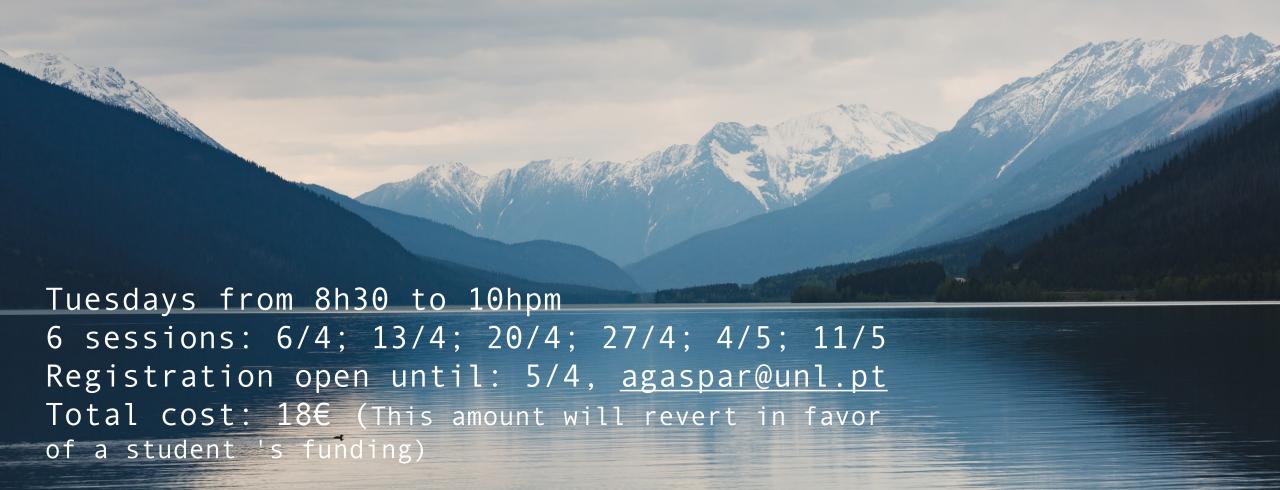
# Mind Training Program I Focus vs Anxiety







Automatic Pilot vs. Conscious Choice
Drainning activities vs. Stimulating activities

0 Flux state

Meditation and Neurosciences
The Benefits of Meditation

### Mind Training Program I "Focus vs Anxiety



### **Practices**

1- Meditation using an object (full attention)

2- Meditation without using an
object (open conscious)

3- Self- questioning (Investigating cognitive functioning)



# Mind Training Program II

Emotional Training



Fridays from 1h to 2h30pm 6 sessions: 6/4; 13/4; 20/4; 27/4; 4/5; 11/5 Registration open until: 5/4, <u>agaspar@unl.pt</u> Total cost: 18€ (This amount will revert in favor of a student 's funding)



## Mind Training Program II

Emotional Training



Running vs. Facing
Disturbed mind vs. Expansive mind
Training the mind's well-being processes.
Training the emergency of straining emotions.



### Mind Training Program II

### Emotional Training

### Practises

- 1- Meditation using an object (full attention)
- 2- Meditation without using an object (open conscious)
  - 3- Self- questioning (Investigating cognitive functioning)



## Mind Training Program III

Desires, ambitions and relationships

```
Fridays from 4h30 to 5h00
6 sessions: 6/4; 13/4; 20/4; 27/4; 4/5; 11/5
Registration open until: 5/4 <u>agaspar@unl.pt</u>
Total Cost: 18€- This amount will revert in favor of a student 's funding
```



### Mind Training Program III Desires, ambitions and relationships

(Consciousness vs Self-Centering)

Hypocrisy vs. Love and Fury
Stupidity vs. Intelligence
"Liquid Love"
Well-being, compassion and the
brain
Psychopathology of selfcenteredness
Expanding Consciousness



### Mind Training Program III Desires, ambitions and relationships

### **Practises**

- 1- Meditation using an object (full attention)
- 2- Meditation without using an object (open conscious)
- 3- Self- questioning (Investigating cognitive functioning)
- 4- Meditation using visualizations (aspirations, self-compassion and compassion)