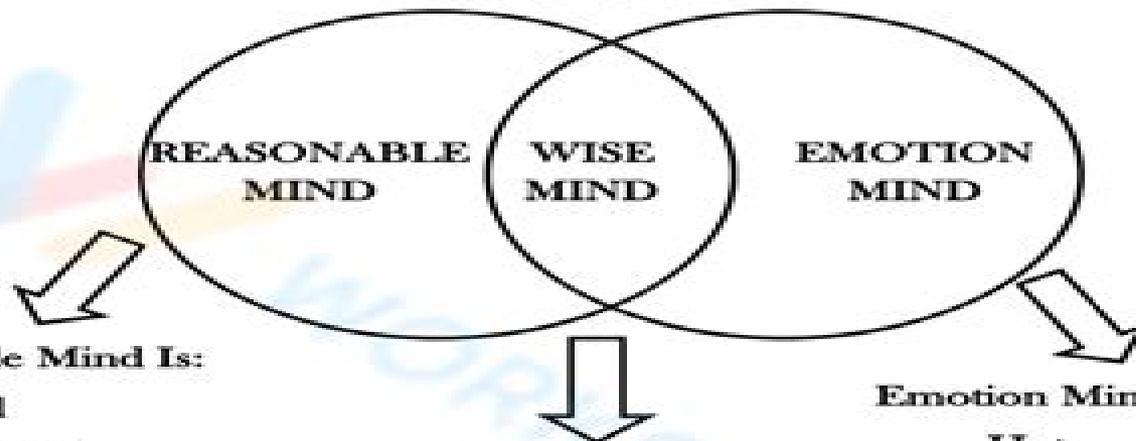


Mindfulness - Handout 1

Wise Mind: States of Mind



Reasonable Mind Is:

Cool
Rational
Task-Focused

When in *reasonable mind*, you are ruled by facts, reason, logic, and pragmatics. Values and feelings are not important.

Wise Mind Is:

The wisdom within each person
Seeing the value of both reason and emotion
Bringing the left brain and right brain together
The middle path

Emotion Mind Is:

Hot
Mood Dependent
Emotion-Focused

When in *emotion mind*, you are ruled by your moods, feelings, and urges to do or say things. Facts, reason, and logic are not important.

What Is A Mind

JE Gale



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