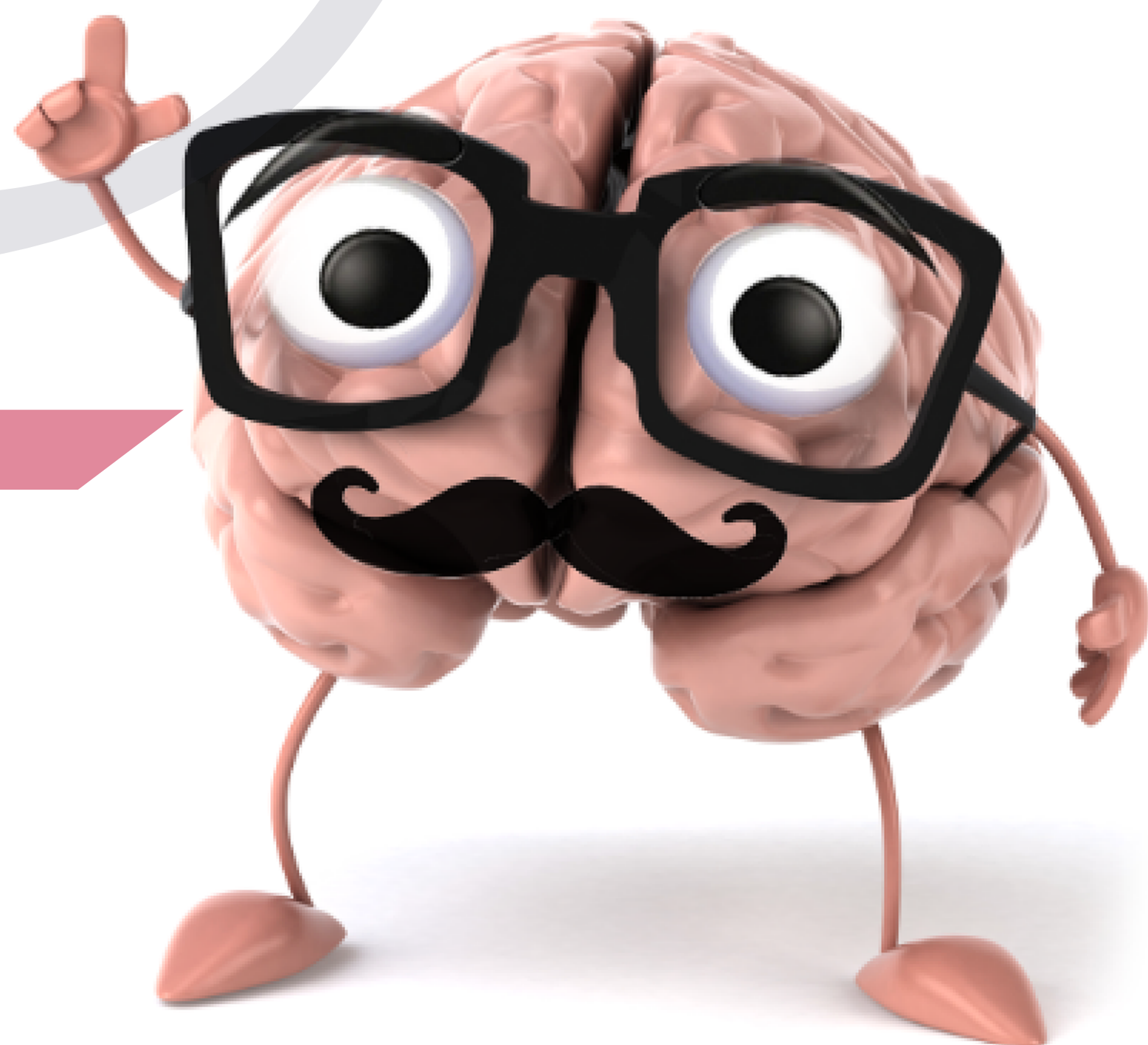
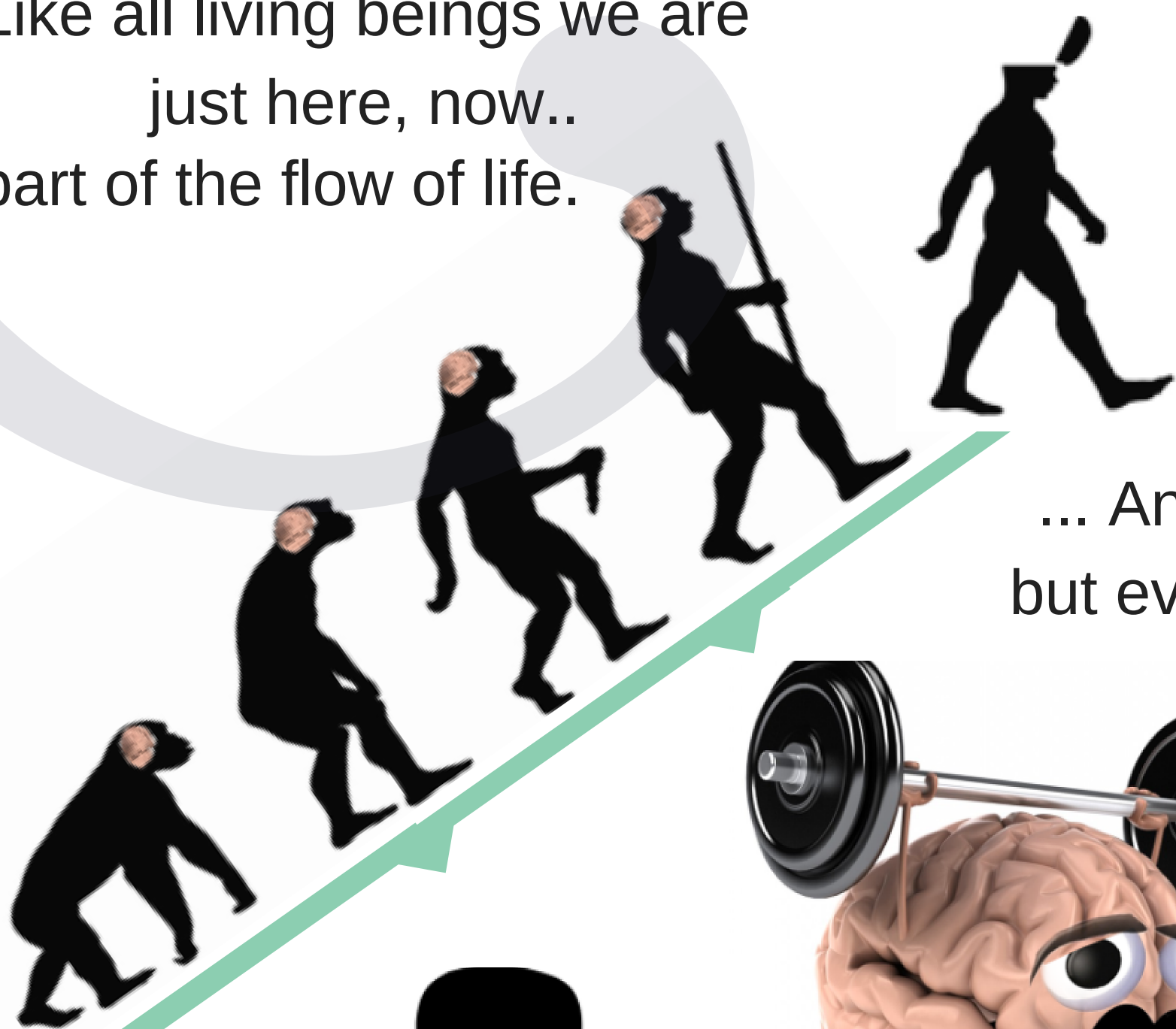


The Tricky Brain

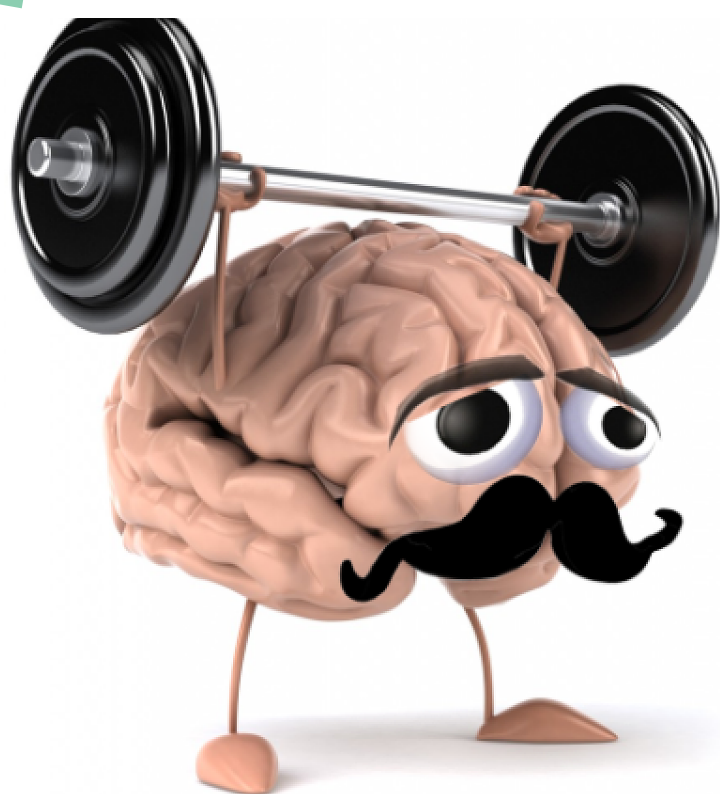
The Flow of Life

Like all living beings we are just here, now.. part of the flow of life.



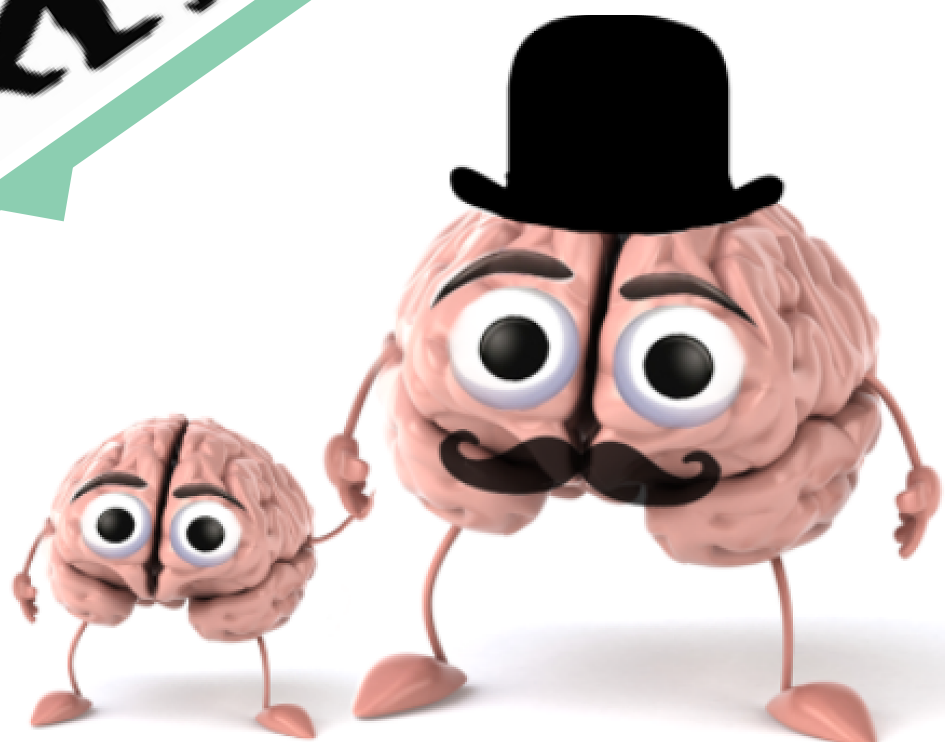
The Human Brain

... And with a brain we did not design, but evolved through thousands of years of evolution.



New Brain Capacity

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



Shaped

We are shaped by our family, which we did not choose. Ask yourself: *would you be the same person if you had been kidnapped as a three day old baby and raised by the Mafia?*

It's Not Your Fault

It's not our fault that our brains get caught up in anxious or depressive loops. Our brain is a tricky thing. But we can begin to address those loops using compassion.

