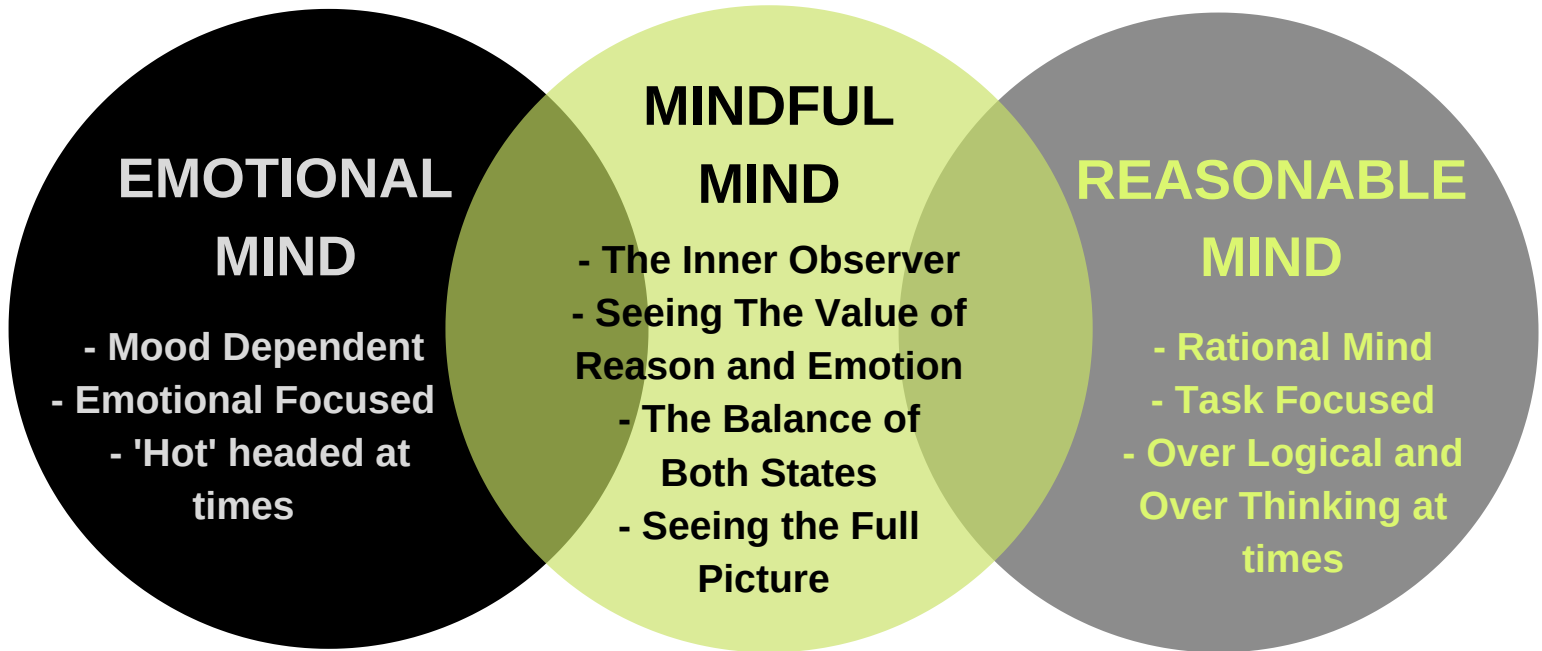


# UNDERSTANDING THE MINDFUL MIND

Our mind has three primary states. The Emotional Mind, The Reasonable Mind and the Mindful Mind. We all experience each of these states of being at different times. We will often drift between states in a fluid motion, however, many of us get caught up in a particular state where we spend most of our time over the others. All these states serve a purpose, however it is our Mindful Mind where we experience the most growth as the Mindful Mind has balance.



**EMOTIONAL MIND:**  
This state causes our feelings to control our thoughts and behaviors most of the time. This can sometimes result in us acting on impulse and not thinking about the consequences of our actions.

**MINDFUL MIND:**  
This is where you want to spend most of your time. This is the balance between the Reasonable and Emotional states. This state allows us to recognise and respect our emotions but respond to them in a more mindful manner.

**REASONABLE MIND:**  
The Reasonable Mind allows us to approach situations intellectually. When we use this mental state we base our actions purely on facts and what we know, or think, is true.

## MINDFUL REFLECTION:

Which state do you feel you spend the most time in?  
What has been your experience with each of these states?

