

# ***Taking in the Good:***

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## ***The Practical Neuroscience of Resilience and Happiness***

Portland Mindfulness and Psychotherapy Collective  
Center for Community Engagement at the Graduate School  
of Education and Counseling at Lewis & Clark

Rick Hanson, Ph.D., 2010

The Wellspring Institute

For Neuroscience and Contemplative Wisdom

[WiseBrain.org](http://WiseBrain.org) [RickHanson.net](http://RickHanson.net)

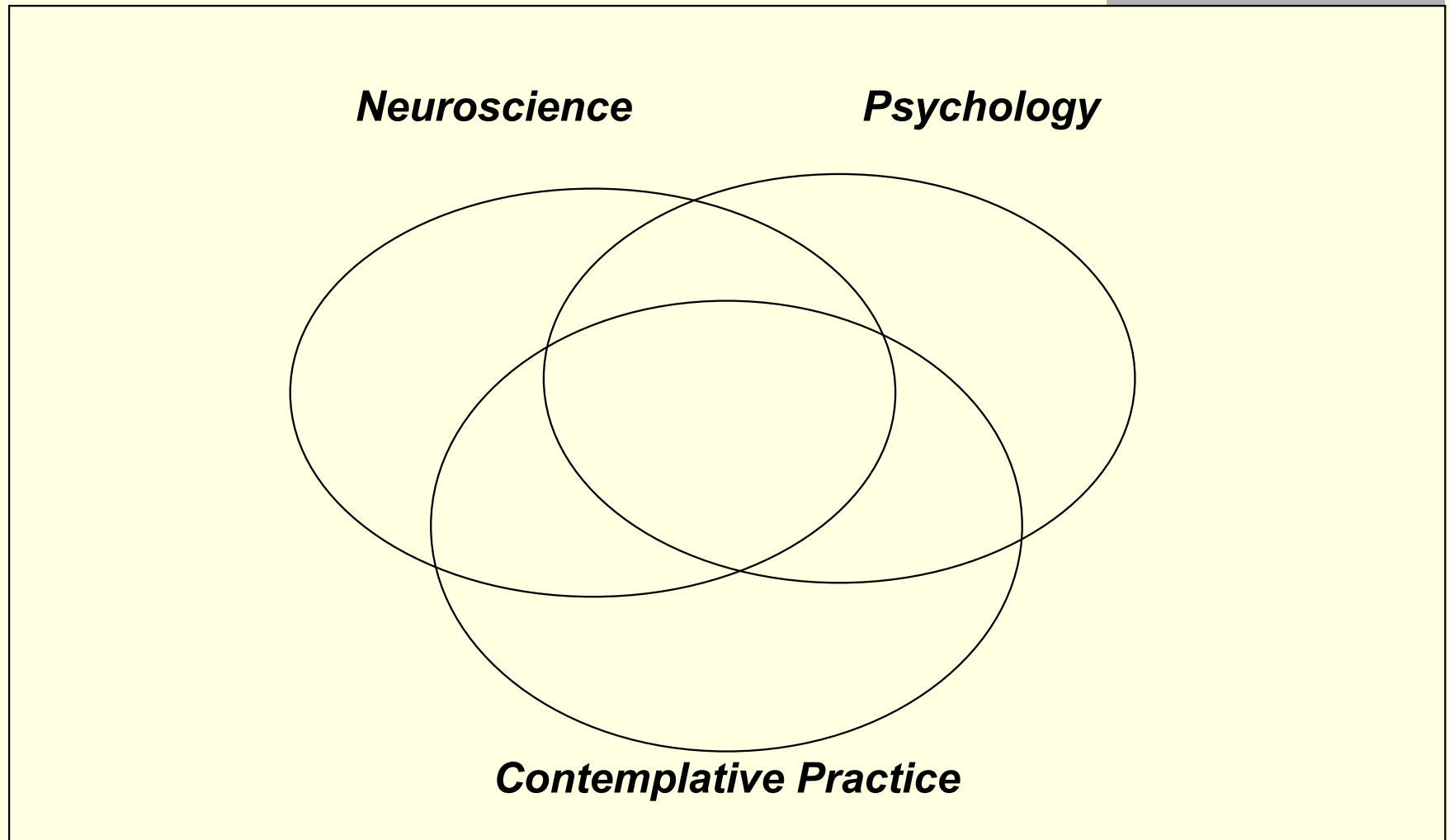
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# Topics

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- The promise of self-directed neuroplasticity
- The evolving brain - and its challenges today
- Implicit memory and inner resources
- “Taking in the good” (TIG)
- Using TIG to heal emotional pain
- Natural happiness

# Common - and Fertile - Ground



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*The history of science is rich in the example  
of the fruitfulness of bringing  
two sets of techniques, two sets of ideas,  
developed in separate contexts  
for the pursuit of new truth,  
into touch with one another.*

J. Robert Oppenheimer

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***"We ask, 'What is a thought?'***

***We don't know,***

***yet we are thinking continually."***

Venerable Ani Tenzin Palmo

# Domains of Intervention

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- We can intervene in three domains:
  - World (including relationships)
  - Body
  - Mind
- All three are important. And they work together.
- We have limited influence over world and body.
- In the mind:
  - Much more influence
  - Changes are with us wherever we go



# **Self-Directed Neuroplasticity**

# Your Amazing Brain

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## ■ **Size:**

- 3 pounds of tofu-like tissue
- 1.1 trillion brain cells
- 100 billion “gray matter” neurons

## ■ **Activity:**

- Always on 24/7/365 - Instant access to information on demand
- 20-25% of blood flow, oxygen, and glucose

## ■ **Speed:**

- Neurons firing around 5 to 50 times a second (or faster)
- Signals crossing your brain in a tenth or hundredth of a second

## ■ **Connectivity:**

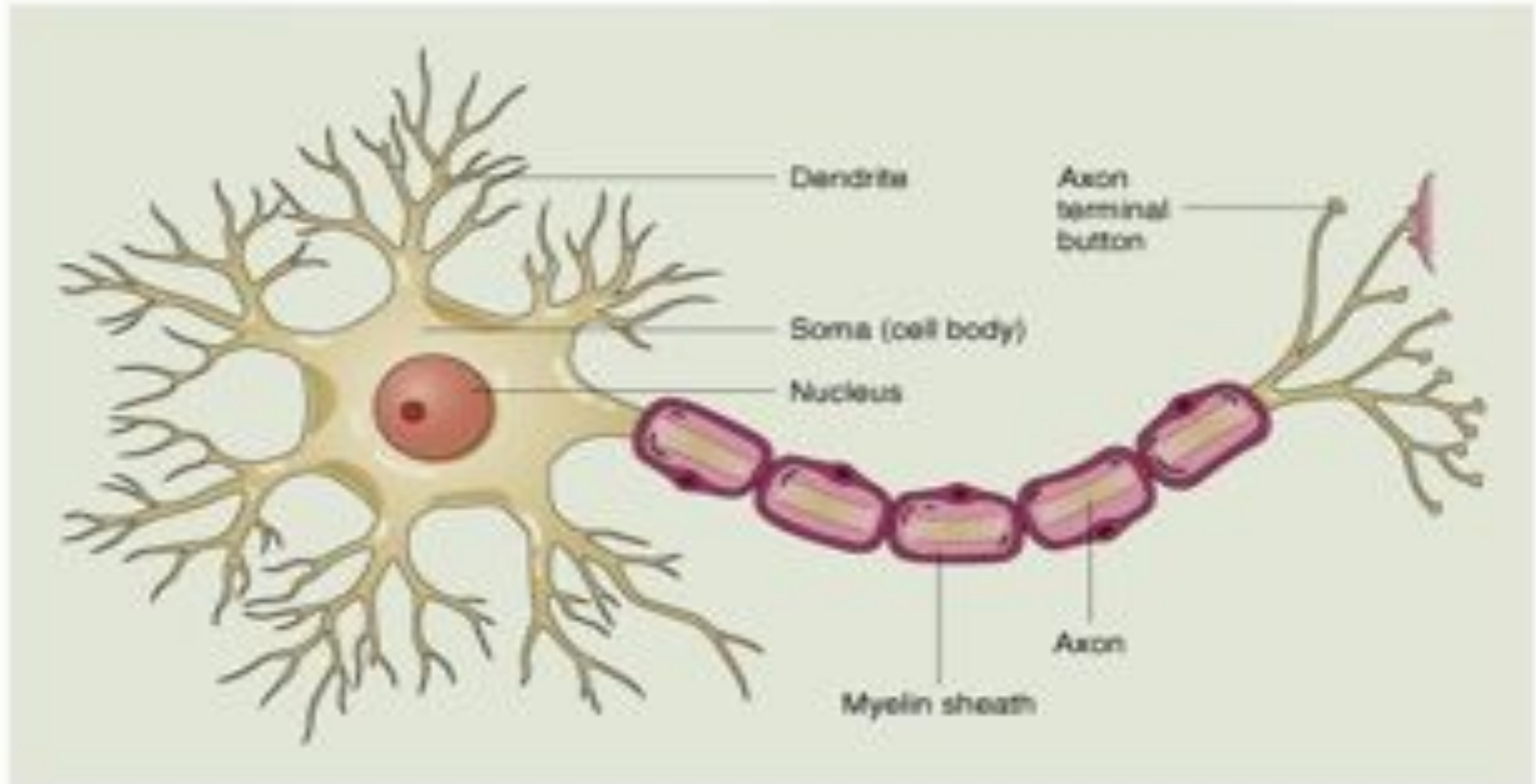
- Typical neuron makes ~5000 connections with other neurons:  
~ 500 trillion synapses
- During one breath, a quadrillion-plus signals coursed through your head.

## ■ **Complexity:**

- Potentially 10 to the millionth power brain states



# A Neuron



# Your Amazing Brain

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# The Mind/Brain System

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- “Mind” = flow of information within the nervous system
  - Information is represented by the nervous system.
  - Most mind is unconscious; awareness is part of mind.
  - The headquarters of the nervous system is the brain.
- In essence then, apart from hypothetical transcendental factors, your mind *is* what your brain *does*.
- Brain = necessary, *proximally* sufficient condition for mind.
  - The brain depends on the nervous system, which intertwines with and depends on other bodily systems.
  - These systems in turn intertwine with and depend upon nature and culture, both presently and over time.
  - And as we’ll see, the brain also depends on the mind.

# Fact #1

As your brain changes, your mind changes.



# Ways That Brain Can Change Mind

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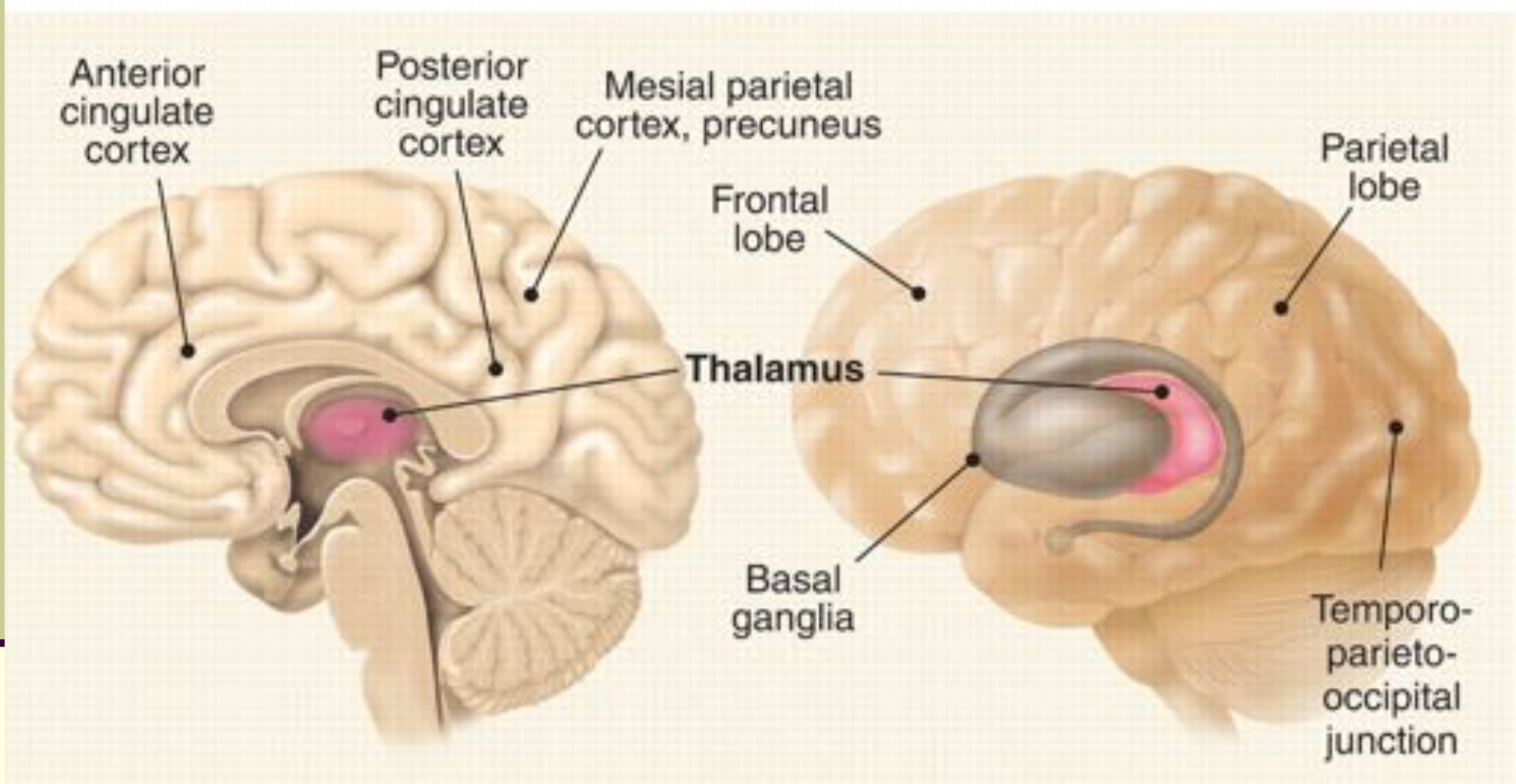
- For better:

- A little caffeine: more alertness
- Thicker insula: more self-awareness, empathy
- More left prefrontal activation: more happiness

- For worse:

- Intoxication; imbalances in neurotransmitters
- Concussion, stroke, tumor, Alzheimer's
- Cortisol-based shrinkage of hippocampus: less capacity for contextual memory

# Key Brain Areas for Consciousness



(adapted from) M. T. Alkire et al., *Science* 322, 876-880 (2008)

# Fact #2

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## As your mind changes, your brain changes.

Immaterial mental activity maps to material neural activity.

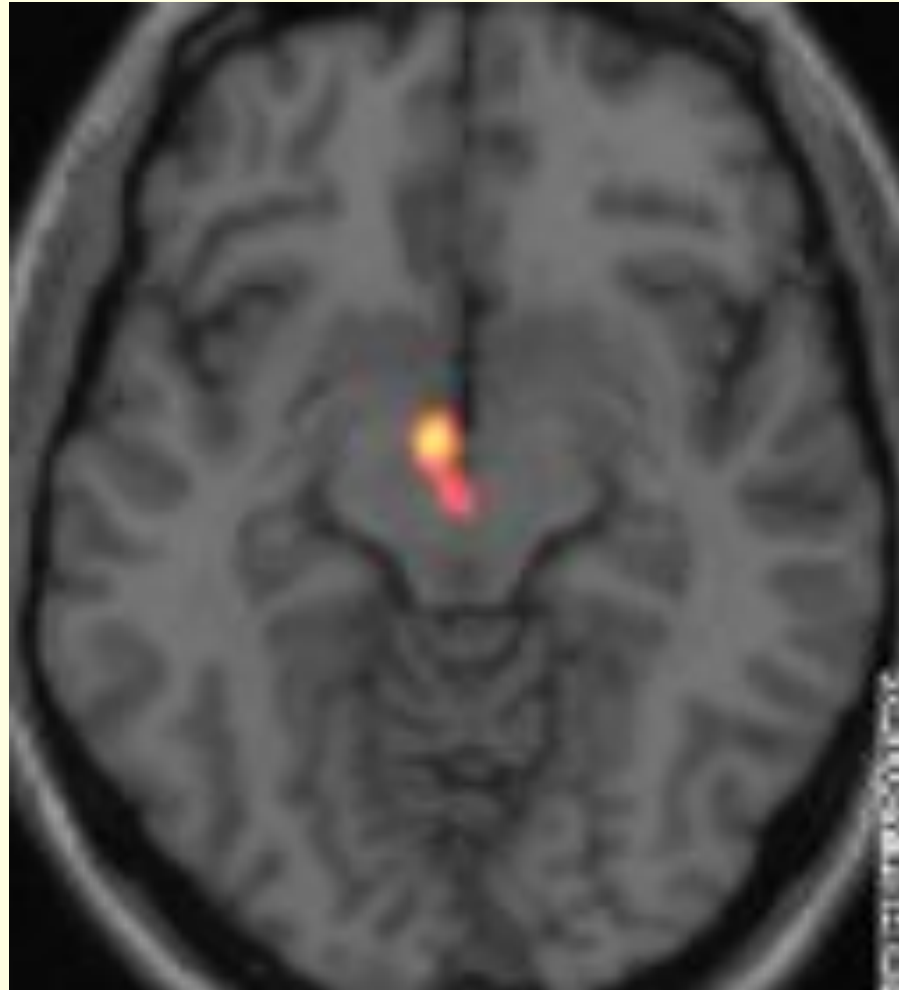
This produces temporary changes in your brain and lasting ones.

*Temporary* changes include:

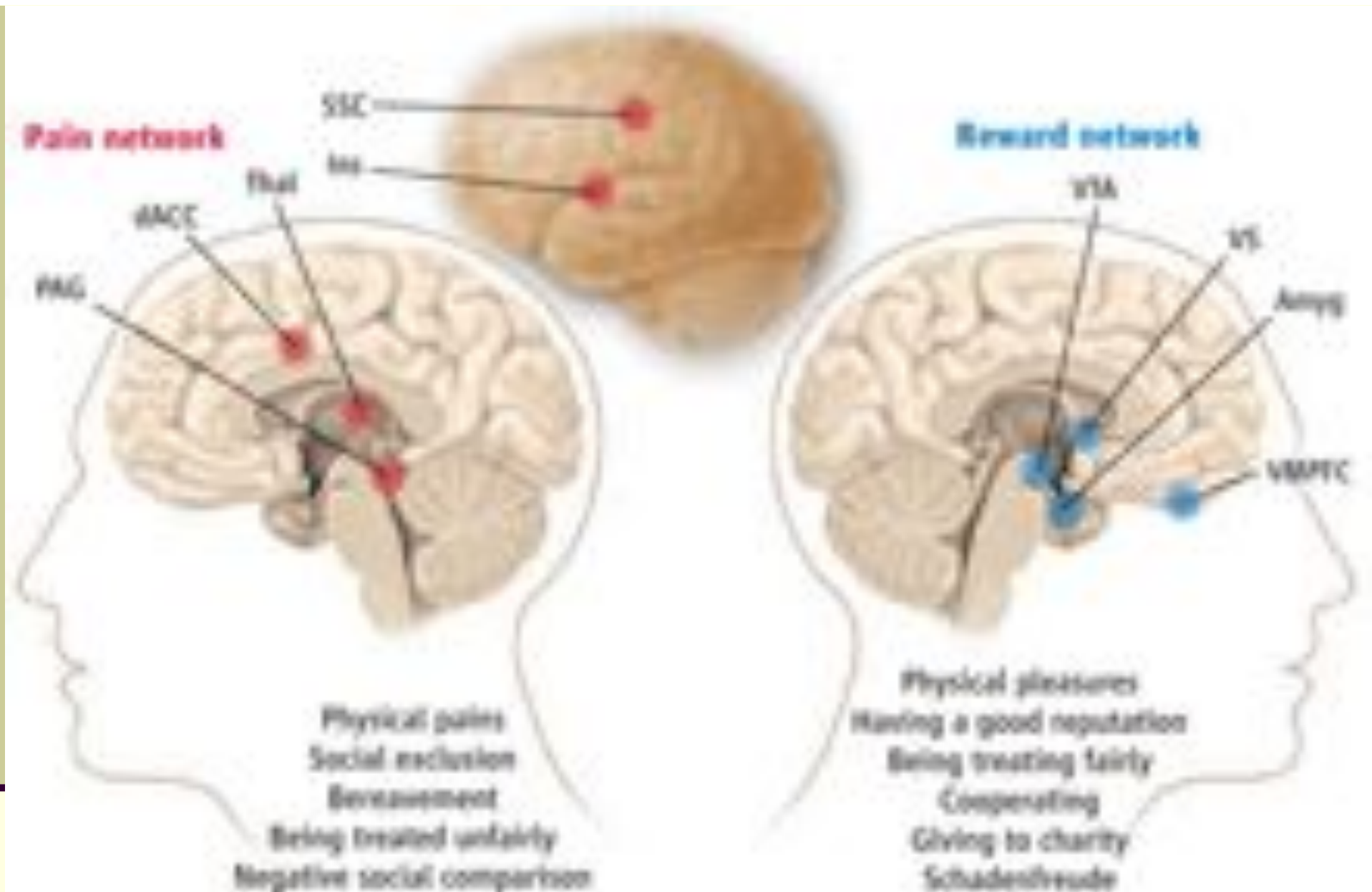
- Alterations in brainwaves (= changes in the firing patterns of synchronized neurons)
- Increased or decreased use of oxygen and glucose
- Ebbs and flows of neurochemicals

# The Rewards of Love

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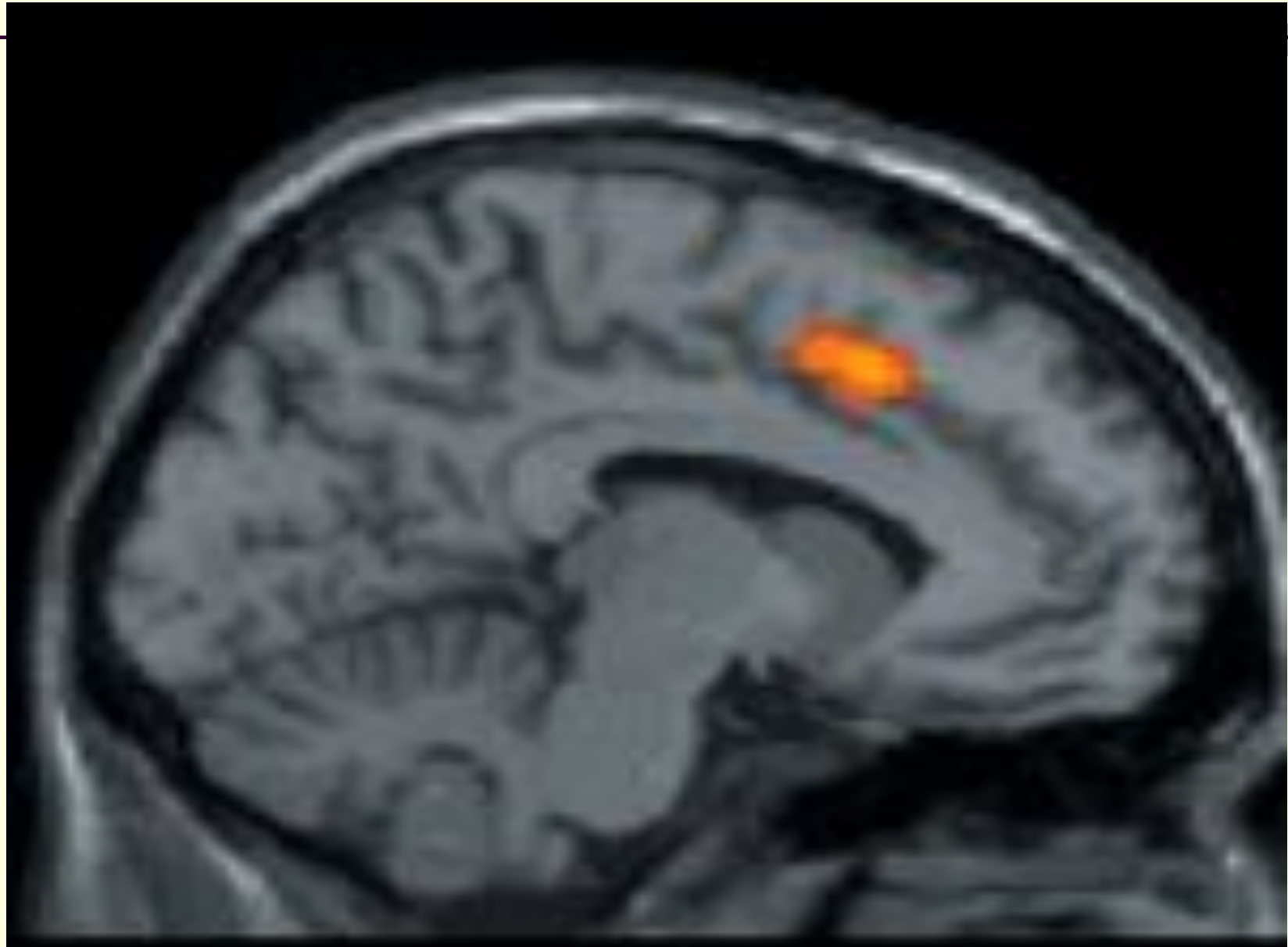


Pain network: Dorsal anterior cingulate cortex (dACC), insula (Ins), somatosensory cortex (SSC), thalamus (Thal), and periaqueductal gray (PAG).

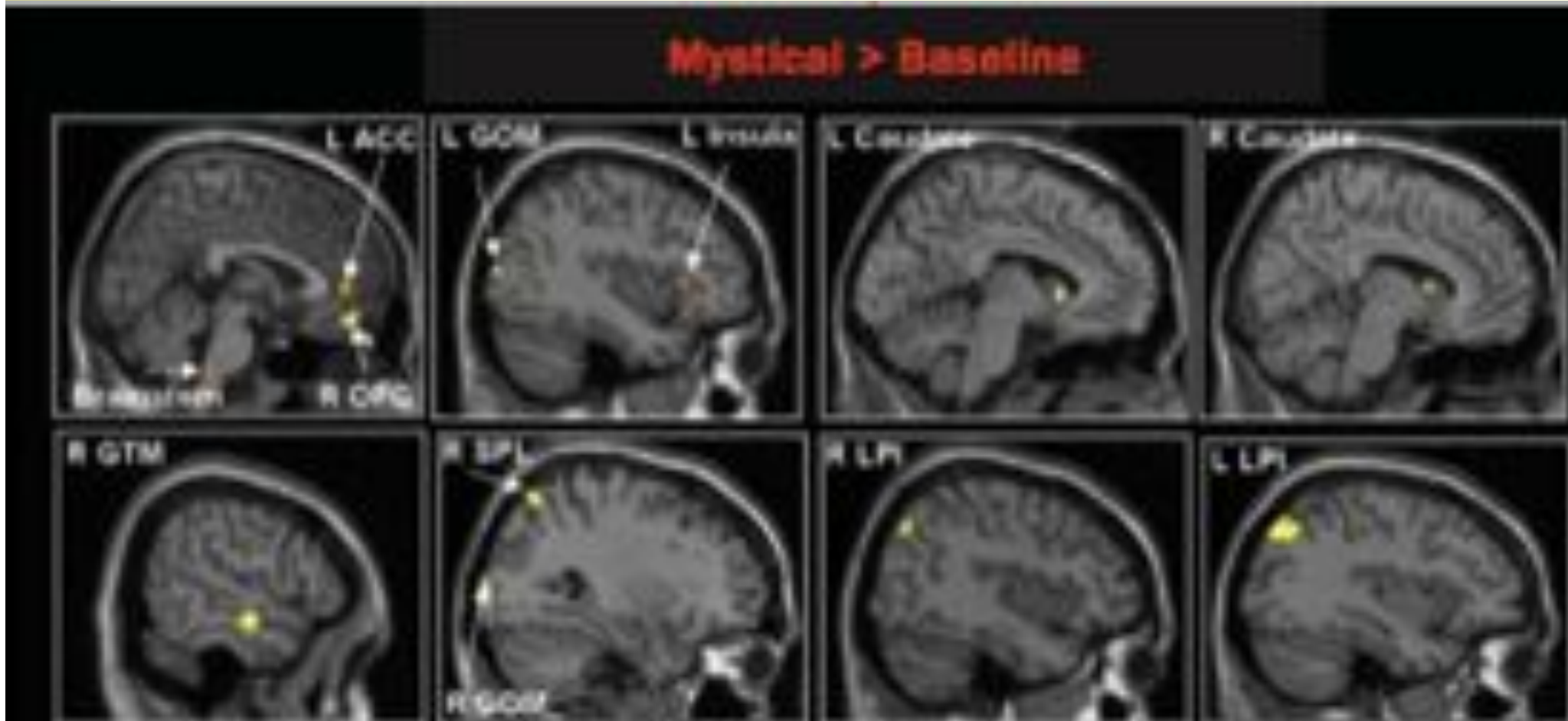
Reward network: Ventral tegmental area (VTA), ventral striatum (VS), ventromedial prefrontal cortex (VMPFC), and amygdala (Amyg).

K. Sutliff, in Lieberman & Eisenberger, 2009, *Science*, 323:890-891

# Tibetan Monk, Boundless Compassion



# Christian Nuns, Recalling Profound Spiritual Experiences



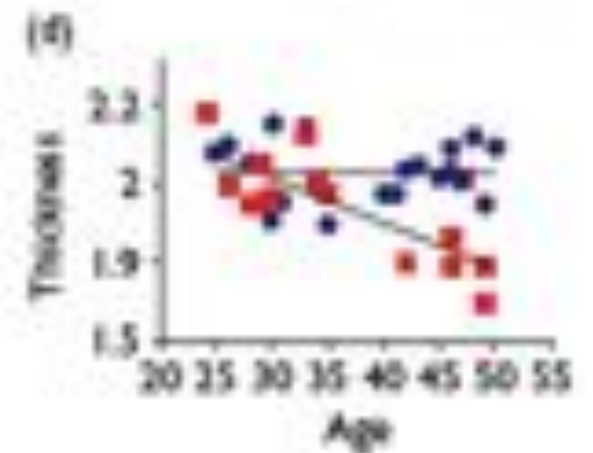
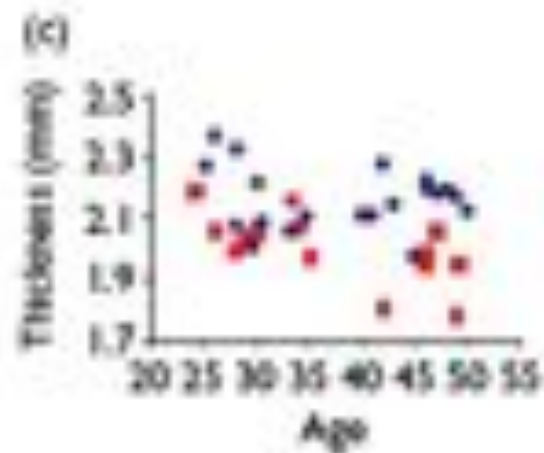
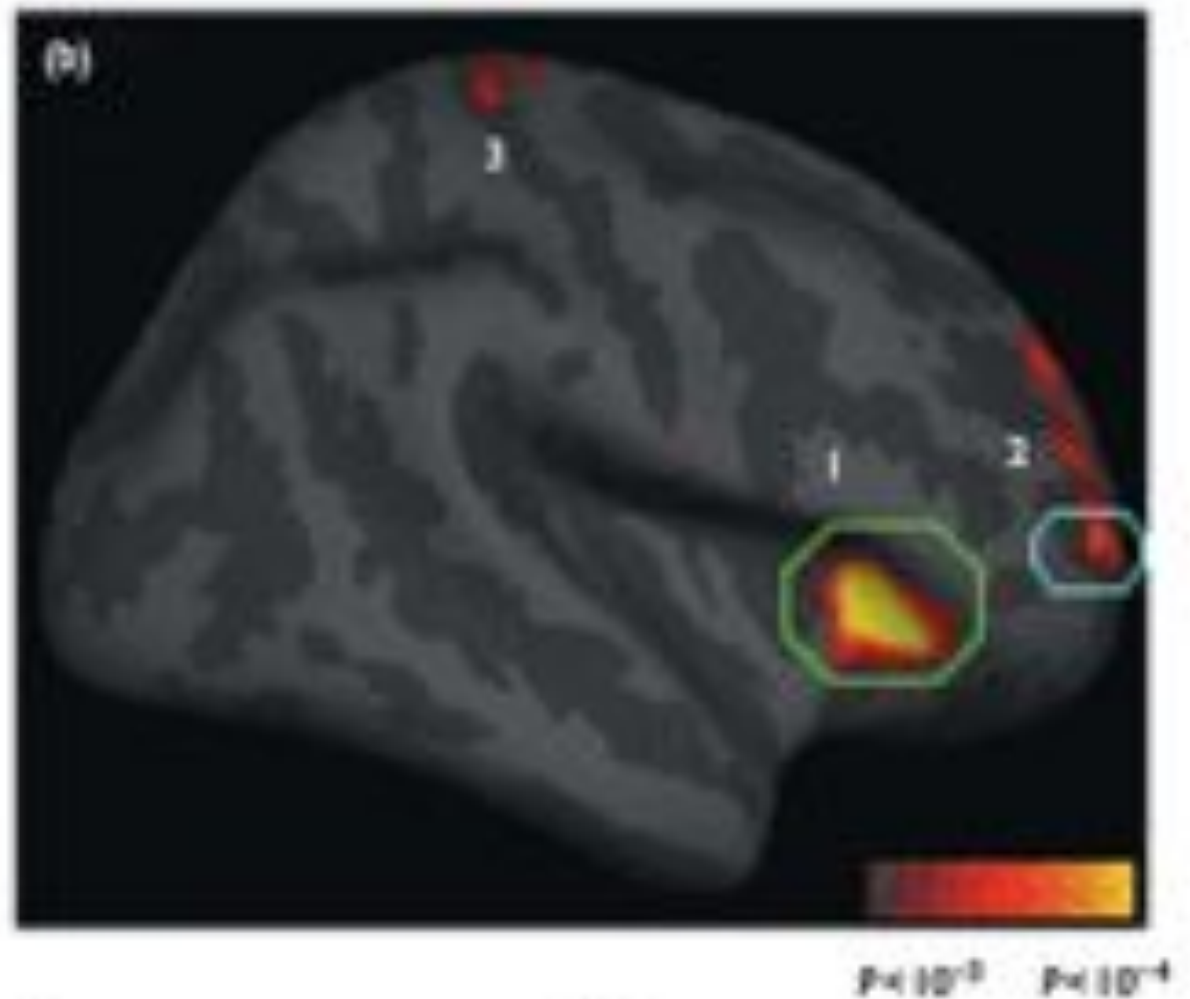
Beauregard, et al., *Neuroscience Letters*, 9/25/06

# Mind Changes Brain in Lasting Ways

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- What flows through the mind sculpts your brain. Immaterial experience leaves material traces behind:
  - Increased blood/nutrient flow to active regions
  - Altered epigenetics (gene expression)
  - “Neurons that fire together wire together.”
    - Increasing excitability of active neurons
    - Strengthening existing synapses
    - Building new synapses; thickening cortex
    - Neuronal “pruning” - “use it or lose it”
- Experience *matters*. Both for how it feels in the moment and for the lasting residues it leaves behind, woven into the fabric of a person’s brain and being.

Lazar, et al. 2005.  
Meditation  
experience is  
associated  
with increased  
cortical thickness.  
*Neuroreport*, 16,  
1893-1897.





*The principal activities of brains  
are making changes in themselves.*



Marvin L. Minsky

# Honoring Experience

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One's experience *matters*.

Both for how it feels in the moment and for the lasting residues it leaves behind, woven into the fabric of a person's brain and being.

## Fact #3

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You can use your mind  
to change your brain  
to change your mind for the better.

**This is self-directed neuroplasticity.**

***How to do this, in skillful ways?***



# Perspectives on Neuroplasticity

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- Neuroplasticity is not breaking news. For a century or more, it's been presumed that mental activity changed neural structure: what else is learning? The news is in the details of how.
- Most neuroplasticity is incremental.
- Awareness increases neural structure-building. Residues of conscious experience continually sift into implicit memory.
- Most experience is background, in the “simulator.” Thus the importance of mindfulness.

# Self-Compassion

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- Compassion is the wish that someone not suffer, combined with feelings of sympathetic concern. Self-compassion simply applies that to oneself. It is not self-pity, complaining, or wallowing in pain.
- Self-compassion is a major area of research, with studies showing that it buffers stress and increases resilience and self-worth.
- But self-compassion is hard for many people, due to feelings of unworthiness, self-criticism, or “internalized oppression.” To encourage the neural substrates of self-compassion:
  - Get the sense of being cared about by someone else.
  - Bring to mind someone you naturally feel compassion for
  - Sink into the experience of compassion in your body
- Then shift the focus of compassion to yourself, perhaps with phrases like: “May I not suffer. May the pain of this moment pass.”

# “Anthem”

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*Ring the bells that still can ring  
Forget your perfect offering  
There is a crack in everything  
That's how the light gets in  
That's how the light gets in*

Leonard Cohen



# **The Evolving Brain - and Its Challenges**

# Evolution

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- ~ 4+ billion years of earth
- 3.5 billion years of life
- 650 million years of multi-celled organisms
- 600 million years of nervous system
- ~ 80 million years of mammals
- ~ 60 million years of primates
- ~ 6 million years ago: last common ancestor with chimpanzees, our closest relative among the “great apes” (gorillas, orangutans, chimpanzees, bonobos, humans)
- 2.5 million years of tool-making (starting with brains 1/3 our size)
- ~ 150,000 years of *homo sapiens*
- ~ 50,000 years of modern humans
- ~ 5000 years of blue eyes

# Three Stages of Brain Evolution

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## ■ Reptilian:

- Brainstem, cerebellum, hypothalamus
- Reactive and reflexive
- “Avoiding”

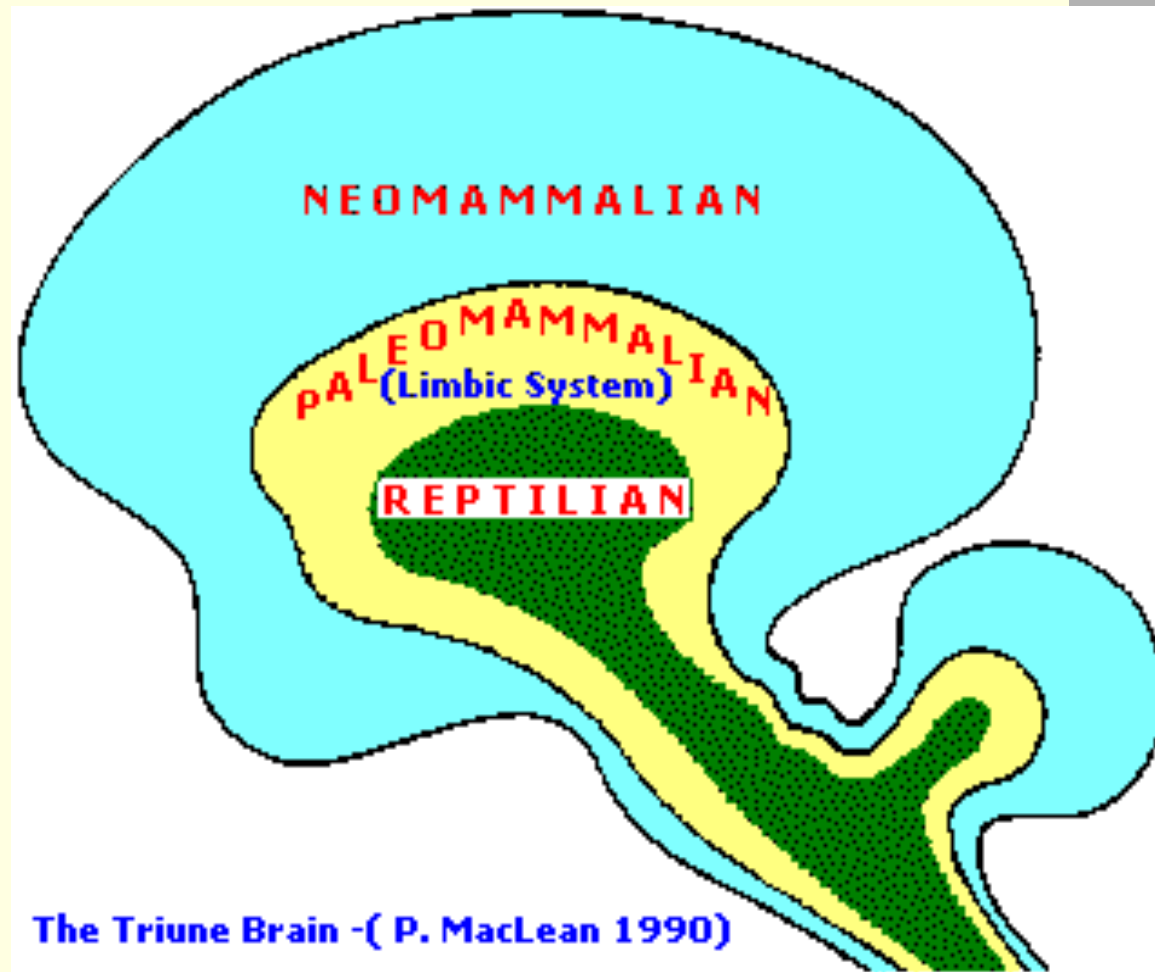
## ■ Mammalian:

- Limbic system, cingulate, early cortex
- Memory, emotion, social behavior
- “Approaching”

## ■ Human:

- Massive cerebral cortex
- Abstract thought, language, cooperative planning, empathy
- “Attaching”

# Evolutionary History



## The Triune Brain

# Evolution of Approaching and Avoiding

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- Crucial functions: approach what promotes survival and avoid what threatens it
  - Motile protozoa will move toward a sucrose gradient and away from a toxic one.
  - Animals approach food, mates, and shelter; they freeze around, flee from, or resist predators and natural hazards.
  - Social animals approach caregivers, allies, and higher social status; they fight rivals, avoid or appease “alphas,” and resist lower status.
  
- Signals and rewards:
  - Pleasure and pain; “hedonic tone”
  - Emotion: a very sophisticated development
  - The role of anticipation, expectations (often unconscious)



# The 2% Difference

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- Human and chimpanzee/bonobo DNA is about 98% the same.
- Most of that 2% difference codes genes for the brain.
- Human evolution is about mainly one thing: Brain. Brain. Brain.

*All for what purpose?*

# Grandchildren!

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**What factors conferred the reproductive advantages - the engine of biological evolution - that drove the evolution of the human brain?**

**A major one is the “negativity bias.”**

**(More happily, another factor is love, broadly defined; we'll discuss this later.)**

# The Negativity Bias - Sources and Dynamics

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- In evolution, threats usually had more impact on survival than opportunities did. So sticks are more salient than carrots:
  - The amygdala is primed to label experiences negatively.
  - The amygdala-hippocampus system flags negative experiences prominently in memory.
  - *The brain is like Velcro for negative experiences but Teflon for positive ones.*
- Consequently, negative trumps positive:
  - It takes five positive interactions to undo a negative one.
  - People will do more to avoid a loss than get a gain.
  - It's easy to create learned helplessness, but hard to undo.
- Negative experiences create vicious cycles.

# Negative Experiences Can Have Benefits

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- There's a place for negative emotions:
  - Anxiety alerts us to inner and outer threats
  - Sorrow opens the heart
  - Remorse helps us steer a virtuous course
  - Anger highlights mistreatment; energizes to handle it
- Negative experiences can:
  - Increase tolerance for stress, emotional pain
  - Build grit, resilience, confidence
  - Increase compassion and tolerance for others

*But is there really any shortage of negative experiences?*

# Health Consequences of Chronic Stress

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## ■ Physical:

- Weakened immune system
- Inhibits GI system; reduced nutrient absorption
- Reduced, dysregulated reproductive hormones
- Increased vulnerabilities in cardiovascular system
- Disturbed nervous system

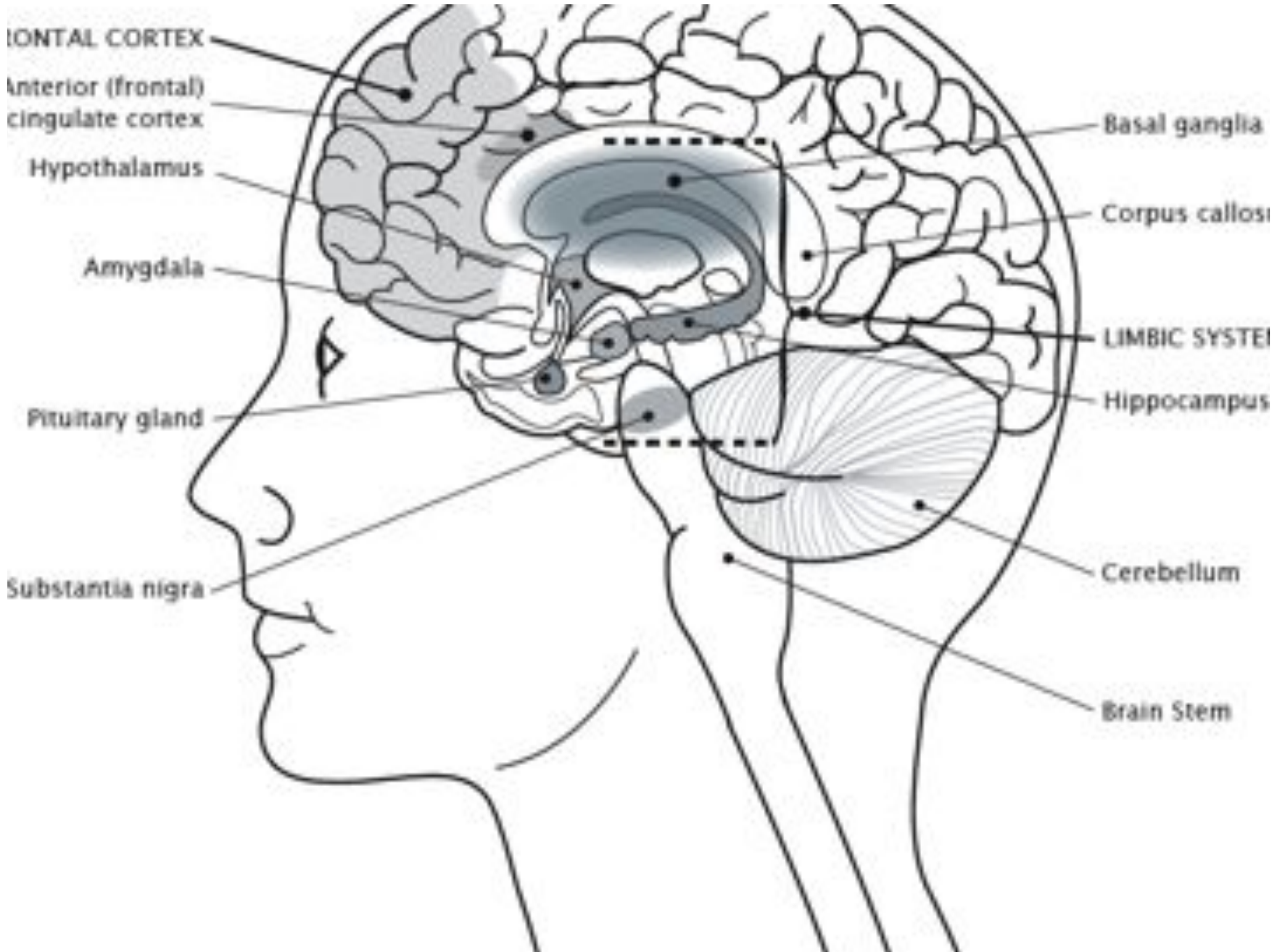
## ■ Mental:

- Lowers mood; increases pessimism
- Increases anxiety and irritability
- Increases learned helplessness (especially if no escape)
- Often reduces approach behaviors (less for women)
- Primes aversion (SNS-HPAA negativity bias)

# One Neural Consequence of Negative Experiences

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- Amygdala (“alarm bell”) initiates stress response
- Hippocampus:
  - Forms and retrieves contextual memories
  - Inhibits the amygdala
  - Inhibits cortisol production
- Cortisol:
  - Stimulates and sensitizes the amygdala
  - Inhibits and can shrink the hippocampus
- Consequently, chronic negative experiences:
  - Sensitize the amygdala alarm bell
  - Weaken the hippocampus: this reduces memory capacities and the inhibition of amygdala and cortisol production.
  - Thus creating vicious cycles in the NS, behavior, and mind





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# A Major Result of the Negativity Bias: Threat Reactivity

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- Two mistakes:
  - Thinking there is a tiger in the bushes when there isn't one.
  - Thinking there is no tiger in the bushes when there is one.
- We evolved to make the first mistake a hundred times to avoid making the second mistake even once.
- This evolutionary tendency is intensified by temperament, personal history, culture, and politics.
- Threat reactivity affects individuals, couples, families, organizations, nations, and the world as a whole.

# Results of Threat Reactivity (Personal, Organizational, National)

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- Our initial appraisals are mistaken:
  - Overestimating threats
  - Underestimating opportunities
  - Underestimating inner and outer resources
- We update these appraisals with information that confirms them; we ignore, devalue, or alter information that doesn't.
- Thus we end up with views of ourselves, others, and the world that are ignorant, selective, and distorted.

# Costs of Threat Reactivity

## (Personal, Organizational, National)

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- Feeling threatened feels bad, and triggers stress consequences.
- We over-invest in threat protection.
- The boy who cried tiger: flooding with paper tigers makes it harder to see the real ones.
- Acting while feeling threatened leads to over-reactions, makes others feel threatened, and creates vicious cycles.
- The Approach system is inhibited, so we don't pursue opportunities, play small, or give up too soon.
- In the Attach system, we bond tighter to "us," with more fear and anger toward "them."

# A Poignant Truth

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Mother Nature is tilted toward producing gene copies.

But tilted against personal quality of life.

And at the societal level, we have caveman/cavewoman brains armed with nuclear weapons.

*What shall we do?*

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*We can deliberately use the mind  
to change the brain for the better.*



# **Implicit Memory and Inner Resources**

# Learning and Memory

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- The sculpting of the brain by experience is memory:
  - Explicit - Personal recollections; semantic memory
  - Implicit - Bodily states; emotional residues; “views” (expectations, object relations, perspectives); behavioral repertoire and inclinations; what it feels like to be “me”
- Implicit memory is much larger than explicit memory. Resources are embedded mainly in implicit memory.
- Therefore, the key target is implicit memory. So what matters most is not the explicit recollection of positive *events* but the implicit emotional residue of positive *experiences*.



# The Importance of Inner Resources

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## ■ Examples:

- Freud's "positive introjects"
- Internalization of "corrective emotional experiences" during psychotherapy
- "Learned optimism"

## ■ Benefits

- Increase positive emotions: many physical and mental health benefits
- Improve self-soothing
- Improve outlook on world, self, and future
- Increase resilience, determination

# Factors of Neuroplasticity

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## ■ Physiological:

- Norepinephrine (moderate)
- Dopamine
- Acetylcholine
- Brain-derived neurotrophic factor (BDNF)
- Natural opioids (?) (e.g., endorphins)
- Neurogenesis (promoted by exercise)

## ■ Mental:

- Priming memory through intention
- Target material:
  - Is within awareness
  - Receives focused attention
  - Is sustained, multimodal, and intense
  - Is (alas) negative


# The Power of Mindfulness

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- Attention is like a spotlight, illuminating what it rests upon.
- Because neuroplasticity is heightened for what's in the field of focused awareness, attention is also like a vacuum cleaner, sucking its contents into the brain.
- Directing attention skillfully is therefore a fundamental way to shape the brain - and one's life over time.

*The education of attention  
would be an education par excellence.*

William James



**In essence, how can we actively internalize resources in implicit memory - making the brain like Velcro for positive experiences, but Teflon for negative ones?**



# **Taking in the Good**

# Mindfulness, Virtue, Wisdom

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- **Mindfulness, virtue, and wisdom** are identified in both Western psychology and the contemplative traditions as key pillars of mental health.
- These map to three core functions of the nervous system: receiving/learning, regulating, and prioritizing. And map to the three phases of psychological healing and personal growth:
  - Be mindful of, release, replace.
  - Let be, let go, let in.
- Mindfulness is vital, but not enough by itself.

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**Just having positive experiences is not enough.**

**They pass through the brain like water through a sieve, while negative experiences are caught.**

**We need to engage positive experiences actively to weave them into the brain.**

# How to Take in the Good

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1. Look for positive **facts**, and let them become positive experiences.
2. Savor the positive experience:
  - Sustain it for 10-20-30 seconds.
  - Feel it in your body and emotions.
  - Intensify it.
3. Sense and intend that the positive experience is soaking into your brain and body - registering deeply in emotional memory.



# Targets of TIG

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- Bodily states - healthy arousal; PNS; vitality
- Emotions - both feelings and mood
- Views - expectations; object relations; perspectives on self, world, past and future
- Behaviors - repertoire; inclinations

# Kinds of “Good” to Take in

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- The small pleasures of ordinary life
- The satisfaction of attaining goals or recognizing accomplishments - especially small, everyday ones
- Feeling grateful, contented, and fulfilled
  
- Things are alright; nothing is wrong; there is no threat
- Feeling safe and strong
- The peace and relief of forgiveness
  
- Being included, valued, liked, respected, loved by others
- The good feelings that come from being kind, fair, generous
- Feeling loving
  
- Recognizing your positive character traits
- Spiritual or existential realizations

# Resources for Taking in the Good

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- Intention; willing to feel good
- Identified target experience
- Openness to the experience; embodiment
- Mindfulness of the steps of TIG to sustain them
- Working through obstructions (e.g., distractibility, counter experiences, painful associations when accessing an embodied experience)

# Benefits of Positive Emotions

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- The benefits of positive emotions are a proxy for many of the benefits of TIG.
- Emotions organize the brain as a whole, so positive ones have far-reaching benefits
- These include:
  - Promote exploratory, “approach” behaviors
  - Create positive cycles
  - Lift mood; increase optimism and resilience
  - Help heal trauma
  - Strengthen immune and protect cardiovascular systems

# Why It's Good to Take in the Good - 1

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- In general, adds positive contents to implicit memory
- Internalizes psychological growth (e.g., it usually feels good and goes well to speak from my heart)
- Associates rewards to good steps; boosts motivation
- Brings in missing “supplies” (e.g., love, worth) to help remedy deficits and heal painful experiences
- Encourages prosocial experiences and actions

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*The good life, as I conceive it, is a happy life.  
I do not mean that if you are good you will be happy;  
I mean that if you are happy you will be good.*

Bertrand Russell

# Why It's Good to Take in the Good - 2

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- Reduces threat reactivity (by taking in resources, opportunities fulfilled, and reasonable safety)
- Counteracts “learned helplessness” (by taking in assertiveness, efficacy, internal locus of control)
- Reduces suffering due to alarm signals from endlessly disturbed equilibria by taking in their also endless re-balancing
- Implicitly: Rights the internal injustice of the negativity bias; embodies self-attunement, -nurturance, and -advocacy (vital if a person hasn't received these)

# TIG and the Stress Response

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- Activates and thereby strengthens general, top-down PFC-hippocampal (PFC-H) capabilities, which become enhanced resources for coping
- Generally desensitizes amygdaloid-sympathetic nervous system (A-SNS) networks
- Internalizes specific regulatory resources, which strengthens PFC-H and inhibits A-SNS (e.g., feeling soothed or encouraged)



# TIG and Children

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- All kids benefit from TIG.
- Particular benefits for mistreated, anxious, spirited/ADHD, or LD children.
- Adaptations:
  - Brief
  - Concrete
  - Natural occasions (e.g., bedtimes)

# Potential Synergies of TIG and MBSR

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- Improved mindfulness from MBSR enhances TIG.
- TIG increases general resources for MBSR (e.g., heighten the PNS activation that promotes stable attention).
- TIG increases specific factors of MBSR (e.g., self-acceptance, self-compassion, tolerance of negative affect)
- TIG heightens internalization of key MBSR experiences:
  - The sense of stable mindfulness itself
  - Confidence that awareness itself is not in pain, upset, etc.
  - Presence of supportive others (e.g., MBSR groups)
  - Peacefulness of realizing that experiences come and go



# **Clearing Old Pain**

# Using Memory Mechanisms to Help Heal Painful Experiences

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- The machinery of memory:
  - When explicit or implicit memory is re-activated, it is re-built from schematic elements, not retrieved *in toto*.
  - When attention moves on, elements of the memory get re-consolidated.
- The open processes of memory activation and consolidation create a window of opportunity for shaping your internal world.
- Activated memory tends to associate with other things in awareness (e.g., thoughts, sensations), esp. if they are prominent and lasting.
- When memory goes back into storage, it takes associations with it.
- You can imbue implicit and explicit memory with positive associations.

# The Fourth Step of TIG

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- When you are having a positive experience:
  - Sense the current positive experience sinking down into old pain, and soothing and replacing it.
- When you are having a negative experience:
  - Bring to mind a positive experience that is its antidote.
- In both cases, have the positive experience be big and strong, in the forefront of awareness, while the negative experience is small and in the background.
- You are not resisting negative experiences or getting attached to positive ones. You are being kind to yourself and cultivating positive resources in your mind.

# Neuropsychology of TIG4

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- Extinction, through pairing a negative experience with a powerful positive one.
- Reinforces maintaining PFC-H activation and control during A-SNS arousal, so PFC-H is not swamped or hijacked
- Reinforcement of self-directed regulation of negative experiences; enhances sense of efficacy
- Dampens secondary associations to negative material; that reduces negative experiences and behavior, which also reduces vicious cycles
- Reduces defenses around negative material; thus more amenable to therapeutic help, and to insight

# TIG4 Capabilities, Resources, Skills

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## ■ Capabilities:

- Dividing attention
- Sustaining awareness of the negative material without getting sucked in (and even retraumatized)

## ■ Resources:

- Self-compassion
- Internalized sense of affiliation

## ■ Skills:

- Internalizing “antidotes”
- Accessing “the tip of the root”

# Psychological Antidotes

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## Approaching Opportunities

- Satisfaction, fulfillment --> Frustration, disappointment
- Gladness, gratitude --> Sadness, discontentment, “blues”

## Affiliating with “Us”

- Attunement, inclusion --> Not seen, rejected, left out
- Recognition, acknowledgement --> Inadequacy, shame
- Friendship, love --> Abandonment, feeling unloved or unlovable

## Avoiding Threats

- Strength, efficacy --> Weakness, helplessness, pessimism
- Safety, security --> Alarm, anxiety
- Compassion for oneself and others --> Resentment, anger



# The Tip of the Root

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- For the fourth step of TIG, try to get at the youngest, most vulnerable layer of painful material.
- The “tip of the root” is commonly in childhood. In general, the brain is most responsive to negative experiences in early childhood.
- Prerequisites
  - Understanding the need to get at younger layers
  - Compassion and support for the inner child
  - Capacity to “presence” young material without flooding

# Enhancements to TIG4

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- During TIG4:
  - Use language to intensify the positive experience.
  - Emphasize the affiliating system:
    - Increases endorphins (analgesic; physical and social pain share overlapping networks) and oxytocin (buffers stress)
    - Affiliation inhibits the avoiding system
- Prior to TIG4, identify a trigger (e.g., event, setting, mental state) that has become a conditioned stimulus for the negative material; after TIG4, associate that trigger to positive material several times over the next hour.
- After TIG4, reflect on the negative material, especially re contextualizing it (e.g., recognizing the innocence and vulnerability of a child, seeing “ten thousand causes upstream”); this stimulates and strengthens the PFC-A “locale” system

# TIG and Trauma

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- General considerations:
  - People vary in their resources and their traumas.
  - Often the major action is with “failed protectors.”
  - Cautions for awareness of internal states, including positive
  - Respect “yellow lights” and the client’s pace.
- The first three steps of TIG are generally safe. Use them to build resources for tackling the trauma directly.
- As indicated, use the fourth step of TIG to address the peripheral features and themes of the trauma.
- Then, with care, use the fourth step to get at the heart of the trauma.

*First of all, do no harm.*

# Promoting Client Motivation

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- During therapy, but mainly between sessions, notice:
  - When learning from therapy works well
  - New insights
  - When things happen consistent with therapist's realistic view of you, the world, the future
  - Good qualities in yourself emphasized by therapist
- Then practice three, sometimes four, steps of TIG.
- Can be formalized in daily reflections, journaling
- In general: take appropriate risks of “dreaded experiences,” notice the (usually) good results, and then take those in.



# **Natural Happiness**

# Reverse Engineering the Brain

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*What is the nature of the brain when a person is:*

- In peak states of productivity or “flow?”
- Experiencing inner peace?
- Self-actualizing?
- Enlightened (or close to it)?

# Three Motivational Systems

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- **Avoid** “sticks,” threats, penalties, pain
- **Approach** “carrots,” opportunities, rewards, pleasure
- **Attach** to “us,” for proximity, bonds, feeling close
  
- Reptiles and fish avoid and approach. Mammals and birds also *affiliate* - especially primates and humans. Affiliating is a breakthrough, co-evolving with emotion.
  
- Although the three branches of the vagus nerve loosely map to the three systems, the essence of each is its aim, not its neuropsychology. Each system can draw on another system for its ends.

# Home Base of the Human Brain

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*When not threatened, ill, in pain, hungry, upset, or chemically disturbed, most people settle into being:*

- **Calm** (the Avoid system)
- **Contented** (the Approach system)
- **Caring** (the Attach system)
- **Creative** - synergy of all three systems

This is the brain in its natural, ***responsive*** mode.



# The Responsive Mode

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# To Survive, We Leave Home . . .

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- **Avoid:** When we feel threatened or harmed
- **Approach:** When we can't attain important goals
- **Attach:** When we feel isolated, disconnected, unseen, unappreciated, unloved

This is the brain in its **reactive** mode of functioning  
- a kind of inner homelessness.

# The Reactive Mode

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# Reactive Dysfunctions in Each System

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- **Approach** - Addiction; over-drinking, -eating, -gambling; compulsion; hoarding; driving for goals at great cost; spiritual materialism
- **Avoid** - Anxiety disorders; PTSD; panic, terror; rage; violence
- **Affiliate** - Borderline, narcissistic, antisocial PD; symbiosis; *folie a deux*; “looking for love in all the wrong places”

# Choices . . .

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Or?

Respo



# Coming Home . . .

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**Gladness**

**Love**

**Peace**

# Some Ways to Take the Fruit as the Path

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General factors: See clearly. Have compassion for yourself. Take life less personally. Take in the good. Deepen equanimity.

## Approach system

- Be glad.
- Appreciate your resources.
- Give over to your best purposes.

## Affiliate system

- Sense the suffering in others.
- Be kind.
- Act with unilateral virtue.

## Avoid system

- Cool the fires.
- Recognize paper tigers.
- Tolerate risking the dreaded experience.

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*Penetrative insight*

*joined with calm abiding*

*utterly eradicates*

*afflicted states.*

Shantideva



# Great Books

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See [www.RickHanson.net](http://www.RickHanson.net) for other great books.

- Austin, J. 2009. *Selfless Insight: Zen and the Meditative Transformations of Consciousness*. MIT Press.
- Begley, S. 2007. *Train Your Mind, Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves*. Ballantine.
- Hanson, R. 2009 (with R. Mendius). *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*. New Harbinger.
- Johnson, S. 2005. *Mind Wide Open: Your Brain and the Neuroscience of Everyday Life*. Scribner.
- Kornfield, J. 2009. *The Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology*. Bantam.
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- Siegel, D. 2007. *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*. W. W. Norton & Co.
- Thompson, E. 2007. *Mind in Life: Biology, Phenomenology, and the Sciences of Mind*. Belknap Press.

# Key Papers - 1

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See [www.RickHanson.net](http://www.RickHanson.net) for other scientific papers.

- Atmanspacher, H. & Graben, P. 2007. Contextual emergence of mental states from neurodynamics. *Chaos & Complexity Letters*, 2:151-168.
- Baumeister, R., Bratlavsky, E., Finkenauer, C. & Vohs, K. 2001. Bad is stronger than good. *Review of General Psychology*, 5:323-370.
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- Hanson, R. 2008. Seven facts about the brain that incline the mind to joy. In *Measuring the immeasurable: The scientific case for spirituality*. Sounds True.

# Key Papers - 3

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- Lazar, S., Kerr, C., Wasserman, R., Gray, J., Greve, D., Treadway, M., McGarvey, M., Quinn, B., Dusek, J., Benson, H., Rauch, S., Moore, C., & Fischl, B. 2005. Meditation experience is associated with increased cortical thickness. *Neuroreport*. 16:1893-1897.
- Lewis, M.D. & Todd, R.M. 2007. The self-regulating brain: Cortical-subcortical feedback and the development of intelligent action. *Cognitive Development*, 22:406-430.
- Lieberman, M.D. & Eisenberger, N.I. 2009. Pains and pleasures of social life. *Science*. 323:890-891.
- Lutz, A., Greischar, L., Rawlings, N., Ricard, M. and Davidson, R. 2004. Long-term meditators self-induce high-amplitude gamma synchrony during mental practice. *PNAS*. 101:16369-16373.
- Lutz, A., Slager, H.A., Dunne, J.D., & Davidson, R. J. 2008. Attention regulation and monitoring in meditation. *Trends in Cognitive Sciences*. 12:163-169.

# Key Papers - 4

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- Takahashi, H., Kato, M., Matsuura, M., Mobbs, D., Suhara, T., & Okubo, Y. 2009. When your gain is my pain and your pain is my gain: Neural correlates of envy and schadenfreude. *Science*. 323:937-939.
- Tang, Y.-Y., Ma, Y., Wang, J., Fan, Y., Feng, S., Lu, Q., Yu, Q., Sui, D., Rothbart, M.K., Fan, M., & Posner, M. 2007. Short-term meditation training improves attention and self-regulation. *PNAS*. 104:17152-17156.
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- Walsh, R. & Shapiro, S. L. 2006. The meeting of meditative disciplines and Western psychology: A mutually enriching dialogue. *American Psychologist*, 61:227-239.