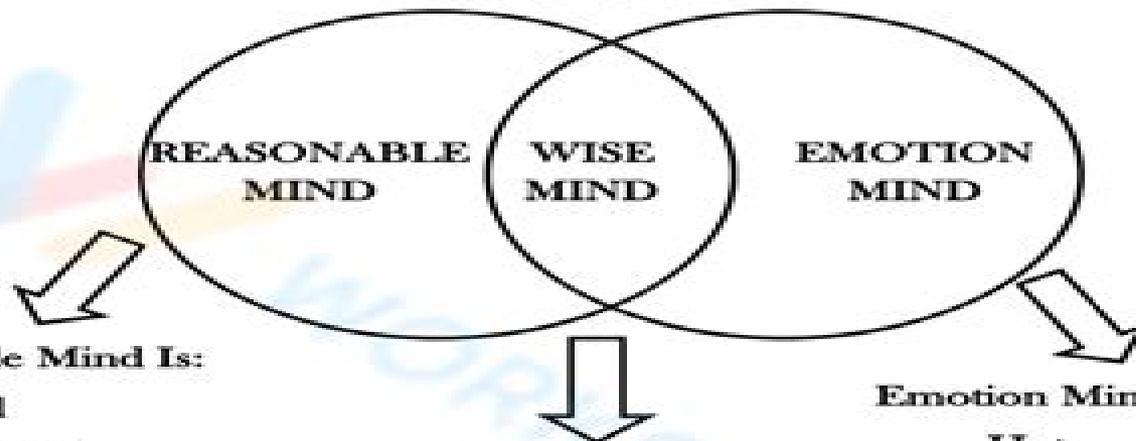


# Mindfulness - Handout 1

## Wise Mind: States of Mind



### Reasonable Mind Is:

Cool  
Rational  
Task-Focused

When in *reasonable mind*, you are ruled by facts, reason, logic, and pragmatics. Values and feelings are not important.

### Wise Mind Is:

The wisdom within each person  
Seeing the value of both reason and emotion  
Bringing the left brain and right brain together  
The middle path

### Emotion Mind Is:

Hot  
Mood Dependent  
Emotion-Focused

When in *emotion mind*, you are ruled by your moods, feelings, and urges to do or say things. Facts, reason, and logic are not important.

# What Is A Mind

**Lingsheng Yao**



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