



## **INTENTACT**<sup>®</sup> Intentions to Actions Leadership

Doing a mindfulness of heart and compassion practice regular has shown in most studies to have the greatest impact on improved resilience, lessened anxiety and lower depression over all other forms of meditation.

Mindfulness of the heart and compassion can also be one of the most difficult to establish. It can have the perceived story or judgement that it is soft and not useful, and it can be uncomfortable. One phrase I share often is “hokey works” when we see something as being soft or silly. It is a gentle reminder to the mind to settle into something that might be uncomfortable and allow a lighter approach.

Our minds work to protect us all the time. The muscle scans for things in the environment at a rate we cannot even conceptualize. It looks for cues and stimuli we send to the muscle and has put action into motion most often before we even take in all information. This is important to know and understand because that means the muscle of the mind isn't looking for positive and happiness all the time unless we train it that this is useful. It is too busy looking for threats or perceived threats. This week you are working the muscle to be consciously present with moments of the heart so that the mind can see that is useful and helpful.

### **REFLECTIONS TO CONSIDER THROUGHOUT THE WEEK:**

1. What moments this week if any were most difficult to find and or be with?

2. How was noticing awe? Did it have to be something defined, was it found in the mind, how comfortable was the experience of being with awe?

3. How did you feel throughout the week as you took in more moments of the heart?