

THE TRICKY BRAIN

FLOW OF LIFE

Like all living beings, we just happen to find ourselves here, now, part of the flow of life.



NEW BRAIN CAPACITY

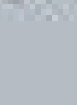
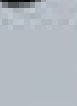
Our brains have the capacity to imagine, have complex language and be creative. But also the ability to ruminate and worry.



NOT YOUR FAULT

So it is not our fault that our brains get caught up in anxious or depressive loops. The brain is a tricky thing. But we can take responsibility for it by using wisdom and compassion.

STEP 01



HUMAN BRAIN

We have a brain that we did not design, but which was developed through thousands of years of evolution.



SHAPED

We are shaped by the family we are born into, which we did not choose. Ask yourself this: "Would the same version of me exist if I was kidnapped by the mafia as a 3 year old baby?"



STEP 05