

Mind your Mind

Transform mental negativity

Rhenen, 10 en 11 januari 2020



Theme:

The intention of this workshop is to increase Self Awareness and enhance your Wellbeing. This class uncovers for you different ways that your mind has been conditioned, through stressful experiences, to think negatively. You will learn to interrupt your pattern of negative thinking and feeling.



Goals:

- To learn and expand the ability and capacity to pay attention.
- To know the difference between thinking and observing (paying attention).
- To dis-identify from your experience of negative thoughts and emotions.
- To identify with qualities of being that support wellbeing including: Love, worthiness, compassion, inner strength, power, clarity, kindness, joy etc.
- To trust yourself and take effective actions when appropriate and to relax and enjoy life.

Content:

You learn to differentiate ego, mind, body, personality, and the Higher Self. The Self also known as **Soul**, is a benevolent, sentient, intelligent, loving, powerful **aware presence**.

The teachings help you actualize the movement from an **unconscious ego (automatic reactivity)**, to the **aware-ego (conscious response)**.

Once there is awareness of negativity as harmful/disrespectful behaviour driven by bad thoughts and emotional reactivity; an individual can identify with being the observer of thoughts and emotions, and pay attention to what is happening from a **neutral perspective**.

Being capable to observe without judging, the aware-ego can receive inner guidance by asking open ended questions whose answers come in the form of **intuition and common sense**. These are two complementary sources of knowingness that by-pass the analytical mind that gets stuck in negativity.

Mental and emotional negativity are reactions to not having what is needed. This class explains how our brain is biased towards **looking for and expecting negative outcomes** depending on the degree of trauma and neglect that has occurred.

The self-preservation instincts are triggered into automatic reaction primarily through associative memory when **the need for safety, the need to avoid pain, and the need to belong to a social group are threatened**.

Because the brain's negativity bias gets informed and conditioned through repeated painful scary experiences. That is why you will be guided to explore how safe, or not, how pleasurable, or not, and how intimate, or

not, your **early childhood** was because the brain's negativity bias gets informed and conditioned through repeated painful scary experiences.

Methods:

Besides the verbal presentation of the theory this class is highly experiential. Participants are taken through awareness practices aimed at increasing and developing internal sensitivity and real time awareness of the external environment.

There are body awareness exercises, visualizations, one on one repeating questions, group process and group integration sessions.



Docent:

Osiris Montenegro, is a Psychosynthesis counselor, Acupuncturist, Deep Tissue Body worker and Reflexologist. Osiris combines his knowledge of wholistic medicine with his passion for Self-Awareness to provide a safe, dynamic, and fun space for personal transformation and learning. Osiris was trained in USA and China. He lives in Oslo, Norway and offers private sessions in person and online. He teaches personal development courses and retreats.

Datum/tijd/plaats/kosten

10 januari 9.30-17.30 inclusief lunch, thee en koffie

11 januari 10.00-17.30 inclusief lunch, thee en koffie

De workshop vindt plaats bij de Verdieping, Plantsoenstraat 5, Rhenen.

Als je interesse hebt in een **overnachting** in Rhenen (niet inbegrepen bij de prijs), geef dit dan aan bij je inschrijving. De Broedplaats probeert hiervoor in samenwerking met een hotel met een leuk aanbod te komen.

De kosten zijn 350 euro, vrij van BTW.

Tickets koop je via de [website van de Broedplaats: >>](#)