

**MY**  
**MYNDPROJECT**

OUTSIDE YOUR MIND WHERE IS THE PROBLEM?

A man in profile, looking upwards, is positioned on the left side of the frame. He is wearing a dark t-shirt. The background is a vibrant, futuristic cityscape with a pink and purple color palette. On the right side, a large, glowing blue graphic of a human brain is shown, composed of a network of white lines and dots, representing neural connections. The overall atmosphere is one of technological advancement and cognitive exploration.

**SYSTEMS YOU  
HAVE CONTROL OVER**

# THE SCIENCE OF MEDITATION AND MICRODOSING PSILOCYBIN

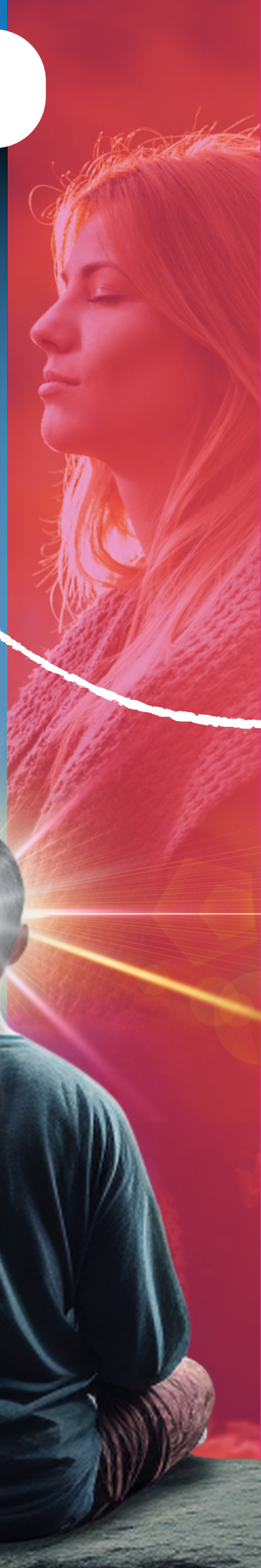
Meditation impacts the brain and body in ways that foster relaxation, awareness, and an expanded sense of self. Scientifically, meditation has been shown to decrease activity in the **Default Mode Network (DMN)**, the brain network associated with mind-wandering, rumination, and the ego or self-referential thoughts. This quieting of the DMN parallels the effects seen with psilocybin, suggesting a synergy between meditation and microdosing in cultivating a state of mindful presence and reduced overthinking.

Meditation also enhances the connectivity in the prefrontal cortex, improving emotional regulation, decision-making, and empathy. Similarly, microdosing psilocybin influences serotonin receptors, leading to changes in perception, mood, and thought patterns. This interaction can boost neuroplasticity, allowing the brain to form new connections and break free from old, unhelpful patterns of thinking and feeling.

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# SPIRITUAL CONTEXT AND EXTERNAL PROBLEMS

Both meditation and microdosing psilocybin open doorways to deeper spiritual understanding by revealing that many of our problems are external and often outside our direct control. This realization is pivotal, as it shifts our focus from attempting to control the external world to cultivating an inner sanctuary of peace and resilience. The practice teaches us that the power to shape our experiences lies within our **perceptions**, attitudes, and responses.

This insight aligns with the teachings of Dr. David R. Hawkins and his Map of Consciousness, a tool that categorizes various emotional states from lower energies such as fear and anger to higher vibrations of love, peace, and enlightenment. By incorporating meditation and mindful microdosing into our daily lives, we can intentionally navigate our consciousness towards these higher states, experiencing life with greater joy, compassion, and understanding.

As you continue your exploration through our microdosing course, it's important to consider how the combined practices of meditation and microdosing psilocybin not only facilitate personal growth and healing but also play a crucial role in the way we perceive and interact with our internal systems. This integration is particularly significant in helping us separate our internal systems into distinct parts, allowing for a deeper understanding and quicker navigation through the different areas and levels of consciousness we experience.



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# DISSOLUTION OF "I" AND UNDERSTANDING OF SEPARATION

One of the most profound effects of combining meditation with microdosing psilocybin is the dissolution of the ego or the concept of "I." This experience of ego dissolution enables you to observe your thoughts, emotions, and experiences as separate from your sense of self. It offers a clearer perspective on the various parts of your internal system, promoting an understanding that these parts do not define you but are aspects of your experience. This separation is crucial for overcoming challenges and moving through different levels of consciousness with greater ease and insight.

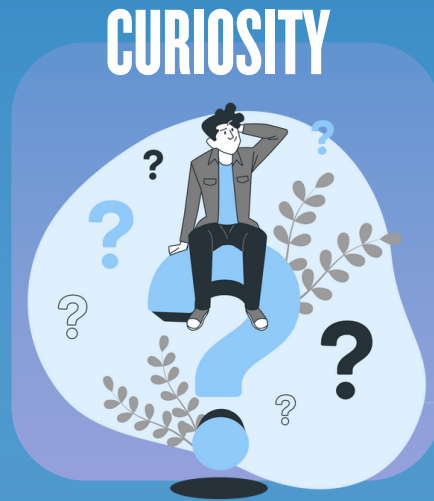
By engaging in meditation, you quiet the Default Mode Network (DMN), fostering a state where the rigid boundaries of the self begin to soften. Microdosing psilocybin complements this process by further blurring the lines between the self and the external world, deepening your sense of interconnectedness and reducing the dominance of ego-driven thoughts and behaviors. Together, these practices facilitate a shift away from a singular, fixed identity toward a more fluid and expansive understanding of the self.

~~Fixed Rigid Self~~

DMN understanding

Expansive Self  
with Many Parts

# THE 8 C'S



The following applications are now being studied, either clinically or via community / citizen science

# INCORPORATION OF THE 8 C'S

This shift in perspective is incredibly valuable in developing the 8 C's: Calmness, Curiosity, Clarity, Compassion, Confidence, Creativity, Courage, and Connectedness. As you learn to separate your internal systems into distinct parts, you cultivate an environment where the 8 C's can flourish. Here's how the combination of meditation and microdosing psilocybin specifically supports this development:

- **Calmness and Clarity:** The practices reduce overactivity in the DMN and enhance prefrontal cortex connectivity, fostering a sense of inner peace and clear-mindedness that allows for better decision-making and self-reflection.
- **Curiosity:** With the ego's dominance diminished, you're more open to exploring your internal landscape without judgment, approaching your parts with curiosity instead of criticism.
- **Compassion:** The dissolution of "I" encourages a more compassionate stance towards yourself and the various parts of your internal system, understanding that each has a role and purpose.
- **Confidence:** As you navigate your consciousness with greater ease, you build confidence in your ability to face and integrate different aspects of your experience.
- **Creativity:** Enhanced neuroplasticity from microdosing psilocybin opens up new ways of thinking and problem-solving, unleashing creativity in addressing internal conflicts.
- **Courage:** Facing the unknown aspects of your mind requires bravery; the combined practices embolden you to confront and embrace the shadow parts of your psyche.
- **Connectedness:** Experiencing the interconnectedness of all life deepens your sense of belonging in the world, reinforcing the understanding that you are part of a larger whole.

By integrating meditation and microdosing psilocybin into your practice, you're not only embarking on a journey of personal and spiritual growth but also actively engaging in a process that nurtures these essential qualities. This approach allows for a holistic development of the self, where healing and growth are achieved not through suppression or control but through understanding, acceptance, and integration of all parts of your being.

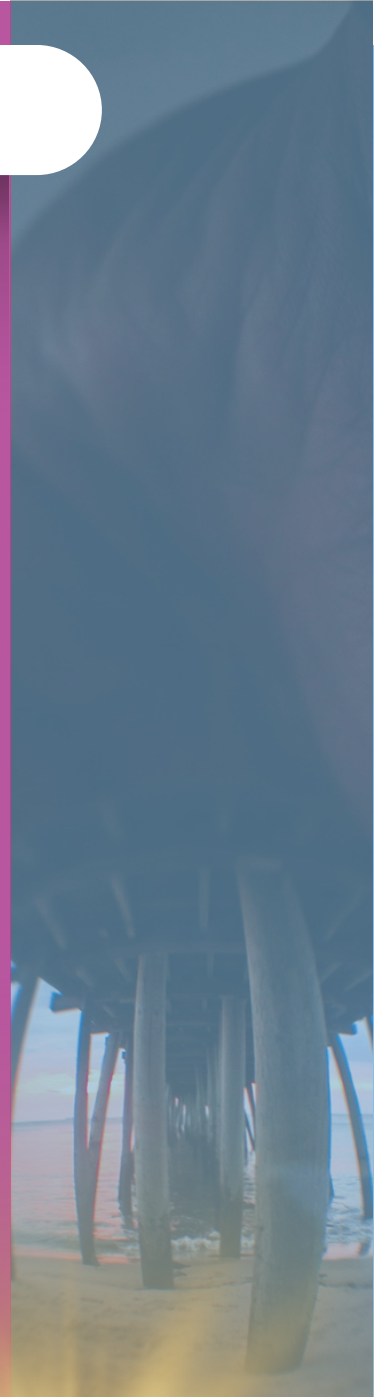


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## DEFINITION AND PROCESS

Contemplation meditation involves selecting a specific thought, idea, or concept and focusing on it deeply, often with the intention of eliciting a particular emotional response or state of consciousness. This practice encourages you to engage actively with the thought, exploring its dimensions, implications, and how it resonates with your feelings and beliefs. **The goal is to hold the thought single-pointedly, allowing it to manifest a specific state of consciousness or emotional response.**

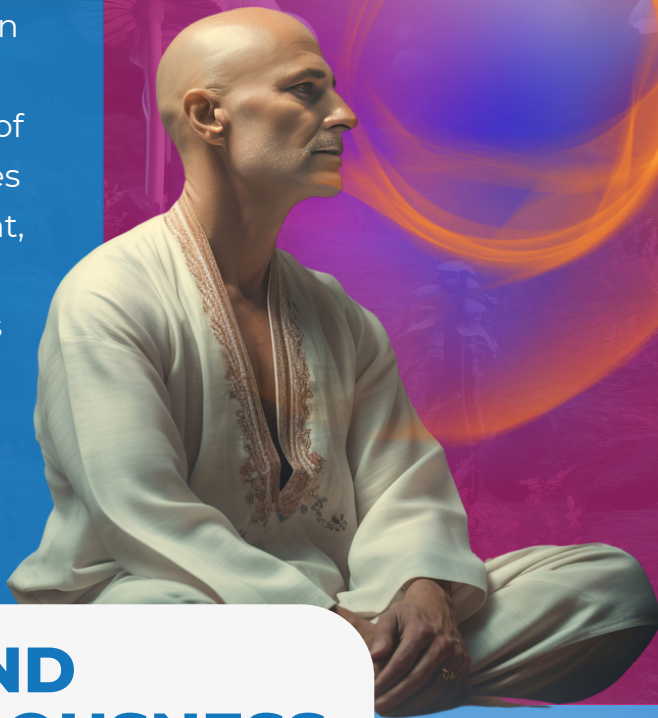
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## BRAIN SYSTEMS AND STATES OF CONSCIOUSNESS

Contemplation meditation engages the brain in a unique way, stimulating areas involved in focused attention, cognitive processing, and emotional regulation, such as the prefrontal cortex and limbic system. This form of meditation can lead to an increase in brainwave patterns associated with deep concentration and cognitive engagement, such as gamma and beta waves. These brainwave states are indicative of heightened awareness, problem-solving, and the integration of emotional and cognitive processes.

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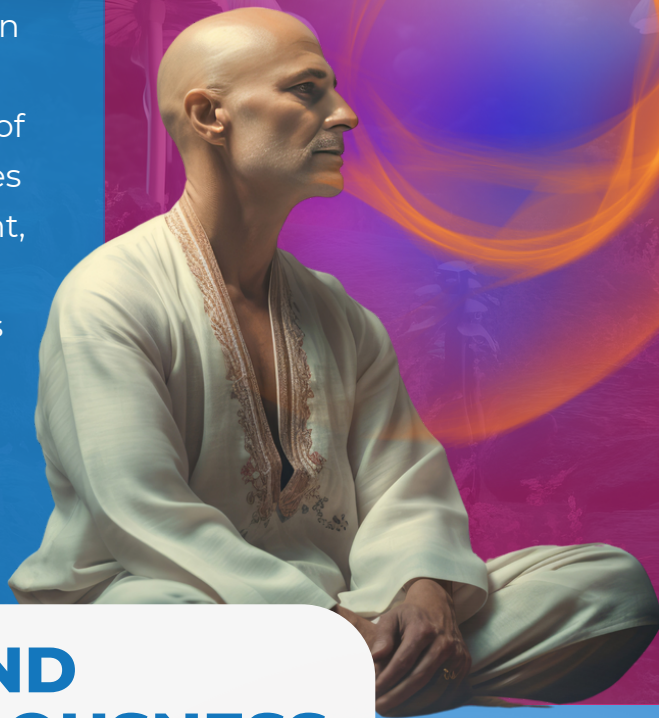
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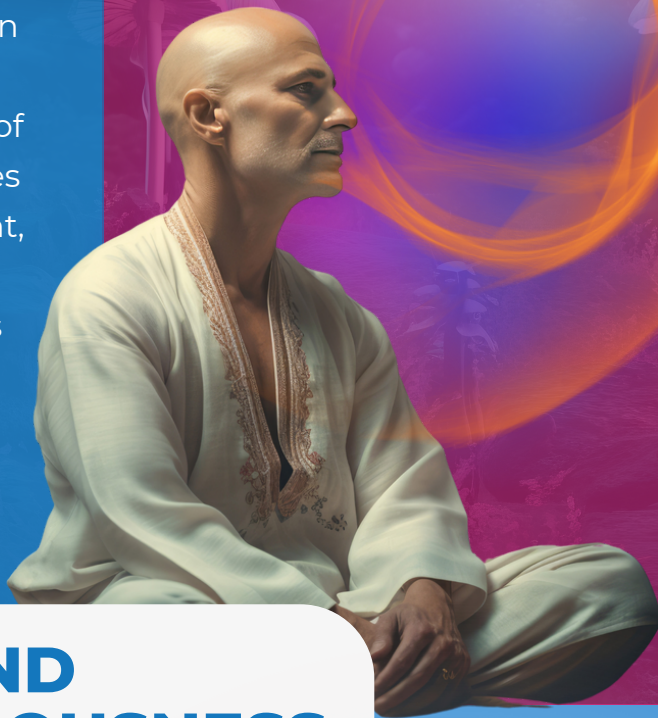
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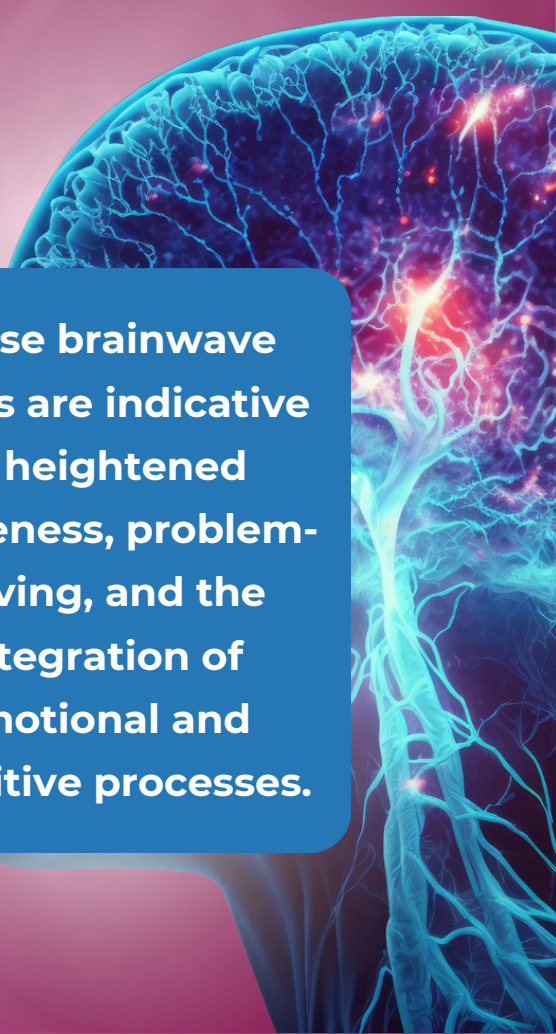
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# BENEFITS

By focusing intensely on a particular concept or feeling, contemplation meditation can foster deep insights, emotional catharsis, or a profound sense of connection with the contemplated subject. **It can**

**enhance cognitive flexibility, creativity, and emotional depth, allowing practitioners to explore and integrate complex aspects of their experience and beliefs.**

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# STANDARD MEDITATION (MINDFULNESS OR CONCENTRATION MEDITATION)

## DEFINITION AND PROCESS:

Standard meditation practices, including mindfulness and concentration meditation, typically involve directing attention to a single point of focus—such as the breath, a mantra, or bodily sensations—while adopting an attitude of detachment from arising thoughts. The aim is to observe thoughts and sensations without engagement, allowing them to pass through the mind without attachment or aversion.



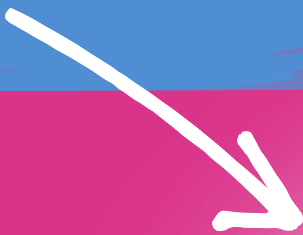
## BRAIN SYSTEMS AND STATES OF CONSCIOUSNESS:

This form of meditation primarily engages brain regions associated with attention and the monitoring of internal states, including the dorsolateral prefrontal cortex and anterior cingulate cortex. Practitioners often experience increased alpha and theta brainwave activity, indicative of **relaxed alertness, reduced stress, and a state of calmness. These states contrast with the more active cognitive engagement found in contemplation meditation.**

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# BENEFITS

Standard meditation practices are effective in reducing stress, enhancing emotional regulation, and improving attention and focus. By promoting a non-judgmental awareness of the present moment, **these practices can decrease rumination and anxiety, leading to greater mental clarity, peace, and well-being.**



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# AFFIRMATIONS AND NEW OUTLOOKS BEYOND SURVIVAL

When caught in survival modes, it's easy to lose sight of the broader perspective of our human journey. Your daily affirmations can include reminders of the beauty and preciousness of human life, recognizing each day as an opportunity to transcend the ordinary and embrace the interconnectedness of all beings. By affirming your commitment to experiencing higher levels of consciousness, you set intentions that lift you beyond the survival paradigm, inviting love, peace, and gratitude into your heart.

**Meditation and microdosing psilocybin become practices of reverence and intention in this context, serving as gateways to a deeper connection with the essence of your being. They enable you to encounter and integrate higher states of consciousness into your daily life, guiding you to embody the virtues of love, peace, and enlightenment.**

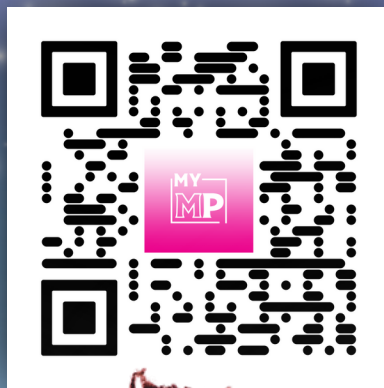


# THANK YOU

**MYNDPROJECT**  
OUTSIDE YOUR MIND WHERE IS THE PROBLEM?

**DAVID R. HAWKINS**  
MAP OF CONSCIOUSNESS

| Level of Consciousness | Biogenic Log | Emotional State | View of Life   | God/Other | Process        |
|------------------------|--------------|-----------------|----------------|-----------|----------------|
| 1. Spirituality        | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 2. Mystical            | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 3. Universal           | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 4. Cosmic              | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 5. Galactic            | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 6. Universal           | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 7. Cosmic              | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 8. Galactic            | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 9. Universal           | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 10. Cosmic             | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 11. Galactic           | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 12. Universal          | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 13. Cosmic             | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 14. Galactic           | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 15. Universal          | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 16. Cosmic             | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 17. Galactic           | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 18. Universal          | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 19. Cosmic             | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 20. Galactic           | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 21. Universal          | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 22. Cosmic             | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 23. Galactic           | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 24. Universal          | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 25. Cosmic             | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 26. Galactic           | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 27. Universal          | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 28. Cosmic             | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 29. Galactic           | 100-1200     | Love            | Transcendental | God       | Transcendental |
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| 32. Galactic           | 100-1200     | Love            | Transcendental | God       | Transcendental |
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| 90. Universal          | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 91. Cosmic             | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 92. Galactic           | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 93. Universal          | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 94. Cosmic             | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 95. Galactic           | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 96. Universal          | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 97. Cosmic             | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 98. Galactic           | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 99. Universal          | 100-1200     | Love            | Transcendental | God       | Transcendental |
| 100. Cosmic            | 100-1200     | Love            | Transcendental | God       | Transcendental |



**MYNDPROJECT**  
OUTSIDE YOUR MIND WHERE IS THE PROBLEM?

**REASON'S INTEGRITY**

**SURVIVAL PARADIGM**

| NAME OF LEVEL | ENERGETIC LOG | DOMINANT EMOTIONAL STATE | VIEW OF LIFE | PROCESS        |
|---------------|---------------|--------------------------|--------------|----------------|
| Grat          | 75            | Regret                   | Tragic       | Discouragement |
| Apathy        | 50            | Blame                    | Hopeless     | Surrender      |
| Cult          | 30            | Humiliation              | Evil         | Destruction    |
| Shame         | 20            | Humiliation              | Miserable    | Elimination    |

**MYNDPROJECT**  
OUTSIDE YOUR MIND WHERE IS THE PROBLEM?

**YOUR MINDSET**



**MYNDPROJECT**  
OUTSIDE YOUR MIND WHERE IS THE PROBLEM?

**YOUR BRAIN AT WORK**

**EMOTIONAL GUIDANCE UPWARD SPIRAL**

1. Joy / Knowledge Empowerment Freedom / Love Appreciation
2. Passion
3. Enthusiasm
4. Positive Expectation Belief
5. Optimism
6. Hopefulness
7. Contentment