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Understanding The Mind  
Workbook

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**Instructions  
These videos will take you to understand how the mind works in a very simple way**

**which can help you to understand more about the deeper mind in the more advanced courses.  
  
Use the workbook to understand more about how your mind works**

Video - Action And Reaction & The Self **Video 11 & 12 *List down at least 4 examples of a situation when you would experience the suffering states of mind.  
   
Any kind of example is fine, as long as you attempt to write the reaction behind the experience then that is sufficient.***

|  |  |
| --- | --- |
| Action | Reaction (Emotions + Thoughts) |
| ***Example*** *I was walking towards the bus stop* | ***Example***  *I felt impatient. Encountered a few wandering thoughts to do with work which made me stressed. I felt a bit heavy inside.* |
| **Example 1** | **Example 1** |
| **Example 2** | **Example 2** |
| **Example 3** | **Example 3** |
| **Example 4** | **Example 4** |

Habit & Stimulation **Video 13 & 14**  
  
Write down some of your habits. I.e. things that you usually do every day.  
  
Identify the Negative Habits. I.e. things that if you don't do then you will feel discomfort or unhappiness.  
 **I.e. things that you crave to do  
I.e. things you feel you must do to be happy**  
I.e. it may be playing computer games, it may be smoking or drinking, it may be OCD things like you must have things placed in certain ways throughout the house, it may be not wanting to leave things undone etc.For each of your habit, try not to stop your habit for a day or for a few minutes and see how it feels emotionally and mentally.

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| --- | --- |
| Habit | Reaction (Emotions + Thoughts) |
| ***Example*** *I must use my iphone before going to bed* | ***Example*** *If I don't use my iphone I would feel like something's missing, like I can't stop thinking about what other people are posting etc..* |
| **Example 1** | **Example 1** |
| **Example 2** | **Example 2** |
| **Example 3** | **Example 3** |
| **Example 4** | **Example 4** |

Focus & Happiness **Video 15**  
**Exercise**  
For a day, try to do things in a focused way.  
  
For instance, pick a task that you would usually do during the day. It may be shopping, it may be browsing, it may be ordering off a menu. Try to be as focused as you can while doing that task without thinking of the past and future, of what other things you could have been doing. Just try to be in the Present moment.  
  
Pick 3 tasks to do very focused throughout the day  
  
**Task 1**Write down a task that you would do very focused today and promise yourself that you would follow through  
 **Task 2**Write down a task that you would do very focused today and promise yourself that you would follow through  
 **Task 3**  
Write down a task that you would do very focused today and promise yourself that you would follow through  
  
  
One of these tasks can be meditation  
Try the [5 Present Breaths meditation practice](http://www.creationwithincreation.com/courses/5-Present-Breaths-Meditation-Practice.html) to experience how it feels to be in the Present Moment.  
  
Then write down whether or not you were successful in your attempts of being focused in whatever task you chose  
If you were not successful, write also down the things that took you away from your present moment.

|  |  |
| --- | --- |
| Task | Successful Or Not? |
| ***Example*** *I am going to be focused when ordering food off the menu* | ***Example***  *I was nearly successful until my mind started wondering if I'll make the right choices* |
| **Example 1** | **Example 1** |
| **Example 2** | **Example 2** |
| **Example 3** | **Example 3** |

Understanding The Mind Summary  
   
Writing is a great way to know your mind.   
And that is what we have been doing up until now.  
  
You have been exploring the mechanics of the mind by understand the reactions behind your actions.  
  
The more you get to know the mind, the more you will realize just how little control we have over our mind, just how easy it is for our fears and cravings to control our life rather than the other way around.  
  
Realize that the cause of your wandering thoughts, the cause of you losing focus and not being in the present moment, not being happy and satisifed, will always come back to your suffering states of the mind.  
  
So these videos have not only made you more aware of how the mind works.  
But also how important it is to address the suffering states of the mind.  
  
If you wish to take the journey of transforming the suffering states of the mind, you can use my website for free resources to help you. The next section is [Negative Ideas](http://www.creationwithincreation.com/catalysts/18-path-of-creator-introduction-to-negative-ideas.html) which will go into more depth about the cause of the suffering states of the mind.

***"Be happier than the day before"***

**-Jonny John Liu**