

The Tricky Brain

Flow of life

Like all living beings we just happen to find ourselves here, now, part of the flow of life.



New brain capacity

Our brains have the capacity to imagine, have complex language, and be creative. But also the ability to ruminate and worry.

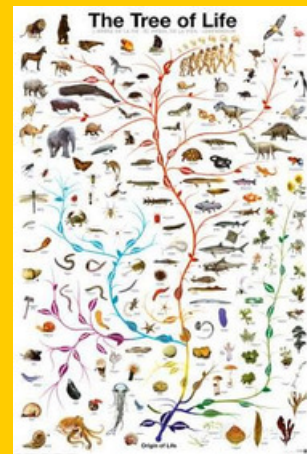


Not your fault

So it is not our fault that our brains get caught up in anxious or depressive loops. The brain is a tricky thing. But we can take responsibility for it using wisdom and compassion.



STEP
01



STEP
02

Human brain

And we have a brain we did not design, but which was developed through thousands of years of evolution.

STEP
03



Shaped

STEP
04

We are shaped by the family we are born into, which we did not choose. Ask yourself this, "Would the same version of me exist if I was kidnapped by the mafia as a 3 day old baby?"

STEP
05

