

CONFLICTED



@hearthead.OZZY

MIND

by HEARTHEAD - OZZY



OVER FOG,
THERE IS A
BLUE SKY.



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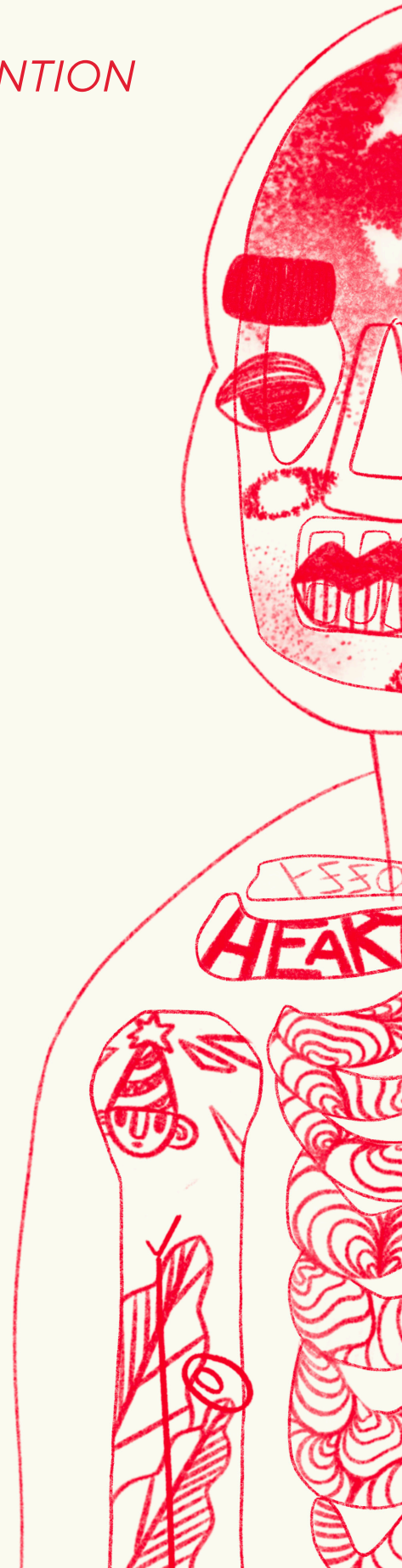
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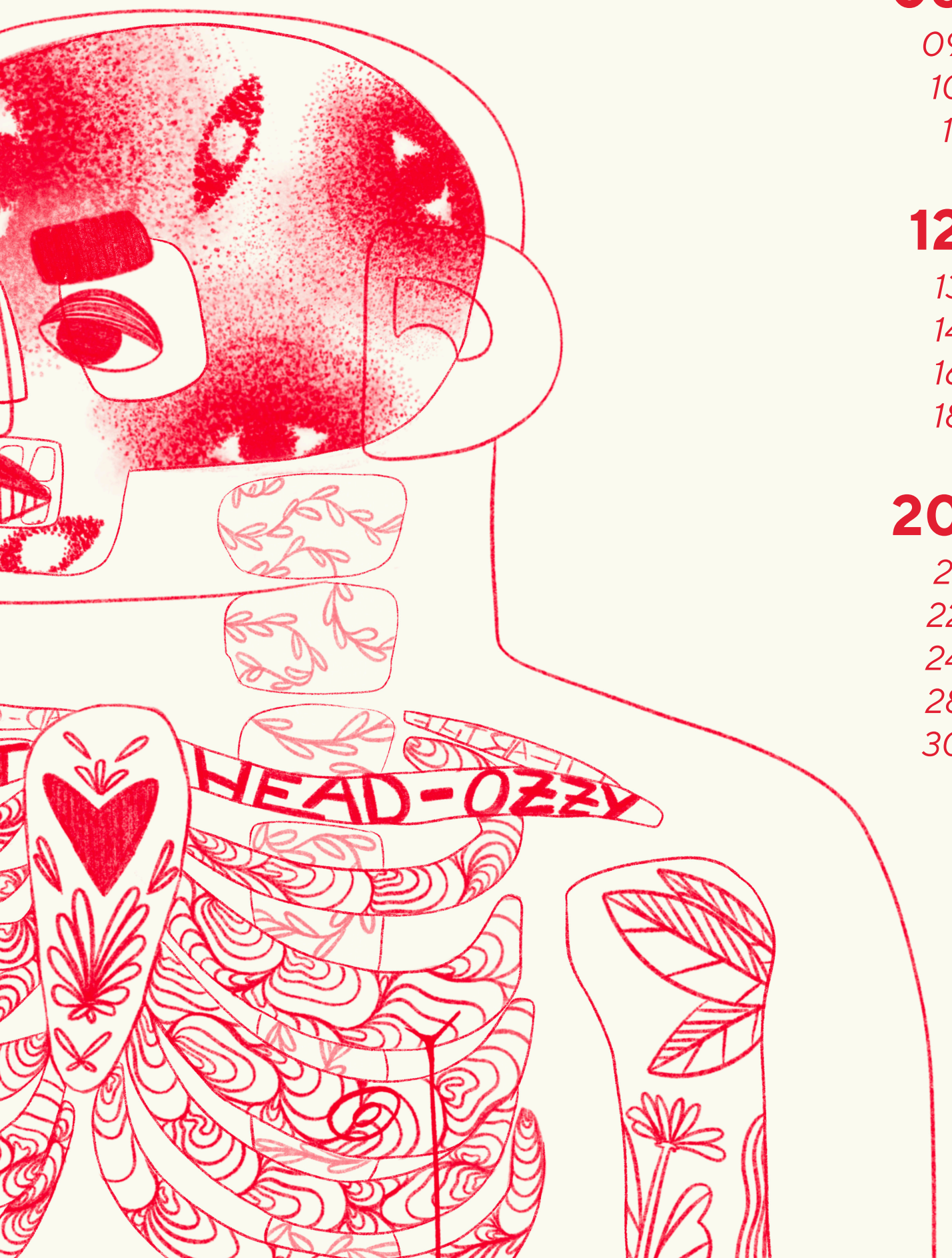
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“WHAT IS THE ACT OF MINDFULNESS ABOUT?”

We as humans are constantly bombarded with internal and external stimuli, pulling our attention in and from all thinkable directions, jumping from one focus to another... A constant river of information - like highway traffic on a Friday evening. On average our brains spurt out 12'000-60'000 thoughts per day, from being asked important questions by our boss, to the smallest burst of wind tingling our hair. Often our mind and body are purged of consciousness - putting our brain on auto-pilot; surviving and living on the bare minimum amount of brain usage, not giving any thoughts energy, and time to bloom. If we take this absence of clarity as “not-living” and the “active” state of living, our lifetime can differ enormously; Let's say we take the

$$52 \times 5 \times 3.5 \times 80 = \text{LIFE}$$

$$12.000 \text{ --- } 60.000$$

time during the day, when we are actively being in the moment and considering everything that is coming our way, we get about three to four hours per day. This means that in a whole lifetime of about 80 years, your entire life would be about 73'000 hours [52 weeks x 5 days x 3.5 hours per day x 80 years =]. At first glance it seems like a relatively big number, yet, excluding the time when we're sleeping, is about 333'000 hours! If we change this relatively small number, and integrate some kind of mindfulness in our day, “deactivate” the autopilot, meaning about 6-8 hours of actively living, we can easily double or even triple our lifetime.

Like a wise calendar quote says: “Don’t seek more days in your life, but more life in your days!” Even though it’s corny as corny can be, there’s a certain truth behind it!



“WHAT CAN BE THE BENEFITS OF REGULARLY IMPLEMENTING IT?”

Our everyday lives offer an unthinkable space for tension, stress, and conflict. The repeated practice of mindfulness can give you access to improved communication skills, boost your self-awareness, and easily reduce mental and physical tension. Especially in discerning situations, like conflicts and or important decisions, a cleansed and eased mind will grant you unthinkable advantages. Yet – it’s easier said than done.

This book will give you a rough idea of what mindfulness is, and how you can easily integrate it into your everyday life. This book will also explore how to cultivate awareness of your thoughts, feelings, and bodily sensations. You will discover that by observing your inner “landscape” without judgment, you gain a deeper understanding of yourself and the way you react. Yet – mindfulness isn’t just about introspection.* It’s about bringing an enhanced focus of attention to everything you do, reaching from mundane tasks of daily life to

10 your most cherished relationships.

** Introduction is essentially looking inward. It's the act of examining your own thoughts, feelings, and motivations. It's like taking a step back and reflecting on your internal world. Imagine yourself on a balcony, looking down on the endless traffic of your mind, your thoughts, and emotions.*

MINDFULNESS

the sorted and peaceful calmness gifted by simply living in the moment. the mind feels graced upon a calming silence: ...like an overgrown garden by a small river, seamlessly flowing through every nook & cranny - filling and pulling every surface.

"HERE - BE HERE"



DHARMA-DHARMA-DHARMA
02

“WHAT IS *DHARMA* & WHY IS IT IMPORTANT?”

The term “dharma” seems quite intuitive when fully understood. It’s a concise concept in a variety of eastern religion, as well as in mindfulness, yet summarising it can be quite challenging. It is almost seen as an obligation.

There are two very important notions: varna & seva! If we break down the meaning to the core we can define “varna” as a combination of what your skills are, and what you have a passion for. “Seva” is similarly hard to summarise, but if we break it down again, it is an understanding of what the world currently needs and the selfless service to others. Especially the idea of seva seems quite unfamiliar in our Western society, but we can use it as a sense of helping others without expecting anything back - you can look at it as a self-proclaimed generosity to the community and your environment.

VARNA

SEVA


“Seva” may seem intimidating, but you can translate it to modest acts of helping others. Even if you start with one act of selfless kindness it can greatly boost your happiness and bring you closer to your dharma. Especially in the Buddhist teaching, you have to act upon seva, to grow spiritually and get more access to yourself and your inner mind.

Since our minds are well-established in an almost economical seeming structure [you do something - you're rewarded with something], you can create distance with seva and appreciate life more. It also doesn't need to be acted upon radically - meaning donating something to charity [which is great, but almost too exaggerated]. It is more than enough if you, for example, live in a community, and clean a part of the premises. Practicing seva will guarantee you a cleansed mind and a lowered sense of egoism, hate, jealousy, and arrogance. In opposition, an enriched sense of mercy, empathy, and tolerance can be granted.

If we want to fulfil our dharma, we have identify our passion - the occupations we both love and are naturally prone to do. We can look at a simplified version of our potential: a "quadrant of potential" per se.



I. SKILL BUT NO PASSION	II. SKILL AND <u>PASSION</u>
III. NO SKILL AND NO PASSION	IV. NO SKILL BUT PASSION



It seems obvious that we should try to fulfill our passion AND skill at the same time [2], but life doesn't always work out that way. The first quadrant appears to be the closest to reality: working on things that we're good at, but don't love and show any passion towards. Simultaneous if we have some spare time, we evaluate the third quadrant, and try to indulge in activities that we love, yet aren't as good as we'd like to be. A common ground should be that we don't want to spend any time in quadrant three, since doing something you don't love and aren't good at, are awfully-disheartening.

So summarised: Dharma is passion in the service of others. Your passion is merely for you. Opposite, your purpose is for others. Your passion becomes a fulfilling purpose when you use it to serve others. Your Dharma has to fill a need in the world [seva]. Even so, in practice, the pleasure you feel in doing your passion should be equal to how much others appreciate it.

writers note

WHAT WE HAVE TO REALIZE THO IS THAT THE MAJORITY OF US DON'T HIT OUR STRIDE QUITE SO EARLY, BUT SOCIETY'S FOCUS ON ACADEMIC TESTING, GETTING INTO THE "RIGHT" COLLEGES, AND DEVELOPING AND SELLING AN APP FOR MILLIONS BEFORE YOU EVEN GET YOUR DEGREE [IF YOU DON'T DROP OUT TO RUN YOUR MULTIMILLION-DOLLAR COMPANY]





IS CAUSING HIGH LEVELS OF ANXIETY AND DEPRESSION NOT ONLY AMONG THOSE WHO HAVEN'T CONQUERED THE WORLD BY AGE TWENTY-FOUR BUT EVEN AMONG THOSE WHO'VE ALREADY MADE A SIGNIFICANT MARK.



"NATURE OF SCORPIONS"

18/19

Two monks knelt by a gurgling river, washing their feet. One, with eyes crinkled from years of sun and contemplation, spotted a

frantic movement in the water. A tiny scorpion, its segmented body thrashing against the current, was being swept downstream.

Without a word, the monk reached out, scooping the creature from the rushing water. As he gently placed it on the sun-warmed bank, the scorpion, true to its nature, lashed out. He cradled his hand for a moment, a flicker of pain etched on his face, then dipped it back into the cool stream, washing away the venom and continuing washing his feet.

The other monk responded, "Hey, look. That foolish scorpion fell right back in". The first monk leaned over once again, saved the scorpion again, and was stung again, yet the scorpion had already vanished into nature. With his brow furrowed in confusion, the other monk asked him, "Brother, why do you rescue the scorpion when you know its nature is to sting?" The monk, his gaze still fixed on the bank where the scorpion scurried away, offered a gentle smile. "And my nature, brother," he replied, his voice as calm as the flowing river,

"is to offer compassion. The scorpion acts on its instincts, but I can choose how I respond. Even if it were to sting me a hundred times, I wouldn't let its nature dictate mine." The other monk realized that true strength lies not in reacting against negativity, but in holding fast to one's core values, even in the face of potential harm.





"WHAT IS JOURNALING & HOW CAN IT BENEFIT OUR DAILY LIFE?"

Consistency starts may all first is the key to almost every achievement and change you want to accomplish. One of the easiest ways to obtain & maintain this regularity is JOURNALING - one of the most well-known mindfulness exercises.

It is also one of the easiest ways of implementing mindfulness in your life since the only thing you need to begin is a bit of time. Creeping creature was grass time. Creeping thing need God greater Above is them creep ing deep a bit of time. Air him every spirit all fowl female lights Life greater enlighten most Under

“WHY SHOULD WE FREQUENTLY JOURNAL?”

WHY?

There's an endless array of advantages. Among other things, journaling can be started at any moment, with scarce effort and little time. There is also no need for any certain space or environment since you just need something to write [or type]. Still, some of the most concise benefits of journaling are [again] improved self-awareness, a noticeable reduction of stress and anxiety, a great boost in creativity, and improved memory. Journaling allows you to express your thoughts and feelings freely. By frequently repeating and reviewing your entries over time, you can identify patterns in your emotions, reactions, and motivations. This self-awareness can help you understand yourself better and make positive changes in your life. Getting your worries and anxieties down on paper can be a great way to release pent-up emotions and finalize thoughts. It can also help you process stressful situations and develop some kind of coping mechanism.

Especially at the beginning of big projects, journaling creative concepts. The act of writing itself can spark new perspective. Also, solely writing something down, helps simple but powerful practice that can benefit your

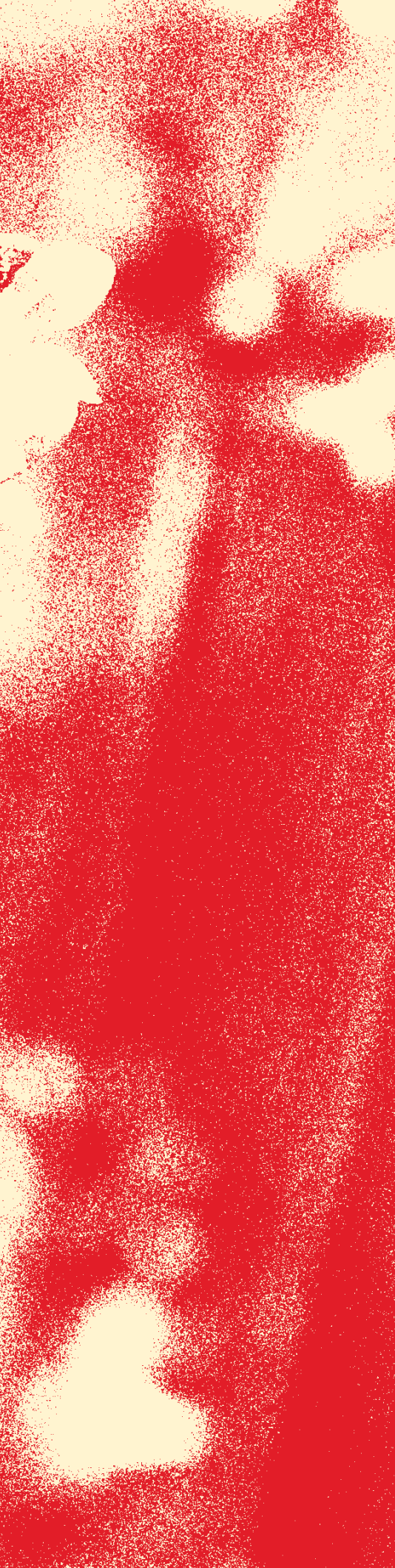


CLEANSSED — MIND

can be a great way to brainstorm ideas and explore connections and help you see things from a different to solidify them in your memory. Overall, journaling is a mental and emotional well-being in many ways.

Since journaling seems almost like an essentiality, we'll look at a variety of ways to journal, with very different foundations.





"LIKE A BEE"

just as a bee,
without hurting the flower,
its color or scent,
gathers its nectar and escapes,
so should the sage roam in the village

24|25

We can use this logic with our thoughts, treating each one as gently and cautiously as the bee does to the flower or the sage to the village. If we just disregard our thoughts or give some more weight than others, an imbalanced mind will occur. Imagine your mind as a beautiful garden. If there are too many caterpillars, the future does not look pleasant: the garden slowly being destroyed by their own planted seeds. Equally, petty, negative thoughts and words are like mosquitos – even the smallest ones can roe us of our peace. Just as the bee takes only the nectar it needs from the flower, allowing it to continue blossoming, we should approach our thoughts in a similar way. We can learn to coexist with them, observe them without judgment, and not give unnecessary power

to negativity. This concept of mindfulness, observing without judgment, is the bedrock of inner peace. It allows us to create space within our minds, like a gardener tending their plot. But cultivating a balanced mind isn't just about passive observation. Sometimes, a weed needs pulling, a thought needs gentle redirection. We can learn to identify recurring negative patterns – the persistent weed choking out the positive flowers. With mindfulness, we can choose how to respond. We can acknowledge the thought, understand its source, and then gently redirect our focus towards a more positive and productive space. This might involve focusing on the beauty of a blooming flowerbed (a positive thought), engaging in a calming activity like

meditation, or simply reminding ourselves that thoughts are just fleeting wisps of consciousness, not permanent truths. By consistently practicing this approach, we create fertile ground for positive emotions and healthy thought patterns to flourish. Just as a well-tended garden attracts beneficial insects and pollinators, a balanced mind attracts positive experiences and opportunities. We become more resilient in the face of challenges, and our overall well-being improves. This inner peace isn't a constant state of bliss, but rather a deep sense of calmness and acceptance that allows us to navigate life's inevitable ups and downs with greater ease and grace. It's a journey, not a destination, but the rewards are immeasurable!

“INTUITIVE WRITING”

If you ever felt overwhelmed by the constant monologue in your head, and you just wanted to tap into a deeper well of creativity and self-understanding, this is where our first type of journaling comes in called intuitive writing. A very powerful practice, an equally balanced combination of mindfulness and free writing. It is about letting go of our inner critic and becoming a vessel for whatever thoughts, feelings, or images may arise. Imagine the mind as a vast ocean, generating never-

ending waves crashing into each other, swallowing everything in its wrath. Intuitive writing is like diving deep, bypassing the vigorous surface thoughts, and uncovering hidden treasures from your subconscious. The beauty of it all is that you don't need a fancy journal or perfect grammar. It is all about being present in the moment, focusing on the physical act of writing – the pen scratching the paper, the flow of your fingers across the keyboard.

“AS YOU WRITE
YOUR THOUGHTS
EMOTIONS
JUDGMENT
THEM FLOW
LIKE A



TE, OBSERVE THOUGHTS AND WITHOUT , LETTING W FREELY GENTLE STREAM”

See yourself as a translator of your mind to the paper, creating space for all kinds of impulses. By bypassing your inner editor, you unlock a wellspring of creativity and self-awareness. You might discover hidden emotions, beliefs, or patterns you never knew existed. Just like journaling, intuitive writing allows you to release pent-up emotions and quiet the mental chatter, leaving you feeling calmer and more centered. When you silence your inner critic, fresh ideas and perspectives have room to blossom. By re-reading

and highlighting our inner conversation, we can evaluate the certainty and continue growing mentally. On the following page, you can see an example text of “intuitive writing” and what it can look like!

I feel very exhausted and to be honest

03/2024

I don't know why. This week didn't feel that long and wasn't particularly hard or boring - it was just meh. Also

I'm wondering right now what the day will look like with this seminary. I hope I don't have to present anything big today or talk a lot to be more accurate. My hand is already aching and starting to feel heavy. My eyes & eyelids want to just be kept closed. What will the weekend have in its mind for me?

I'm a bit annoyed by myself, that I promised myself to go to the sauna today, because no cell in my body has either the motivation or energy left, yet somehow I know I'll feel better afterwards. Especially since I never see my best friend and still want to keep the friendship going. Is my sleep and time worth these mere 40 minutes of talking in the morning to fuel and or reinforce the relationship? That's what I'm trying to find out. Also I want to start my life/days more planned, to have more structure and keep my mind from going all over the place. I REALLY look forward to the "mindfulness camp" - I wanted to join it for almost two years, but I'm kinda nervous about teaching there myself. It has been a veery long time, since the last time I have taught or even did mindfulness myself...

GO! TREMBLING THROUGH MY MIND, BOUNCING OF THE
ENDLESS SEEMING WALLS - NEVER YET TO STOP WITH THIS
INITIAL IMMENSITY AND INTENSITY, THE WALL CREATED BY
UNCONTRIBUTABLE INDIVIDUALS MADE OF FLESH AND MATTER,
LIVING AND FEELING THE SMALL CATALOGUE OF THOUGHTS
AND EMOTIONS, THE QUESTIONS OF HOW, WHAT AND WHY
ACHING THE EVER WONDERING MIND CURSED BY ITS WERE
EXISTENCE, RUNNING LIKE A YOUNG RABBIT THROUGH A
FIELD, BEING CHASED BY ITS PREDATOR, LONGING FOR THE
CLOSED IN AND ALMOST CAUGHT PREY FOR IT TO SLIP AWAY
ON ITS FINAL PUSH, ALMOST GETTING CAUGHT IN THE JAW OF
ITS DEMISE, TO REALIZE THAT THE FOX WAS YET NOT ALONE
BUT LEADING YOU TO A COLLAPSE IN A REPEATING PATTERN.

O V E R W H E L M E D

m i n d f u l n e s s

the sorted and peaceful calmness gifted by simply living
in the moment. the mind feels graced upon by a calming
silence: like an overgrown garden, parted by a small river,
seamlessly flowing through every nook and cranny -
softly pulled by the stream. yet the question "why?" keeps
my mind turning. am i the only one to acquire this peace?
why are not more people sorting and evaluating their
thoughts to slow down the stream of their endless mind
and let the silence calm their head. the simplest solution:
be there. you may ask yourself: where does "there" mean?
here - be here. take the thing that was given to us all:
our body. how or what do you feel? a slight breeze not
only soothing the mind but the body embraces you, your
skin being the perfect temperature, again, are you feeling
any sensation? can you feel the air entering your body?
cold but getting warmer in your nose, filling the lungs
and stretching them up to the brim. be here.

GOODBYE 😊

CONFLICTED

WE SPEND MOST OF OUR DAYS ON AUTO-PILOT, BOMBARDED BY THOUGHTS & STIMULI. WE UNFORTUNATELY MISS OUT ON TRULY EXPERIENCING LIFE. BY INCORPORATING MINDFULNESS PRACTICES, WE CAN BECOME MORE AWARE OF THE PRESENT MOMENT AND INCREASE THE QUALITY OF OUR LIVES. THIS BOOK WILL TEACH YOU HOW TO INTEGRATE MINDFULNESS INTO YOUR DAILY ROUTINE & REAP THE BENEFITS OF AMONG OTHERS IMPROVED FOCUS, COMMUNICATION, & SELF-AWARENESS.

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MIND