

Entering the Mystery of Fall

The greatest way to live with honor in this world is to be what we pretend to be.

Socrates

In the Fall Retreat, we are going to work with the idea of who we are and who we pretend to be, and how to close that gap. One of the ways that we strengthen our authenticity is to honor our own positive stories more than our negative ones.

If you just finished the Mind and Energy Reset restorative pause, you may have been able to call up some memories that you can build your happiness and mental strength upon. They're not the only memories or stories that can help you, they were simply a beginning.

In this exercise, we're going to take what came up for you, and work with it, so that we can better prepare for the upcoming retreat if you're attending that, or this next season.

For this exercise, let ideas come to you either from the visualization you just did, or from whatever comes up in your mind now.

1. What is a story from your past that would be good to remember as a reset when your mind gets into a pattern of only remember negative events?

2. Did you observe any common themes in the positive experiences or stories you remembered during the meditation? If so, what were they?

3. How much time do you spend remembering positive past experiences in a given week?

4. How might you spend more time this next season cultivating the power of your mind to hardwire happiness into your brain so that you can be more effective in your life and work?

We're going to building upon this scientifically proven practice of tapping into the mystery of how our minds create happiness in the retreat, and how to use this capability in decision making on what to start, stop and maintain in our lives.