



INFO SHEET: What is Mind?

Somewhat surprisingly, given its fundamental nature, there isn't a widely-accepted definition of mind. However, mindfulness has described the mind as being in four parts, corresponding to the physical structure and dynamic process of your brain. All four layers run concurrently. The first three are Body, Emotions and Thoughts and are constantly changing, data-rich streams. The fourth is Awareness and is essentially constant.

You can think of them as four different characters, each with their own agenda. Or, if your mind is like a song, than *thoughts* are the words/story, *emotions* are the mood (sad, happy...), *body* is the groove/beat, and *awareness* is the listener.

1. Body

The fundamental structure upon which the following three levels have grown. You experience the body as pleasant, unpleasant, or neutral physical sensations.

2. Emotions

Reactions to body sensations.

Pleasant sensations = 

Unpleasant sensations = 

Neutral sensations = 

3. Thoughts

Flavored by prevailing emotions. If you are angry or happy, your thoughts will match that mood.

4. Awareness The objective observer of the other three levels of your mind.