

# Deconstructing the Mind

6 week series on Monday nights 7 - 9pm

June 20th & 27th, July 11th & 18th

[Register Here](#)



*Our mind is an incredible feature and has allowed us to be one of the most successful species on this planet. Yet, evolution favors safety over accuracy... which creates an interesting dilemma for us: should the mind be the one calling the shots? What if we were asking it to do a job that is beyond its capacity? Have we placed too much emphasis on thinking and fallen out of balance with the other attributes that we have? If so, how can we restore our connection to true wisdom?*

*This 4 week series will use the meditation space to investigate the mind, observe how it works, learn about its tendencies and track the impact of thinking on our day to day lives. We will play with redirecting the attention to different aspects of our experience to see how this changes our sense of reality and how we view the world. We will also explore other forms of intelligence that are available to us, so that we can restore access to our full knowing.*

## June 20th: The Power of the Mind

Which life are you living: the one that is actually happening or the narrative in your head? Most of us have become completely enmeshed with our thinking mind and can no longer see it as separate from who we are. In this session, we will experiment with techniques to establish healthy boundaries between ourselves and our thoughts, so that we can observe them as they emerge and notice their impact on our body, emotions and our ability to stay present.

## June 27th: Limitations of the Mind

While our brain might be great at executive functioning, it is unreliable when it comes to having an accurate understanding of what is actually happening. This session will examine how perceptual information gets translated into concepts that are stitched together to create compelling stories that often are misleading. We will see how stories can escalate into core beliefs that shape our views and actions and verify the validity of some of them to see which ones need updating.

## July 11th: Tendencies of Mind

Because safety takes precedence over accuracy, our mind is constantly scanning for problems or danger. This negativity bias generates a scarcity mindset and a defended heart which is not only energetically costly, but gets in the way of us being with our lives fully. This bias also shows up in the form of an inner critic. What would it be like to rewire our brain towards positivity and view life through the lens of abundance? What if we were able to meet ourselves instead with compassion?

## July 18th: Wise Use of Mind

Where we point our attention determines our sense of reality. Most of the time we are captivated by the stories on what is happening and are trying to solve problems at this cognitive level. In this session we will use inquiry to discover what is driving the compulsive thinking. We will practice redirecting our attention to the layers underneath: the feelings that want to be acknowledged and felt. We will experiment with meeting our experience at the felt level, to get clarity on what is at the heart of the matter, in order to effectively attend to what is needed.



Aiko Michot is certified by Mindful Schools. She enjoys co-creating experiential and interactive spaces where participants can discover for themselves the different aspects of awareness; and connect intimately with the physical, emotional and mental processes that make up their experience. For more information please contact [amichot@yahoo.com](mailto:amichot@yahoo.com) or visit [www.rememberingtruenature.com](http://www.rememberingtruenature.com)