

# Mindfulness The Big Shift

What does mindfulness have to do with loving?

*Emotional intelligence is a prerequisite to mindfulness.*

## The Big Shift

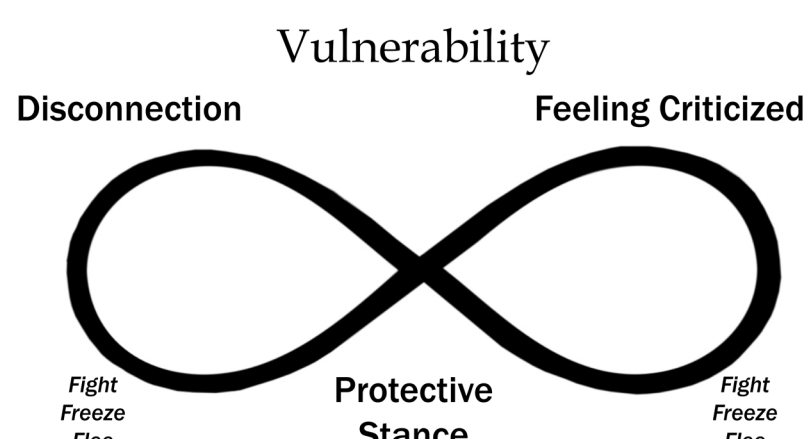
- Outer dynamic between the couple to the inner one with the self
- Belonging to another to belonging to self
- From reactive to responsive
- From unconscious to conscious
- Negative/positive ego strength (grandiose and deficient) to healthy ego strength
- Reacting to responding
- isolated to connected
- Free range passion to passion on purpose

## The Wolf Story *Choosing the lens and the wolf you feed*

**Mindfulness is not so much about how to stay in the moment but how to return to it**

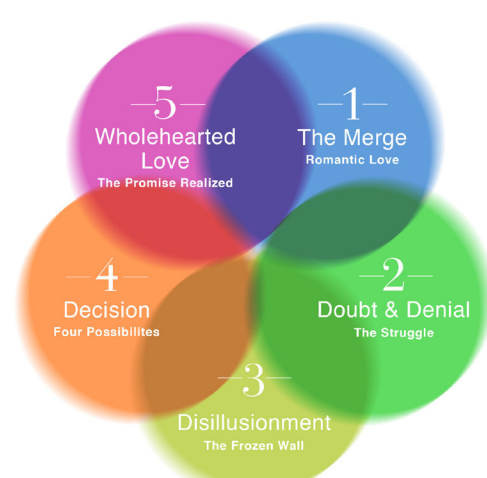
## Lessons from the Mat

1. Stay on your own mat
2. Breathe, it isn't a cliché
3. Stay present with what is
4. Inhale which nourishes and exhale what does not
5. A little change can make a huge difference
6. The only person to compare yourself to is yourself
7. You are in charge of where you stretch and where you stop
8. Be aware of which wolf you feed
9. Being present, giving presence
10. Patience
11. You can get yourself unstuck and only you
12. All change begins within



### LOVE CYCLES: the 5 Essential Stages

"Love's journey is like a spiral, in which we can find ourselves back in earlier stages even after a long relationship."



Copyright Linda Carroll, 2018  
May not be replicated without permission