

What is the Intrinsic Practice? - Transcript

Hi, my name is Jacques Bradwejn. I am the author of the Intrinsic Practice. The Intrinsic Practice is a method with tools that can be useful to enhance one's ability to experience happiness. There are six steps to the method of the Intrinsic Practice: setting up my practice, defining my happiness, knowing myself, knowing my world, envisioning my happiness and opting for my happiness.

The first step, entitled "setting up my practice", is where you learn whether the practice is the right fit for you. You learn how to resolve to follow it, learn to make a time commitment for it, and learn about the three-part tool to enhance attention and concentration that takes less than five minutes to practice.

The second step, entitled "defining my happiness", is where you can learn to define your happiness specifically for yourself according to five elements. Namely: who you are, your attributes as a person, your values, your purpose, what and whom you care for, and what you enjoy. All of this deals very specifically with yourself.

The third step, entitled "knowing myself", is where you can learn about yourself in any situation according to seven dimensions. Namely: your body, your emotions, your thoughts, your behavior, your concepts about yourself and the world, the psychological mechanisms you use, and whether you are in intrinsic or extrinsic mode.

The fourth step, entitled "knowing my world", is where you can learn about your world in any situation according to five aspects. Namely: through a detailed description, through its organization, the relationships within it, and rules and duties associated with it.

The fifth step, entitled "envisioning my happiness", is where you can learn in any situation to gather evidence on what blocks happiness in your experience of the situation and envision what could bring happiness while experiencing the same situation.

The sixth step, entitled "opting for my happiness", is where you can learn in any situation to choose what brings happiness to you in the situation and let go of what blocks happiness to you in that same situation.

And for each step I have developed tools in the form of mnemonics or memory aids on how to use the instructions and templates to practice the instructions for each step.