

Definitions

- Truth is a humble, comprehensive, and inclusive process of honest discovery of what is relevant and meaningful
- True is what is accurate and consistent from various perspectives based on what we know up 'til now.

Obstacles to Truth

- Fear and Fear-Based Thinking
- Stress, Tension, Pressure, Hurry
- Certainty, Rigidity
- Manipulation
- Isolation
- Ego

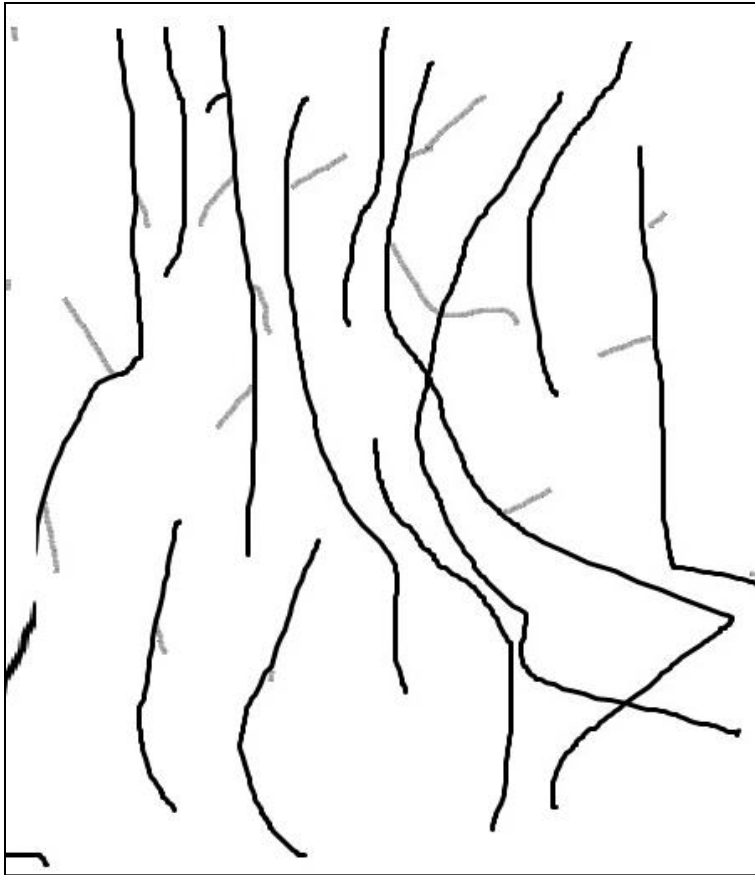
How the Brain Works

Thoughts, experiences,
memories form links
between brain cells
(neurons)

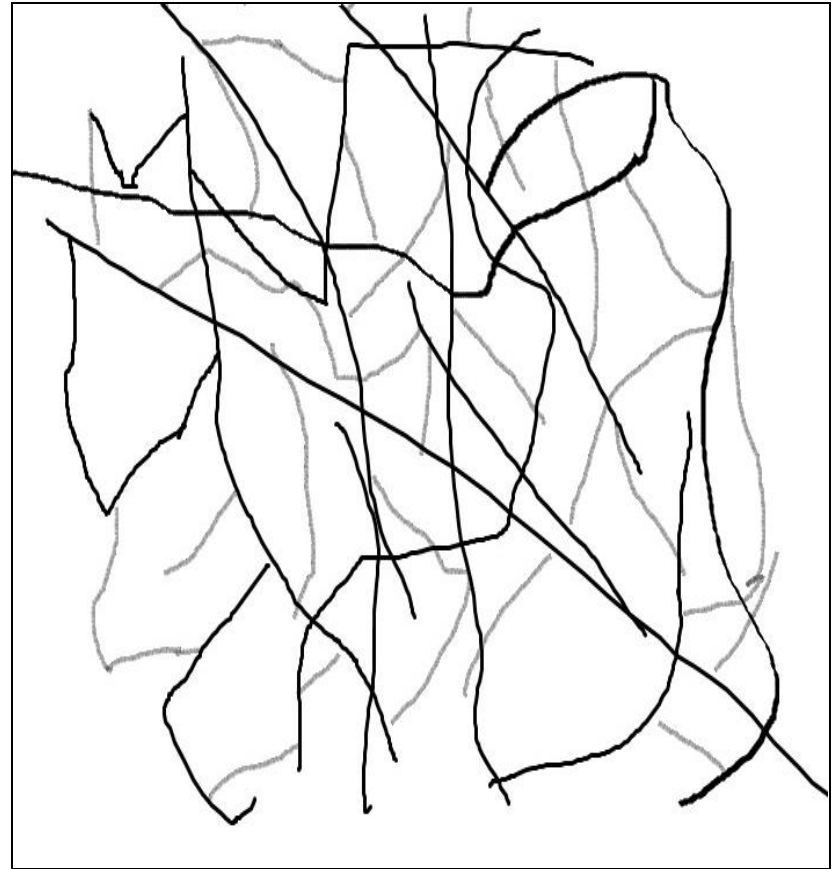
At any given moment
we are either creating
new pathways or
reinforcing old ones



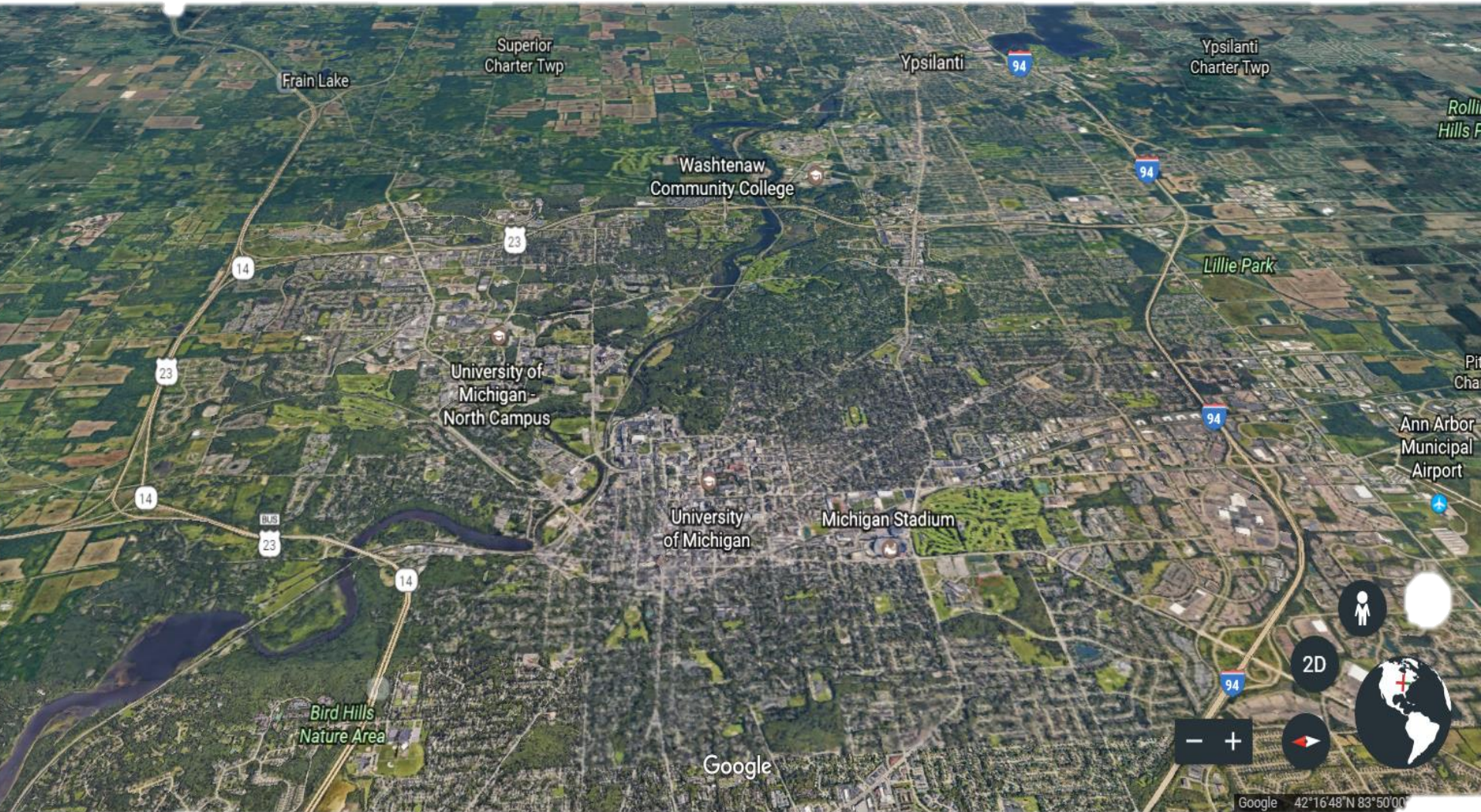
**Brain Pathways
formed by linear,
fragmented learning**



**Brain Pathways
formed by questions
and reflection**



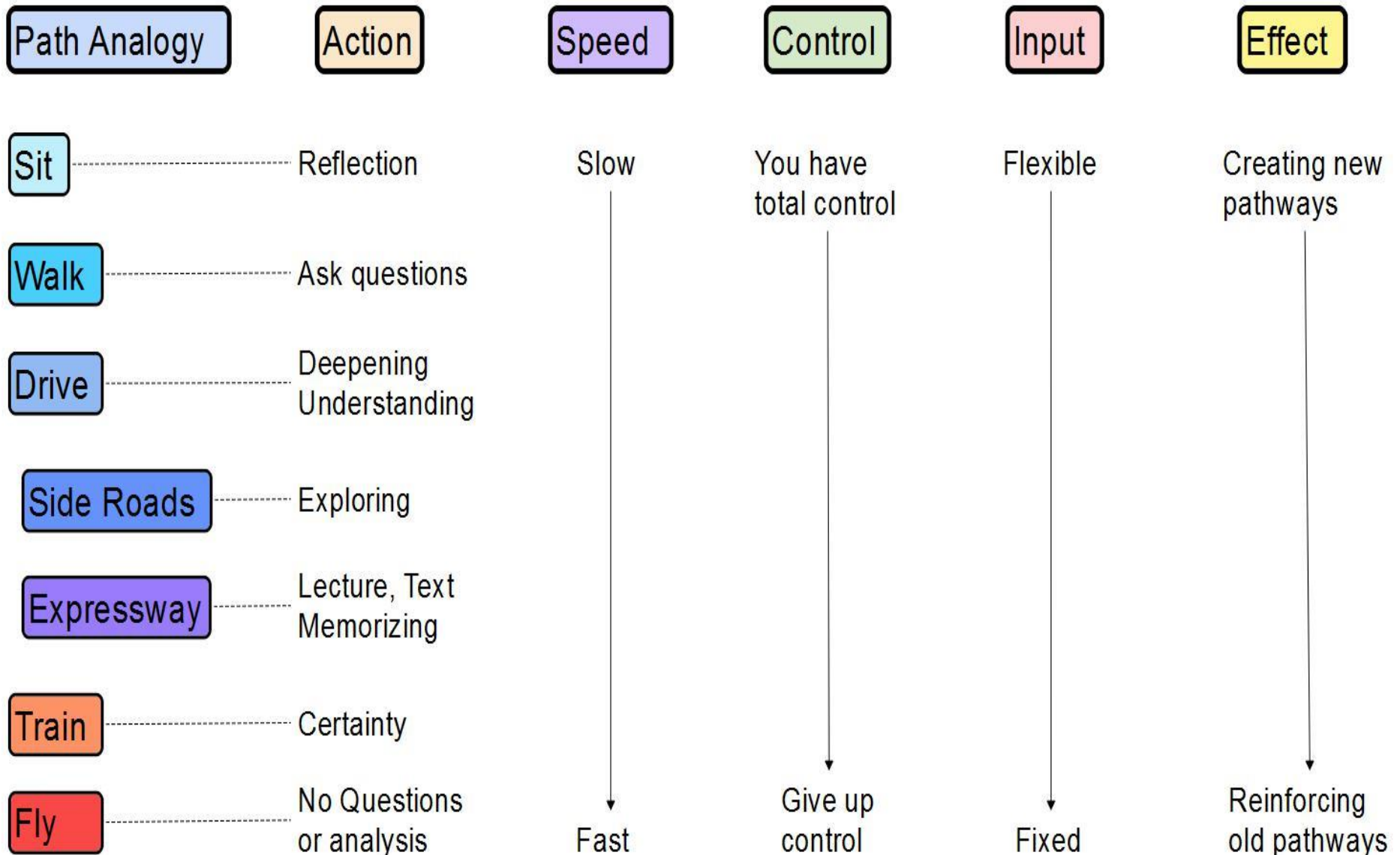
Formed Lots of New Pathways



Reinforced Old Pathways



Ways We Form Pathways



Brain Pathways determine how we
interpret and respond to reality

Who will form or reinforce the
pathways in your brain?

This can be an active, interactive or
passive process

You Choose!