

The N.O.T.E. Brain-training Roadmap

Use this Practice Roadmap to infuse your yoga practices with the N.O.T.E. Process to repattern your neurology and neutralize the three Mental Poisons. Remember, consistent repetition over time is key.

	MENTAL POISON	NOTICE	OBSERVE	TRY	EXPERIENCE
NEGATIVITY BIAS	Negativity Bias is the tendency of attention to focus on the problems and challenges in our life while ignoring the blessings. This creates significant unnecessary stress, anxiety, and overwhelm.	The tendency of attention to focus on the negative, on what's <u>not</u> working.	How your focus on the negative in no way changes your circumstance, but it does depress your well-being.	"Change the Channel" by focusing on something that is working: a gift or a blessing.	The immediate improvement in how you feel.
PSYCHOLOGICAL RESISTANCE	Psychological Resistance is the mental tendency to come into conflict with what is happening in this moment thereby creating unnecessary frustration and angst.	The tendency to resist what's happening now with the thought "This should not be like this."	How your resistance to what's happening now has no effect on what's happening now—at least for now—although it does make you feel worse.	Giving what's happening now your full permission to be just as it is—as you relax <u>with</u> it.	The resulting improvement of your experience of the very same circumstance.
EMOTIONAL REACTIVITY	Emotional Reactivity is a mental tendency that causes us to react unskillfully to emotional experiences and serves to intensify unwanted emotions and feelings.	The tendency to experience emotion through the lens of the mind's stories, history, and baggage with the emotion.	How the lens of the mind creates the appearance of something more powerful and troubling than a simple pattern of sensations.	Coming into harmony with the sensations of the emotion using the R.I.D.E. process*. * (Relax, Inspect, Delabel, Enquire)	How you are able to enjoy relatively more calm and ease, even with the emotion present.