

# Moving Forward

## Class Summary

- The things that you've learned during this course will stand you in good stead for the rest of your life
- The key to this course is in you developing an adaptation to stress
- Over time and with continued practice of the classes in this course, you'll adapt to stress, so that you develop resilience
- First you learned how to train your attention and this should be the foundation of your daily practice
- Then you began the process of reconnecting your mind, brain and body
- When you recognise your emotions and thoughts, you now know to name them and recognise them for what they truly are
- You've learned to then turn your attention to your breath, so not to prolong the psychological stress in your brain and body
- You've also learned how to separate yourself from your thoughts and emotions. You don't have to believe them
- Remember to regularly ask yourself whether you're using an outdated map, to check that you're living by the truth of today, rather than navigating life with an outdated map from the past
- This will lead you to examine your beliefs, what you're believing about yourself, giving you the opportunity to think about whether you can live with more freedom, by thinking about whether your beliefs are helping or hindering you
- In times like this, you now know how to offer yourself compassion and forgiveness, to help develop resilience to depression
- You can then extend this idea to what it is that you're trying to protect, in the form of your ego. What lies beneath your mask?
- Collapsing your ego helps you to better look after your mental health and gives your soul the nourishment it needs
- Finally, think about your Purpose in life and a Daily Intention to live by, which will make it easier to stay on track and not be knocked off course by stress. Write down your Purpose and Daily Intention, to make them a habit