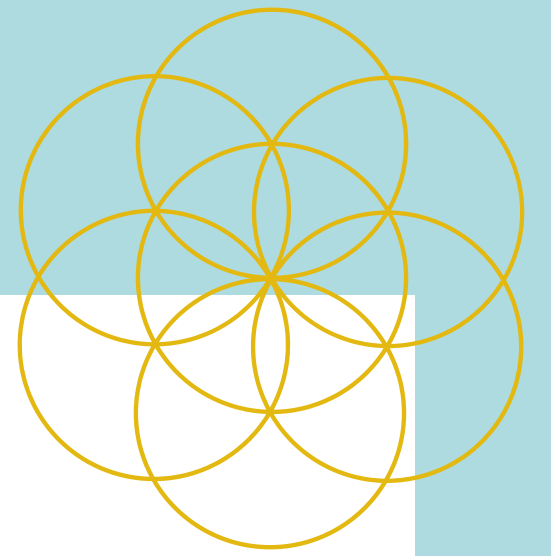




Integration & Deepening Mindset Work

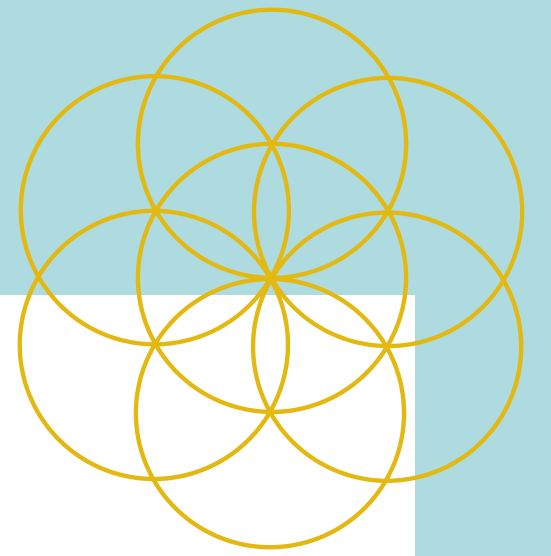
Integration



Integration:

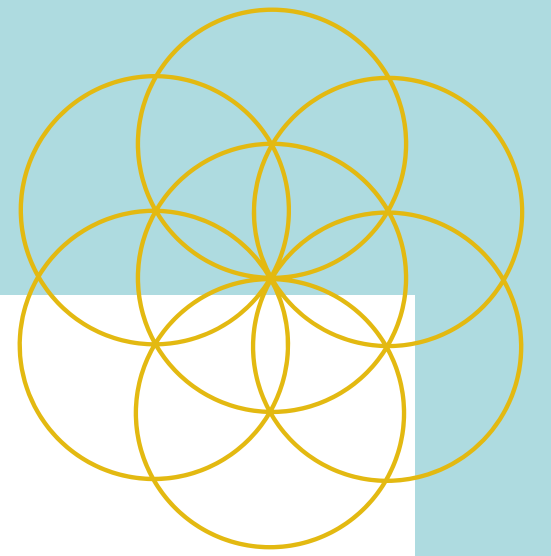
“to bring together or incorporate (parts) into a whole.”

Integration



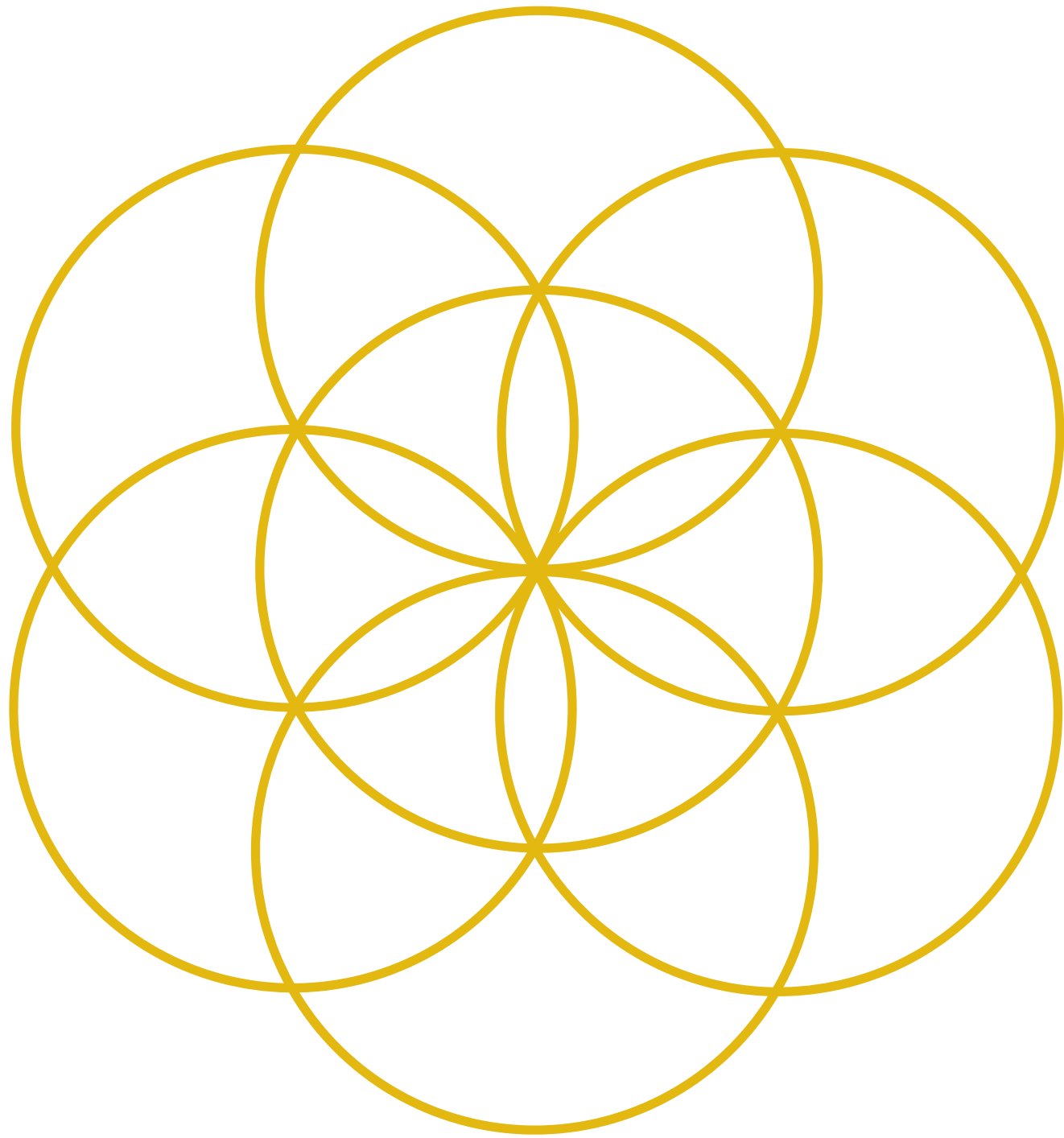
What new changes am I sensing in my life right now?

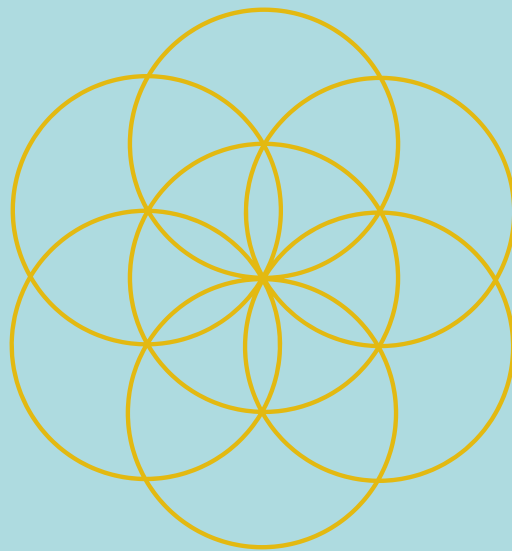
Integration



What is one take away that you will continue to implement from this module?

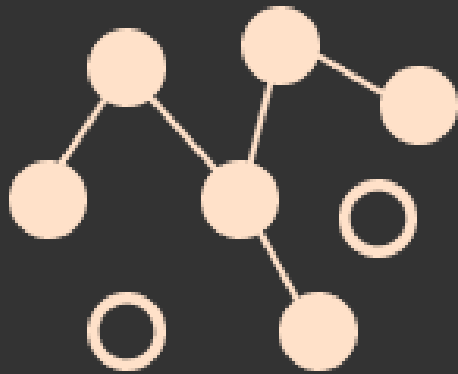
Integration: Consciousness



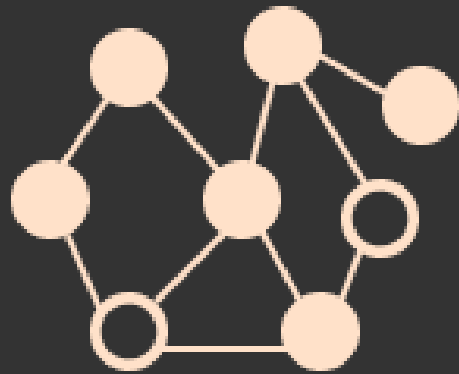


Learning with Neuroplasticity

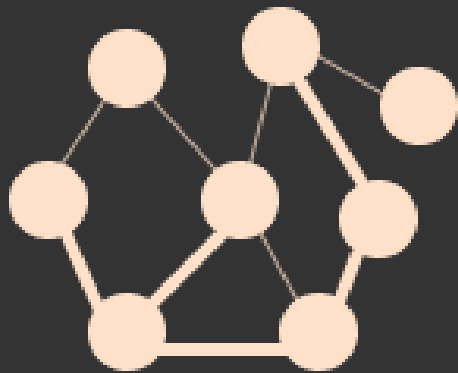
Create & Strengthen Neural Pathways



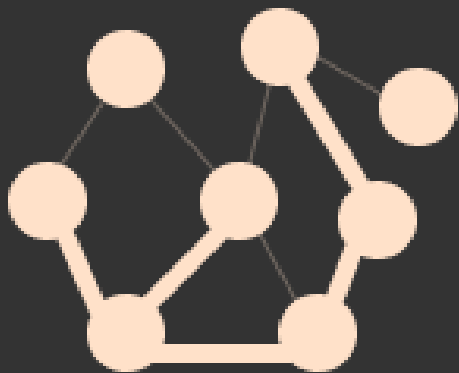
Carve pathways



Add new pathways

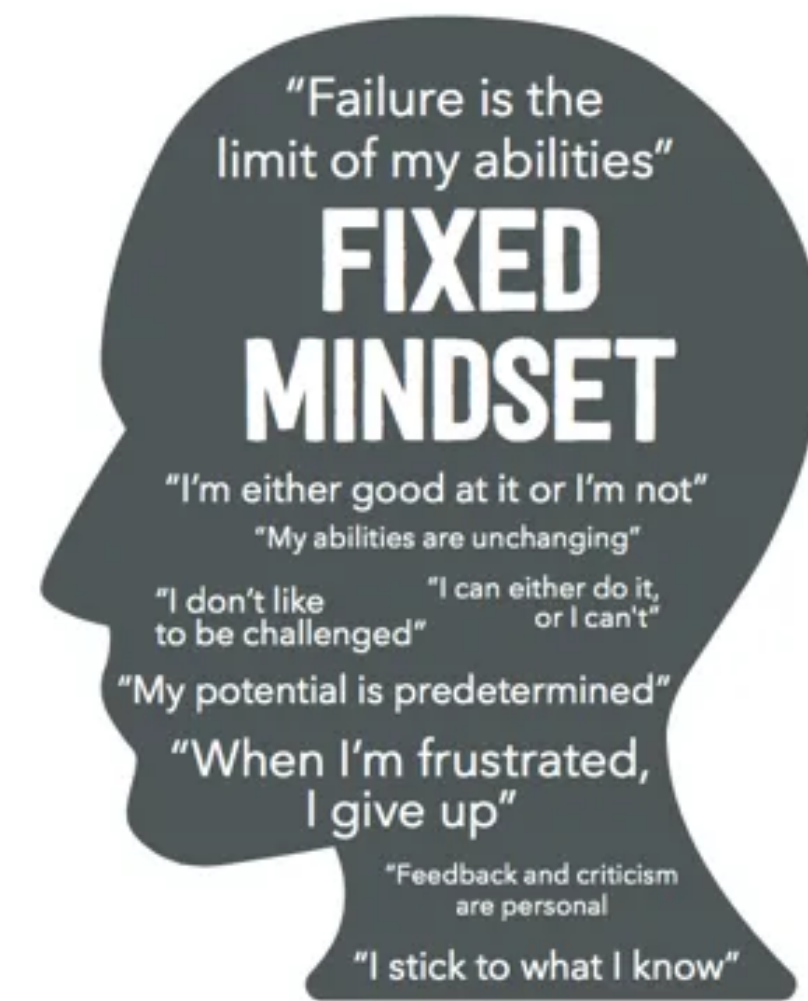
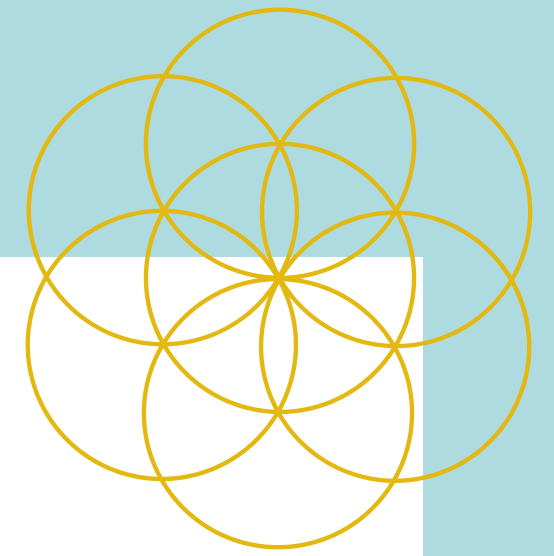


Strengthen with
Practise

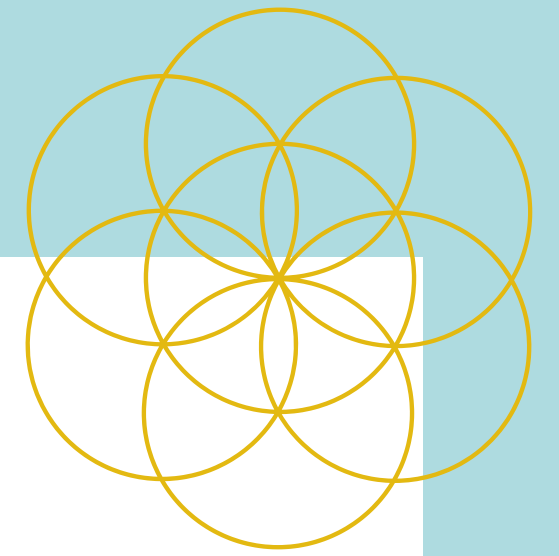


Strong pathways stay
Weak ones fade away

Mindset: Growth vs Fixed



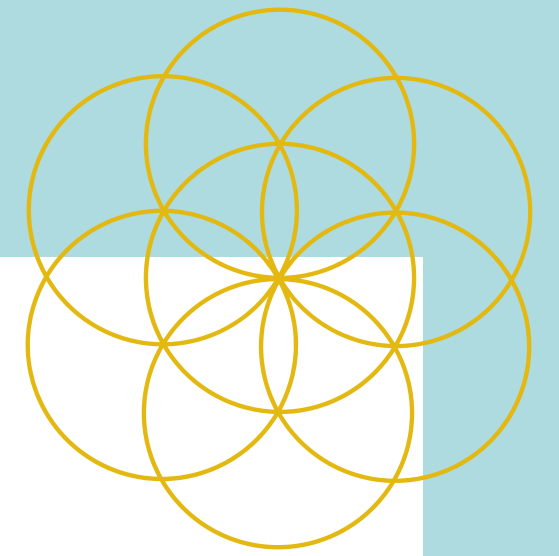
Mindset: Growth vs Fixed



Cultivating a Growth Mindset

- Focus on the Journey
- Pay attention to your words and thoughts.
- Incorporate "yet."
- Take on challenges.

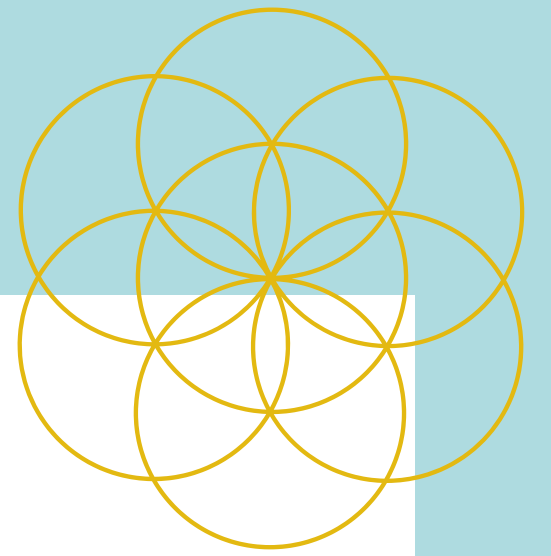
Active Application



Resources & Activities

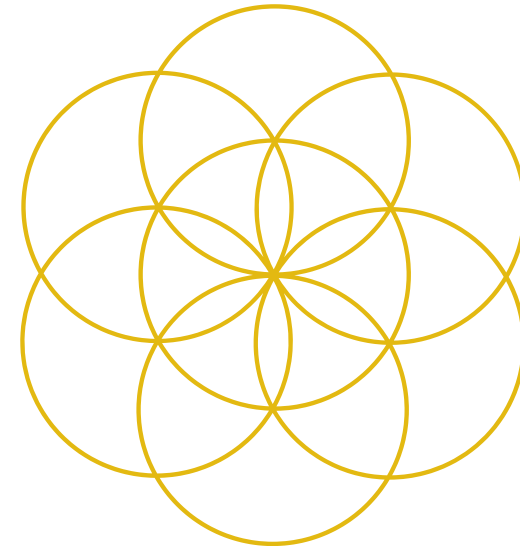
- Active Reading
- Grief Processing
- Shadow Work

Tilling Your Thought Field



"Your thoughts are your message to the world. Just as the rays are the messages of the Sun."

Amit Ray.



“Until the time when your light returns back to the universe,
you carry the brightness of the stars inside of you.”
(Kana Shimizu, owner of cafe in Kyoto)