



In the Mind's Lie

BY

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My goals for you today are to...

1. Show you that your mind lies
2. Get you to start questioning that voice in your head
3. Help you better understand two of the three minds
4. Help you better perceive reality
5. Demonstrate how the mind is what causes suffering,
not reality



I am divorced with 2 children.

I rent.

I am \$80,000 dollars in debt.

I am 43.

What does your mind tell you about me?



The tale of two minds

- Reactive Mind

- Stimulus-Response
- Irrational ($1 + 1 = \text{You Bastard!}$)
- Feeling
- Somatic (physical reactions)
- Negative view ("pro survival")
- Reactive (autopilot)
- Fast, automatic, lazy
- Fear & Lies

- Analytical Mind

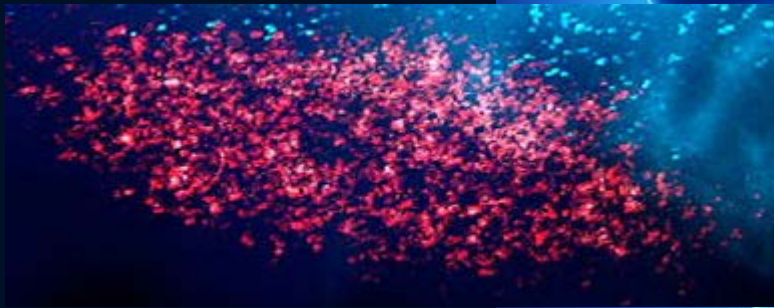
- Analyze
- Rational ($1 + 1 = 2$)
- Logical or Knowing
- Regulates physical reactions
- Problem solving (pro survival)
- Thinking (calculating)
- Slow, conscious, concerted
- Ease and Reality (truth)



Analytical Mind

Reactive Mind

Somatic Mind



Lies vs. Reality

- Fact: Someone cut you off on the freeway (neutral)
- Lies: Rude, evil ,jerk (angry) Reality: Didn't see you
- Fact: Your significant other stopped texting you (neutral)
- Stories: She doesn't love me (sad) Reality: Cell phone died
- Fact: Your boss yelled at you (neutral)
- Stories: He's mad at me (scared) Reality: forgot his hearing aid
- Fact: There is a person in the street with torn dirty clothes (neutral)
- Stories: Bum, dealer, insane (scary) Reality: see fact

Your mind lies to *you*...

- I will never _____!
- S/he will never _____!
- S/he hates _____!

I don't know how to read music, yet.

I haven't asked her out yet.

I can ask if she likes movies if she says yes.

- Does the above hurt?
- What's going on here?
- Your reactive mind is trying to "protect" you...

...before your analytical mind can inform you.

Your Suffering Mind vs. Reality

- I can't go on anymore! (My dad died when I was 15)
- I don't know how to survive anymore! (My wife left me)
- I'm unemployable. I'm a failure. (I got let go)
- I'm one of those people now. (I lost my home)
- I'm so fat! (I am not fond of my belly)
- I'm ugly! (that voice again)
- I'm stupid! (that voice again)



Questions?