

TRICIA ZODY  
*Another Beautiful Life*  
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

**Episode 143 – Rewind: Mindfulness Could Save Your Life**

Neuro researchers are coming to understand the power we have to change our entire metabolic system and epigenetics just by being mindful. Being mindful changes our bodies to prevent inflammatory diseases -- including Alzheimer’s, Heart disease, Diabetes, and Immune system disorders. Dr. Dan Siegel, clinical professor and co-founding director of the Mindfulness Research Center at UCLA, said the key is within the integration or defragmentation of the mind. Stress is caused by the *fragmentation* of the mind. It’s where the emotions of the primal brain and the logic and reasoning of the pre-frontal cortex are not integrated in an experienced event. So, stress from life experiences would make it more likely that you're going to have these inflammatory diseases if you’ve not attended to integration or defragmentation.

1) Are you feeling stress in any part of your life right now? If so, write out the cause of your stress.

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2) How are you currently attending to this stress? What are you doing to alleviate it?

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“Mindfulness” is bringing an awareness and a focus to present experiences with acceptance. This removes resisting or avoiding our emotions associated with the experience. Instead, it’s allowing emotions by bringing awareness to them by owning them, naming them, exploring the reasons for them. We can ask ourselves: Why are we feeling these emotions? What are they trying to tell us? Where are they trying to move us?

3) What emotions are you currently experiencing? Can you name them?

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4) Why do you think you're feeling these *particular* emotions?

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5) Describe how each emotion feels in your body, i.e. tightness in your chest or throat, pain in your abdomen, pain in your neck and shoulders, etc. Notice that different emotions feel differently in your body.

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Our emotions are driven by our primal brain. Integration happens when we invite our adult brain -- the pre-frontal cortex -- into the experience or event. Your adult brain brings logic and reasoning that allows you to shift your perspective and see your circumstance from a different lens. It's what shifts your focus from lack to abundance, from worry to trust, from chaos to peace, from anger to compassion.

6) Using your adult brain, what are some new thoughts you could think, or at least entertain, about your stressful situation that would help make that shift for you?

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Remember that being mindful is being purposefully present and aware. It's being aware of what's happening *as it's happening*. It's bringing an awareness and a focus to present experiences with acceptance. It's definitely not ignoring, or avoiding, or resisting how you're feeling or experiencing a situation. It's not pretending "It's fine, I'm fine, everything's fine," when clearly it's not. That just leads to more stress, more fragmentation of the mind, and opens you up to more possibilities of inflammatory disease.

The more you practice this presence and awareness -- this Mindfulness -- in your daily life, the more you will find that you're able to quickly move from emotions that are not helpful to ones that help you create the life you love...another beautiful life. And this just may save your life!