

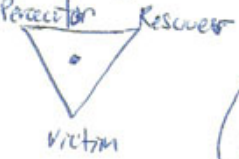
T.P.M (TRUE MOMENT PRESENT) - Results:

- Active Invitation (Voice: Mental/Heard)
- NOT THINKING ABOUT THE FUTURE
- NOT THINKING ABOUT THE PAST
- YOU ARE HERE, NOW. *
- ↳ Better concentration
- WORKING IN CONSCIENCE *
- Somebody IN BALANCE *

How to reach I+:

1. Understand the KARPMAN DRIVEN TRIANGLE: (Created by Stephen Karpman in 1968)

- Persecutor
- Rescuer
- Victim



Example:
Don't: You're LATE, HAVE BEEN WAITED FOR 15 MINS. BECAUSE OF YOU, I WILL BE LATE.
Good: Honey, I'm missing time here, AND I FEEL BAD ABOUT THIS SITUATION.

2. Understand the other triangle

- Emotion
- Discernment
- Judgement



This way you ACCUSE the counterpart, she will be victimize.
 No accusation, she will not counter attack, maybe even apologise for BEING LATE.

3. What will LOVE DO, IN that situation?

Your whole Live was based with your mental, This Question, he will never be able to answer it.

* Remember that the Emotions are there to protect us against any emotional present threat. It makes us Remember previous reactions similar that your Body used to protect the integrity of your being.

** So IF YOU ARE solliciting only the emotion, you will lose, discernment and Judgement. Also, you are using it in a mode ATTACK/DEFENSE.

To Resume:

- You have to understand that IF you ARE NOT IN the ~~middle~~ ^{MIDDLE} OF the triangles. You will be OFF BALANCE, you will not think straight. Practice to start talking to the "I" of what you feel. Instead of Accusing, or saying "you..."

Present moment Awareness:

- Example 1 - CAN you WALK on the Street and ALWAYS looking behind you?
- OF course not.
 - You couldn't see the obstacles that shows up IN front of you.
 - It could result IN hurting your self (Suffering)

* Keep the past behind you, and go forward. Cut what is keeping you out from going forward.

- Example 2: CAN you WALK on the street and ALWAYS looking out in the sky?
- OF course not!
 - SAME thing AS example (1).

Moral :⇒ Look FORWARD in the present moment to see what is happening Right Now. (Book: The power of Now)
Eckhart Tolle

① MENTAL: (Left SIDE BRAIN)

(4)

* Sometimes people love to associate it to your Little Devil on your shoulder

- Always trying to rationalise things...

- Always MAKING you Doubt

- It doesn't FEEL things.

- Insecurity, FEAR, Doubts, confusion, control, ENVY, etc...

We actually need this part, ~~it~~ when used properly we access to the rational and critical.

The mental see as IN 3 Dimensions: Depth, width and Height.

IF the mental is confronted to a situation that it can't explain.

It will ~~first try to create~~ ^{first try to create} a ^{phenomena} ~~psychological~~ ^{psychological} Box to find a rational explanation to this situation. IF he fail, the emotions will called to try to find a solution.

IN order to find a security for the mind.

IF FOR ANY REASON, the mental can't explain it IN ANYWAYS, you might start FEEL FEAR. The ^{Body} ~~sense~~ will see it as an aggression.

Example: When a person see a paranormal event, the first emotion received will be a "FEAR type". Sometimes even will says such thing like: "Oh it's SATANIC".

Really?



MENTAL (2):

- Imagine your left Brain (Mental) has a horse and you are the knight. If you are not trying to guide it and not controlling the mounting.
- What will happen? Your horse will be excited and run everywhere. AND TAKE roads that you probably never wanted to go there.

In your life:

* Only 4 things that you can control:

- Your Actions
- Your thoughts
- Your voice (speaking)
- Your Decisions



You don't have control on your Body! Stop eating for couple days, and see how your body react.

So why trying to control EVERYTHING Around you when you have no power ^{over that} ~~that~~?



Right Side Brain: → Intelligence of the Heart or Intuition.

Way of the Heart, usually shows up as a felt, feeling or intuition.
(Sometimes associated as the Angel on your left shoulder).

- IT Reflect values such as:

Love, compassion, peace, joy, serenity, Fullness, Respect, gratitude
Creativity, etc.


By having, this side in balance. It will help you to reach Higher conscience, Internal Peace, providence and unity.

You can't only live on that side of the brain. because you would loose the rational ~~side~~ Analytical and Intellectual of the Brain. The person could have a constant suffering ~~side~~ ^{through} incomprehension and judgement from others.

⑤ Meditation

- Bring me Peace
- Clear my MIND
- Able to USE Both SIDES OF MY BRAIN AT THE SAMETIME
- GIVE ME ACCESS TO HIGHER CONSCIENCE

Simple EXERCISE:

1. Let play a relaxing song : ex: Air - Orchestral Suite (J.S BACH)
2. Close your eyes
3. Imagine a Stair 
4. Slowly walk down the stairs
5. Each steps that you are doing, Remove a problem that you currently living
6. At the end of the stairs, you see a Door.
A pink crystal made Door.
7. You walk through that Door and you find out your inner temple.
8. From there, you sat down, and Free your mind.
 - Make peace
 - Send Love to someone that you care about.
9. After you are done in silence, you can ~~stop~~ go back easily through the Door.
10. Walk slowly back up to the Stairs, it will bring you back into your conscience.