

# The Big Shift: Mindfulness in Life and Love

## Interpersonal Neurobiology

"Of all the experiences we need to survive and thrive, it is the experience of relating to others that is the most meaningful and important."

Louis Cozolino, author of *Timeless: Nature's Formula for Health and Longevity*

Positive social connections contribute to longevity and overall well-being.

Good for our body health, including cardiovascular fitness

Good for our brain health, including memory and problem-solving

Good for our mental health, including maximizing meaning and minimizing depression and anxiety

## The Big Shift moves us from focusing on:

- The outer dynamic between two people to the inner one within
- Belonging to another to belonging to self
- Reacting to responding
- Autopilot to mindful practice
- Judgment to empathy and curiosity
- Stagnation to newness

Mindfulness is not so much about how to stay in the moment but how to return to it

## R.A.I.N.

**The Wolf Story** (*choosing the lens and the wolf you feed*)

**Notice, Shift, Rewire** (*on a flight of stairs, in the shower, waiting in line*)

## Lessons from the Mat

- Stay on your own mat
- Breathe, it is not a cliché
- Stay present with what is
- Inhale what nourishes and exhale what doesn't
- A little change can make a huge difference
- The person to compare yourself to is yourself
- You are in charge of where you stretch and where you stop
- You, and only you, can get yourself unstuck
- All change begins within

## N.S.F.

**Notice:** observe where you direct your attention (if we don't practice noticing we stay on autopilot which is incompatible with change). You may find that your attention is scattered, involved in the ordinary habit of mind wandering.

**Shift:** shift by redirecting your attention to the present moment. Make any object your focus in your immediate environment: breath, sound, taste, sensations, or even something to feel grateful for.

**Rewire:** change the channel by taking just 15 to 30 seconds to stay tuned to your focus.

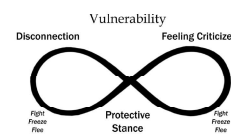
## R.A.I.N.

**Recognize**

**Accept**

**Investigate**

**Nourish & Non-identity**



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