

THE AWAKENED BRAIN

Below are two exercises you can try to cultivate an awakened connection within yourself.

Exercises are taken from the book "The Awakened Brain" by Lisa Miller, PhD

THREE DOORS

1. On a sheet of paper or in your journal, draw the road of your life.
2. Identify a place on the road where you faced a trial; a loss, a disappointment, a death; a time when the thing you wanted - a job, a relationship, an award or accomplishment, an acceptance letter from a particular school- seemed lined up, in reach; and then somehow, unexpectedly, the door slammed, and you didn't get what you wanted or what you thought you were going to get.
 - a. Draw the slammed door on the road
3. Now consider what happened as a result of that loss or disappointment that wouldn't have happened otherwise. Because the door closed, and because you didn't claw ahead trying to force it back open, because you stopped and looked around, you saw a new door you hadn't noticed before. What new insight or connection or path emerged, what new doorway opened, when the first door closed?
 - a. Add the open door leading to the new landscape along the road
4. Next, can you locate a messenger or helper who showed up, and with or without knowing they played a role, somehow supported or guided you? Perhaps it was someone you'd never met before or someone you knew well; someone who showed up in person or called you or sent you a letter, or someone you thought of at a crucial moment. Who were the messengers or helpers who pointed you to the open door?
 - a. Draw the messenger(s) on the road.
5. Repeat steps 2 through 4 twice more, so that your road of life shows three doors that are closed and three that opened, and who showed up along the way to point you on your path.



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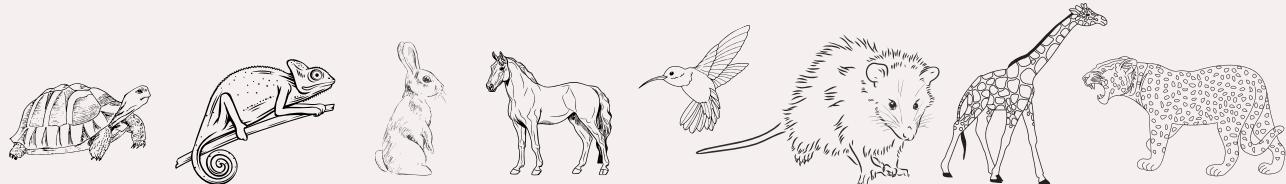
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ANIMAL VISUALIZATION

1. Close your eyes and use long, steady breathing to quiet your mind
2. Clear out your inner space.
3. Then, invite an animal, and watch to see who comes.
4. Ask, "What say you?"

When you give yourself permission to accept the image that comes to mind you see those weaknesses and your strengths.



IN AWAKENED AWARENESS, IMAGINATION IS NOT AN ACT OF CREATION
SO MUCH AS AN ACT OF PERCEPTION - A WAY OF DETECTING
INFORMATION

- LISA MILLER

DEVELOPMENT TASK	WITH SPIRITUAL CORE	WITHOUT SPIRITUAL CORE
Self is	Inherent worth	Abilities based
Identity	Meaning & Purpose	Acquiring Success
Work	Calling & Contribution	Talents & Gains
Relationships	Sacred, share love & grow	Pleasing, meet needs
Path	Buoyed up & <u>Guided</u>	Unsure Instrumental
Place in the World	Always Connected	Ultimately Alone
Existential Reality	Purposeful World	Random World
Good Events	Blessings	Deserved, Luck

LIFE WITH & WITHOUT A SPIRITUAL CORE: Higher Purpose and Ethical Bondedness

The Awakened Brain by Lisa Miller, Restore 2023