

Transcript

Template 3 – MI[N]DSET – Notion

So, now you're ready to learn and use the dimension Notion, again with template 3a. So, before we go on doing this, let's discuss briefly what a Notion is. So, a Notion could also be called a concept or a belief or a theory we may have about ourselves or others or anything in the world. So, it's like a theory or something, ideas that we may hold of ourselves in the world. Some of them may be fairly fixed and constant, other would be more transient and brief. And quite often they are not conscious, but unconscious. So, for example, we may believe that we have worth or don't have worth or that we're lovable or not lovable based on our past. So, the Notion could be: "I am not lovable because my parents did not love me." for example. Or "I am not worthy..." and we may have some reasons and explanation why we may not feel worthy. Or it could be "I am superior to these people.". It could be "They are good or bad people.", or trustable, not trustable. It could be about the world, world is not safe, and so on and so forth.

So, the way to try to get to what may be the notions or concepts that we hold, and that may actually influence our experience day-to-day or punctually, is to try to forge or formulate sentences like I have done before. Let me start with "I am..." or "I have..." or "they are/have..." etc. and just try to make sentences that may represent what is upheld as notions or concepts or belief. These are obviously not very accurate and the truth about ourselves, but they are approximation of what we may be thinking, or what we may operate by, even unconsciously. And what these notions may do to us in terms of our experiences or reactions and how we understand ourselves and the world. So, of course, these are approximation, but they are useful to try to define, to formulate, to get a better understanding of ourself, and that is done through observations and reflections. So, these are Notions.

So, we can define these by using the template after having done all the other observations and analysis and we can see what maybe the sentences that represent notions we may hold and that will be the final dimension of observation and understanding. And again, after doing that over several moments in the present, or even in retrospect, in the past, or in anticipation of the future, we may be able to observe a moment in a very multi-dimensional fashion. So, being more thorough and very dynamic and see how notions may be at the core and influence what we feel, how we actually feel physically, what we think, whether we're in inside-out or outside-in mode, and the mechanisms we use, and eventually how we behave. So, that is the way to understand ourself very thoroughly by using the mnemonic MINDSET.