

MAR 2018

YOUR CUSTOM HEART WORK: CONFUSION.

Heart Work is not a one-off. To live in radically disruptive ways requires intentional practice. Use this checklist to select your custom work-out experiences and build your unique work-out plan.

Knowledge (flexibility) <i>Pick at least 2</i>	Inner Work (cardio) <i>Pick at least 2</i>	Practice (strength) <i>Pick at least 2</i>
<input type="checkbox"/> Learn about <i>shoshin</i> , the Buddhist-influenced concept of the “not knowing” (or Beginner’s) mind: -Article 1 -Article 2 -Article 3	<input type="checkbox"/> Confuse yourself. Read an article that advocates strongly for the OPPOSITE of something you believe deeply. Grab a journal. The key to this is: allowing confusion; disarming certainty; reading without knowing/defending.	<input type="checkbox"/> For the entire day, keep track (actually write down) every thought, feeling, instinct & behavior that craves or reinforces certainty, knowingness & rightness.
<input type="checkbox"/> Learn about the skill of deep listening: -Resource 1 -Resource 2 -Resource 3	<input type="checkbox"/> Grab a journal: how do you <i>use</i> your certainty? What do you do with it? – at work, in relationships, with family, etc.	<input type="checkbox"/> The “beginner’s mind” involves an embodied practice. Incorporate these qigong-inspired physical practices into your daily routine for 7 days in a row.
<input type="checkbox"/> Learn more about white fragility . Read this article with an eye toward how certainty/knowingness/confusion all function in the resistance white people often display to taking responsibility for racism.	<input type="checkbox"/> Grab a journal: prove yourself wrong about something you believe with conviction. Do the research, talk to people in your life & ask for their help. Change your mind about something that really matters to you.	<input type="checkbox"/> Listening involves a lot more than just hearing. Incorporate some of these physical and meditative practices into your daily routine in order to hone your deep listening skills.
<input type="checkbox"/> Byron Katie is the MASTER at helping people unlearn certainty. She teaches through a process called “ The Work ” – and it is provocative. -Search Byron’s (who goes by Katie) youtube videos, find a thought/topic that you also believe and watch the whole video (between 30-60 mins) of her coaching someone to break down the thought.	<input type="checkbox"/> Grab a journal: how has “certainty” been rewarded in your life? What about confusion?— In what ways was it rewarded? Punished? If you have children, what are the messages you’re sending about certainty/rightness?—What about confusion?	<input type="checkbox"/> Practice saying “I don’t know” as often as possible. Even if you do know. Observe what feelings it brings up. Practice saying it with authenticity and sincerity.

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SUN	MON	TUE	WED	THU	FRI	SAT	
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31