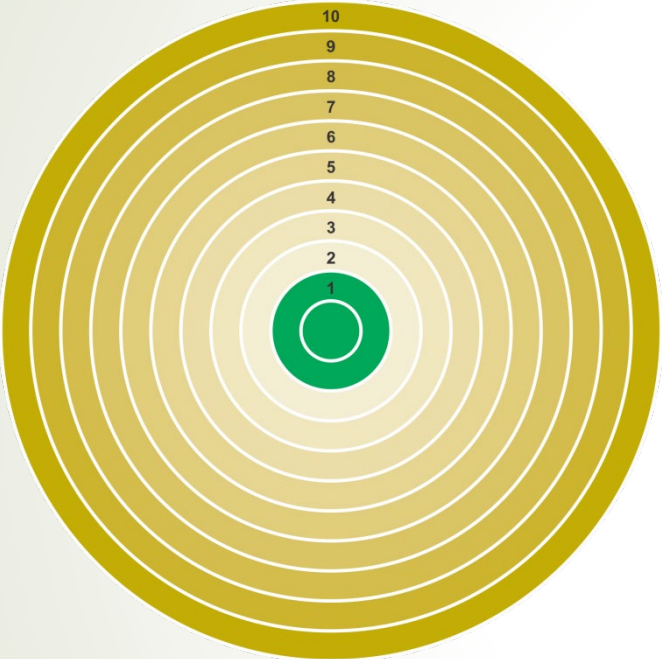


1. Right now, the parts of your brain that are your PFP nervous system (i.e. the sum total of all previous influences and experiences that happened seconds, minutes, hours, days, years and millennia before) were converted into B-FIT approximately seconds ago. They now 'drive' your thoughts, feelings and behaviour, directly dependent on your degree of mindlessness (reference next page).
2. Right now, the parts of your brain that are programmed to react to sensory stimuli that happened just seconds ago are demanding to be heard;
3. Right now, the parts of your brain that are programmed to react to environmental conditions (e.g. people, circumstances) that happened just minutes ago are demanding to be heard;
4. Right now, the parts of your brain that developed over the last hours and days that are directing your nervous system (e.g. hormones) to increase or decrease sensitivity to certain stimuli are demanding to be heard;
5. Right now, the parts of your brain that are governed by your GI system and other biomedical co-morbidities that 'grew' days and months ago are demanding to be heard;

And right now, your brain's cognitive bias breaker switch is trying very hard to shut you down from seriously considering these facts. This is because your brain's hard drive strongly prefers commands that are simple and can be processed in seconds.



The Million Year Old Developed PFP Nervous System + B-FIT Awareness and Ahh-llowing = Optimal Thoughts, Feelings and Behaviours



B-FIT mindfulness capacity and applied skills manifests as optimal thoughts, feelings and behaviour when we...

