OPTIMIZE YOUR THREE MINDS FOR SUCCESS

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"WHEN THE THREE MINDS WORK TOGETHER, YOUR CONSCIOUSNESS CAN BRING IN DIRECT INTUITION AND GUIDANCE."

KRI Teaching Manuel Level 2 | Mind & Meditation, pg. 43

you have the power

What you will learn

What the three minds are and how to identify them in yourself...

The ideal cycle of your three minds for optimal performance...

How to interrupt a non-ideal cycle...

A practical experience to help you optimize your three minds.

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Mind One: The Negative Mind

"One of the three functional minds. It is the fastest and acts to defend you. It asks, 'How can this harm me? How can this limit or stop me?' It is also the power to just say no, stop something, or reject a direction of action.'"
The Mind, pg. 196

01

Also called the Protective Mind.

02

When strong, have the gifts of discernment, containment, and form.

03

When weak, can create unnatural dependence on others, be over-influenced by others, and not centered.

04

To balance, value your discipline, trust your intuition, create/value your own inner wisdom.

Mind Two: The Positive Mind

"One of the three functional minds. It elaborates, magnifies, extends, and assists. It asks, 'How can this help me? How can I use this? What is the positive side of this?'" The Mind, pg. 197

01

Also called the Expansive Mind.

02

When strong, optimism, good sense of humor, and playful spirit.

03

When weak, can create anger, intolerance, and hesitation.

04

To balance: Strengthen navel point, user positive affirmations, increase self-esteem.

Mind Three: The Neutral Mind

"The most refined and often least-developed of the three functional minds. It judges and assesses. It witnesses and gives your clarity. It holds the power of intuition and the ability to see your purpose and destiny. It is a gateway for awareness." The Mind, pg. 197

01

Also called the Meditative Mind.

02

When strong, we can view the whole play of life with compassion, you can see all sides and decide with wisdom.

03

When weak, decision-making is hard, you stay *in the middle* too much.

04

To balance: Meditate!

THE IDEAL CYCLE

experience/situation

Negative Mind

gives you the cautions and ways a thought/action could give you problems

Positive Mind

gives you a comparison, it shows how things can be organized, alternative paths, and wisdom.

Neutral Mind

evaluates and brings it all together; needed to help you decide what you really want, clarifies *purpose*

example

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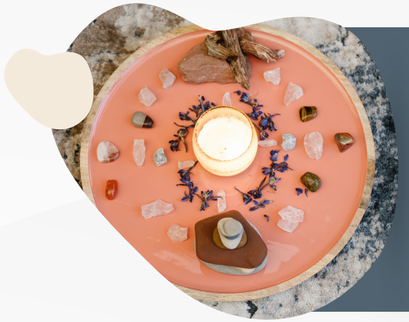
Interrupt a Non-Ideal Cycle

Step One:
Awareness



Step Two:
Observe

Step Three:
Meditate

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Meditation for the Neutral Mind

- Sit comfortably, spine elongated, chin slightly tucked.
- Hands in lap; resting right hand into the left hand.
- Close your eyelids.
- Let the breath regulate itself into a slow meditative breath.
- Mentally vibrate *Wahe Guru* (Wah-hay Gu-roo).
- Continue for 1 -3 minutes. To end, inhale and exhale three times.

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Thank you!

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