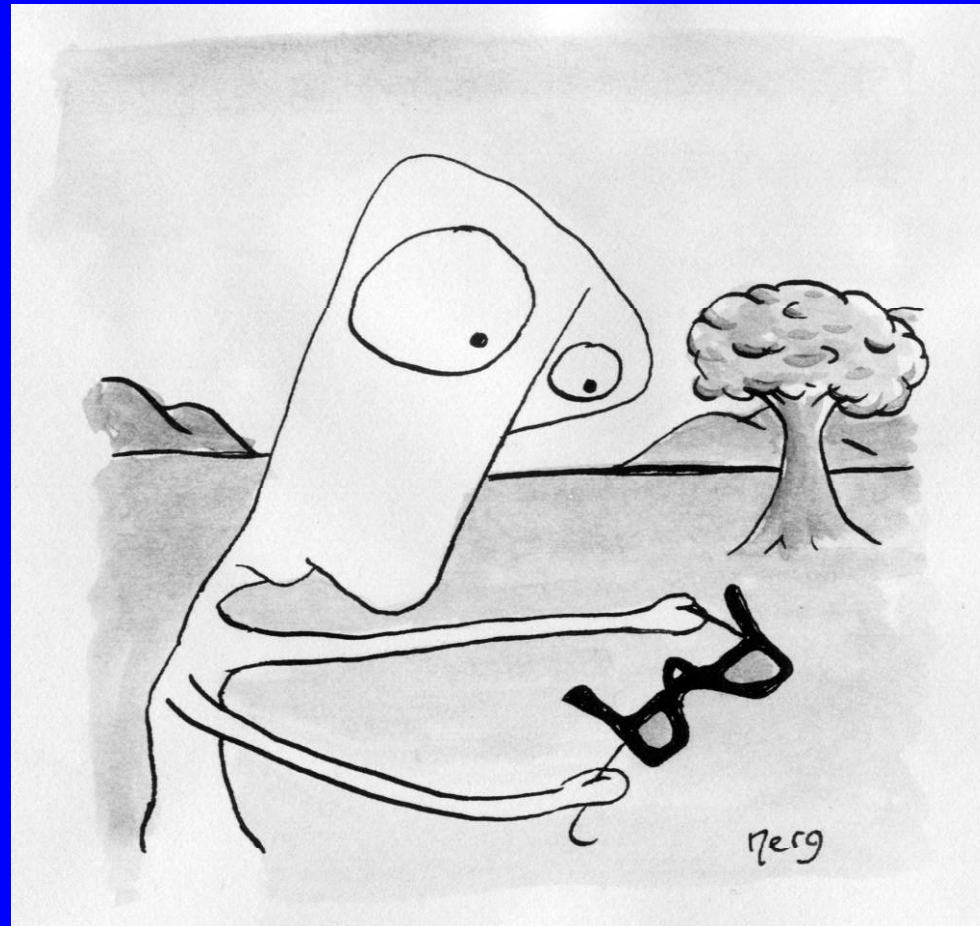


Fusion

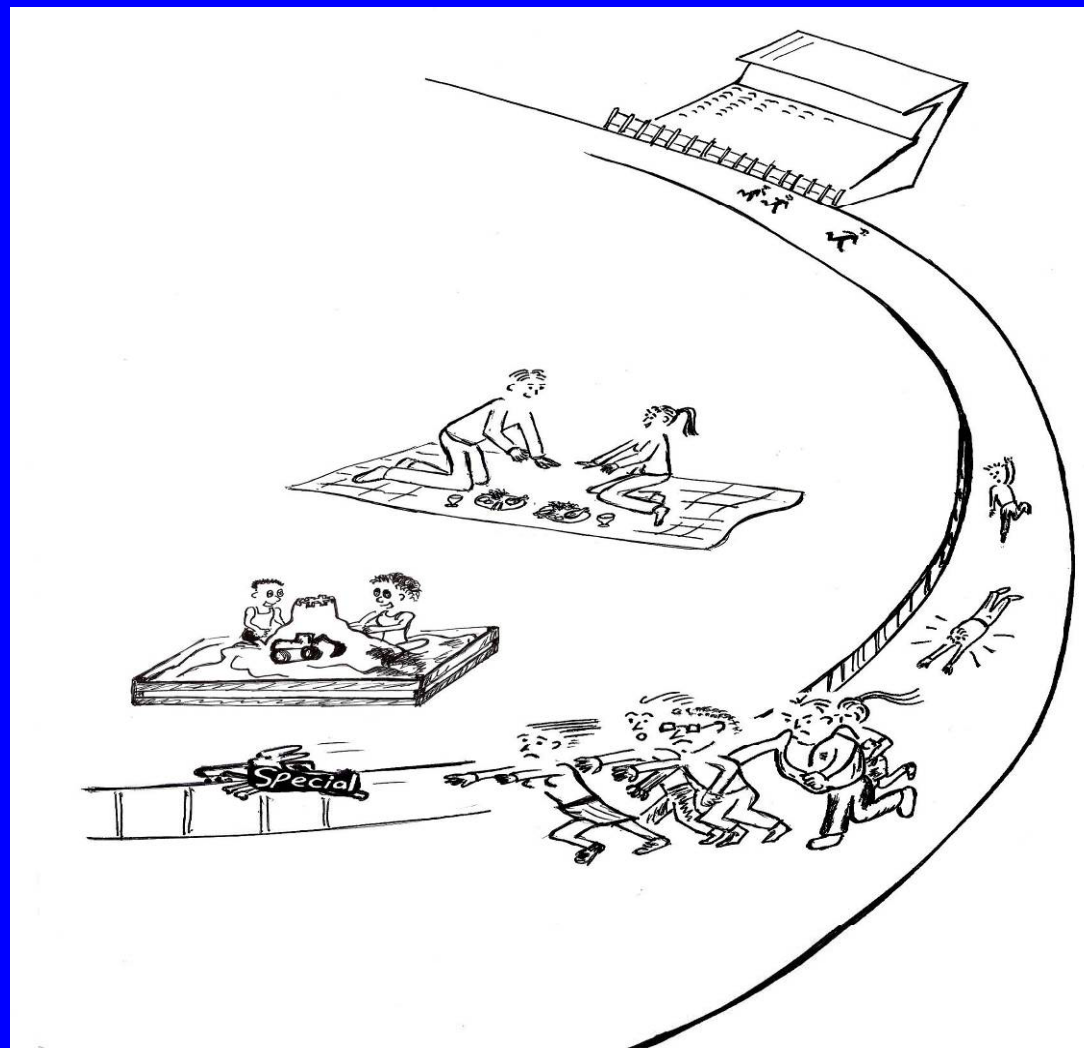
Seeing the world through 'bad' coloured glasses



When we are mindful of 'bad' what else
can we see?



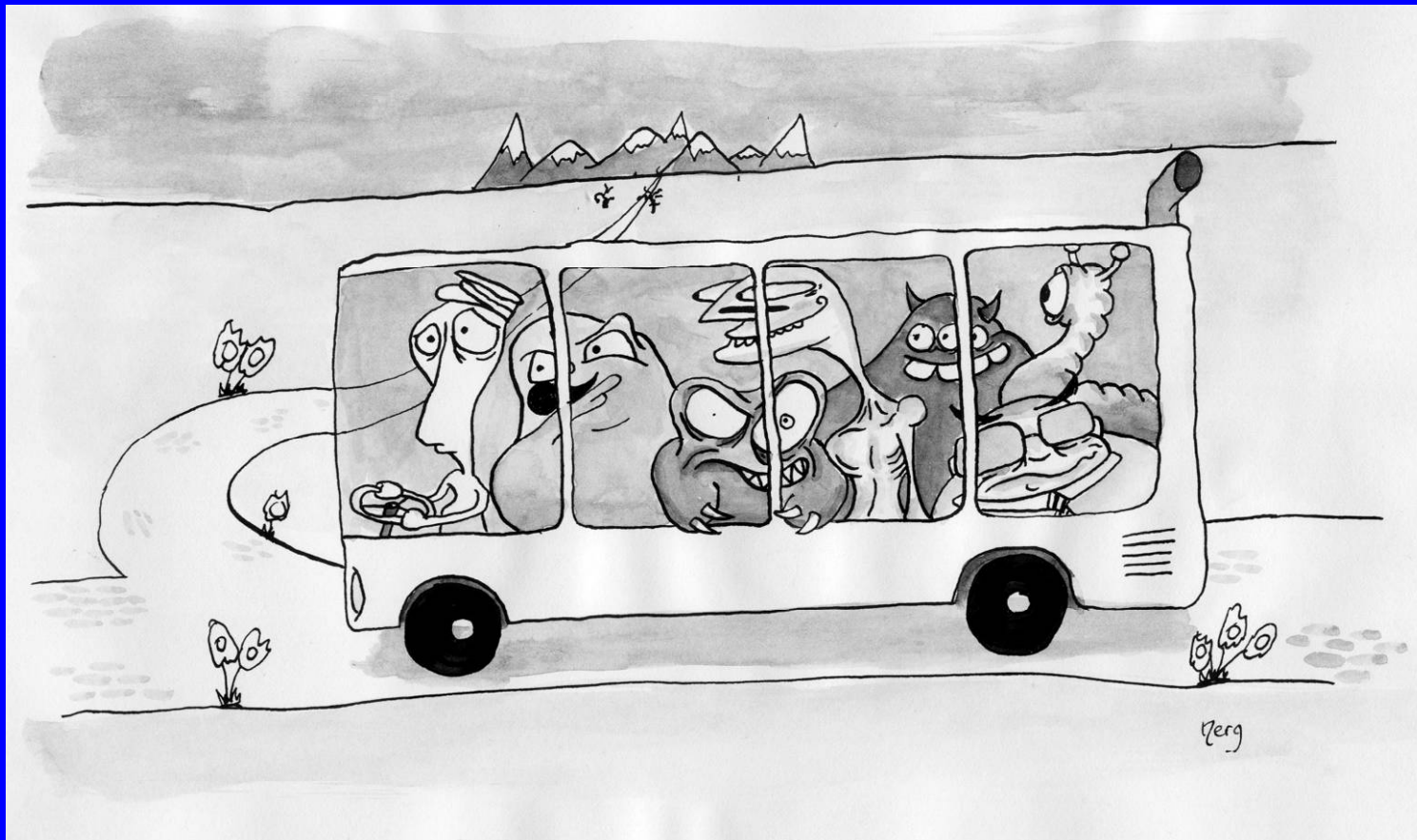
Chasing 'special.' What do you give up?



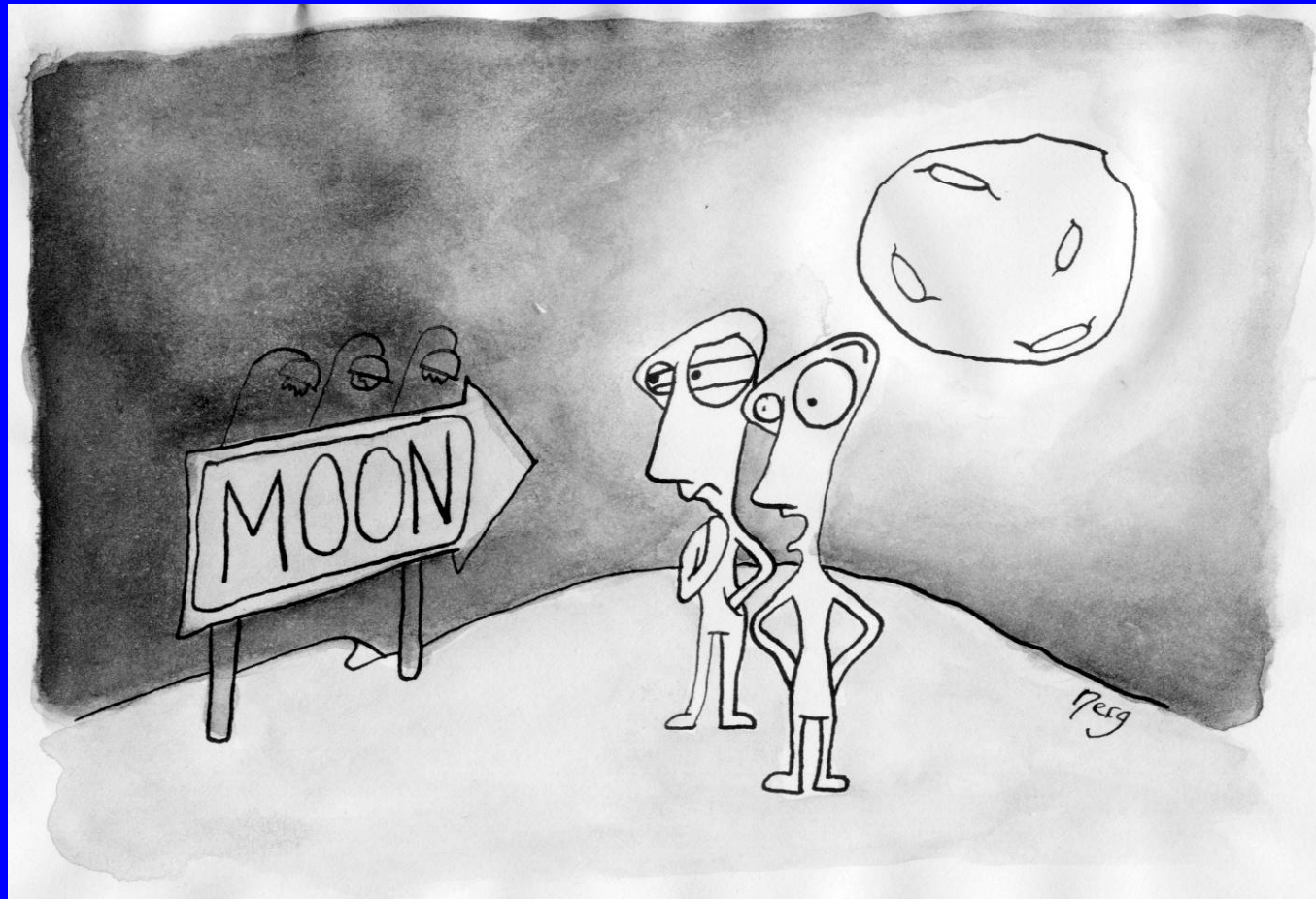
Which do you choose?

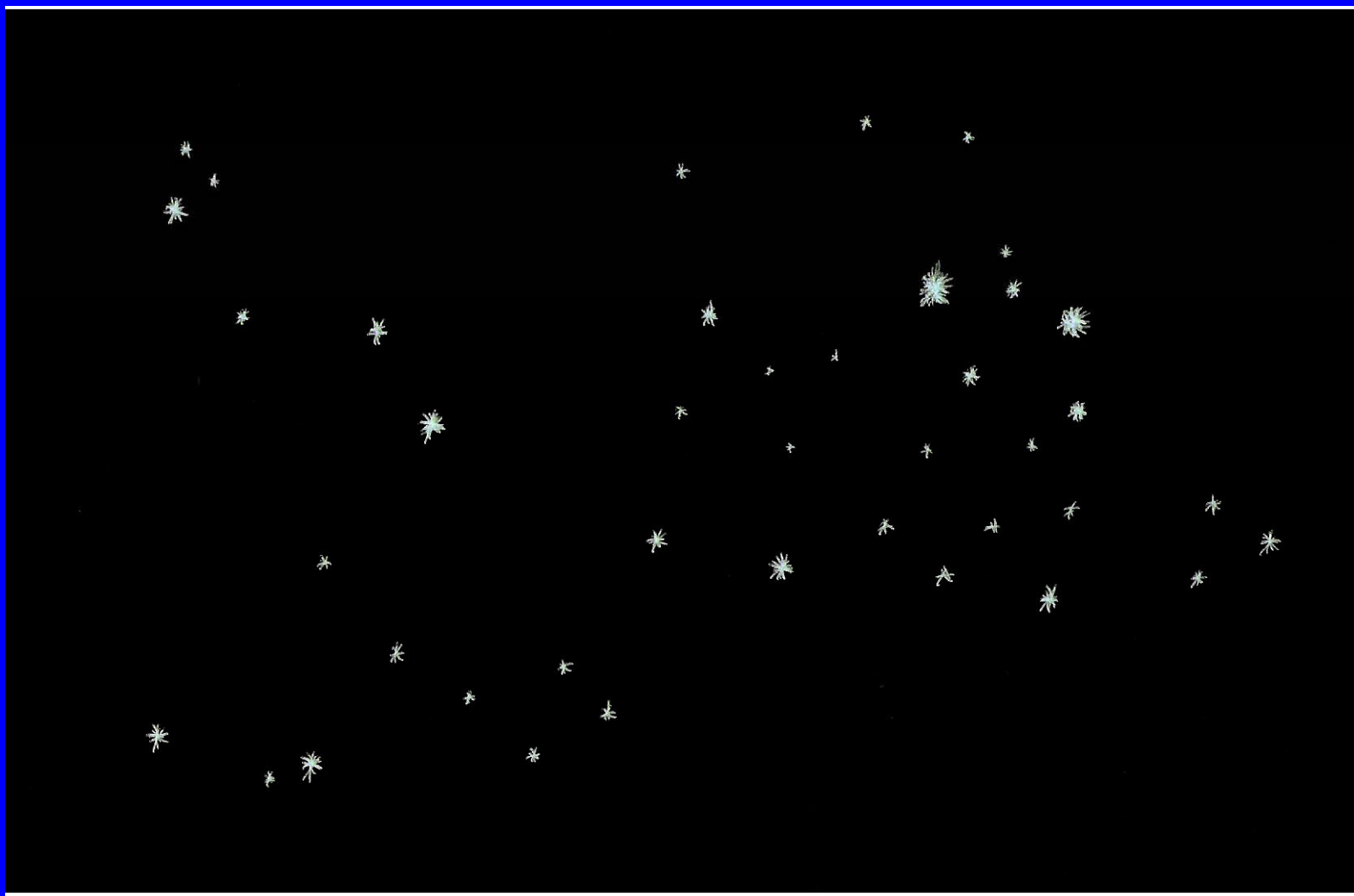


Which passenger is telling you what to do
now



“The moon is looking pretty black today.”





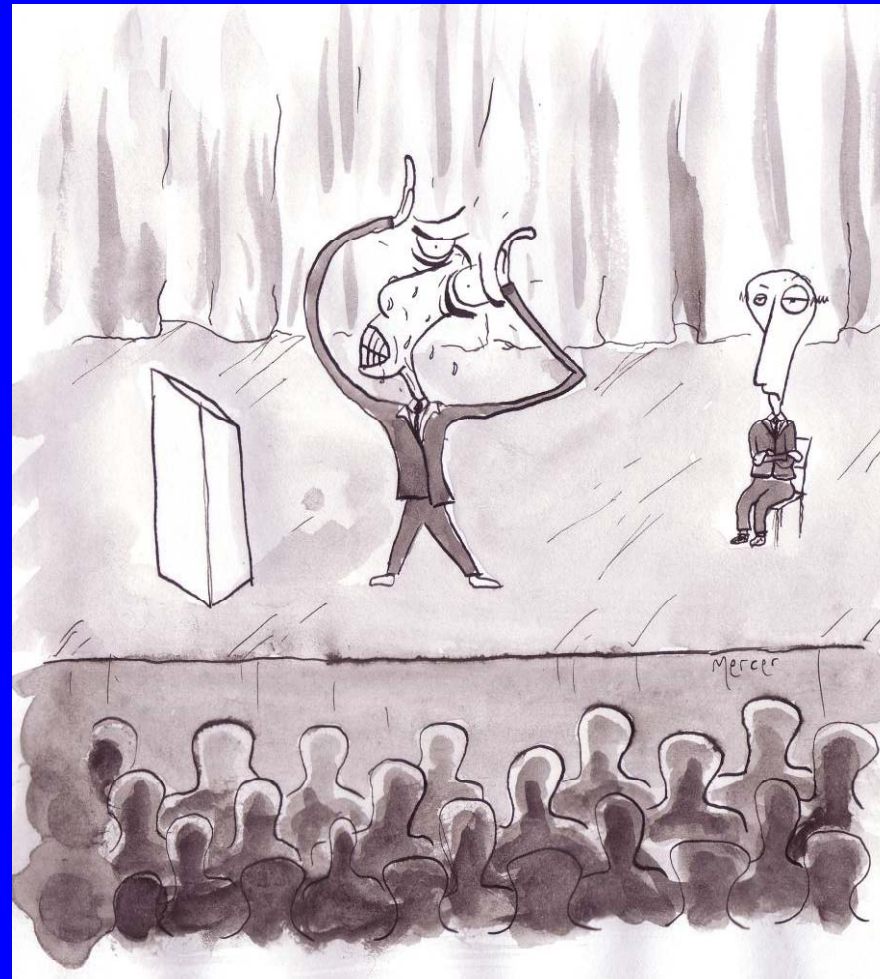




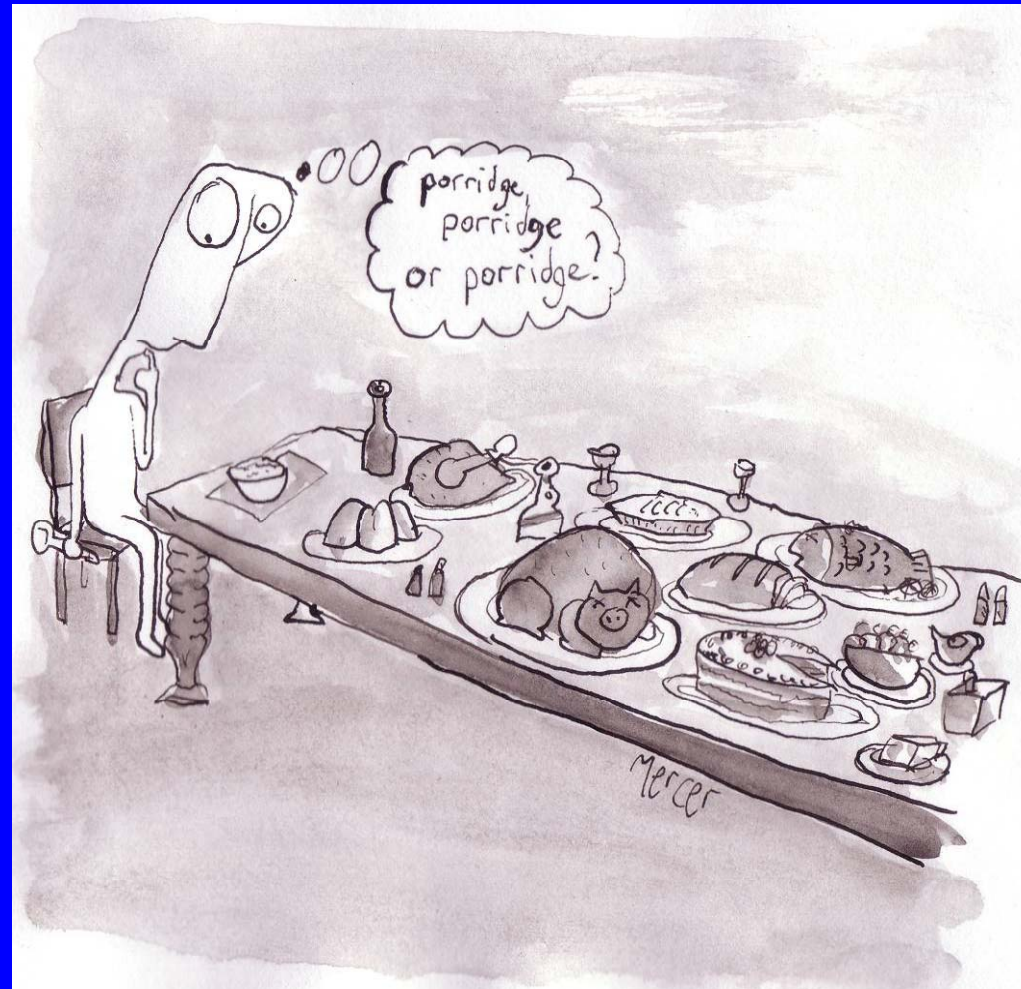
The mind is a don't-get-eaten machine, which
is sometimes useful



Sometimes the don't-get-eaten machine is not
as useful



When we are distressed, we tend to narrow our focus and see fewer of the alternatives. Life is a banquet, but sometimes we only see a single bowl of cold porridge.



Thoughts about life are not equivalent to life:
Sometimes our minds tells us a mouse is a monster



Thoughts about life are not equivalent to life: An outside observer's view



It seems like your negative thoughts stand in the way, stopping you from going in your valued direction



But really, those negative thoughts are just along for the ride. They show up. They say turn right, turn right. But you can still choose to turn left.

