










INFO SHEET: Changing MindSpace MIND MODEL

Mind Model

↑ Evolution
↓ Practice

	<i>Pre-frontal Cortex (human)</i> Deliberate Awareness ('New You') The Boss 1+ Breath
	<i>Cortex (primate)</i> Thoughts ('Old You') CalmFocus – Creative 10+ Breaths
	<i>Limbic System (mammal)</i> Emotions – Stress Resilient – Connected 4-part Breath
	<i>Brainstem (reptile)</i> Body – Experience Health & Wellbeing – Intuition Body Sensations 1
Advanced Practice	
	<i>Cells</i> Life – Change Insight – Equanimity Body Sensations 2
	<i>Matter</i> Being – Emptiness Joy – Stillness Body Sensations 3
	<i>The Singularity</i> START – FINISH Peace – Nirvana

ChangingMindSpace.com

Human	Pre-frontal cortex	Role: Self-awareness & Self-control	Motto: “I observe.”
Primate	Cortex	Role: Consciousness ('You')	Motto: “I think.”
Mammal	Limbic system	Role: Reactions/Stress, Motivation	Motto: “I want.”
Reptile	Brain stem	Role: Doing	Motto: “I do.”
Cells	Cells	Role: Living	Motto: “I live.”
Matter	Sub-atoms	Role: Being	Motto: “I am.”