Not Always Zen: Meeting the challenges of today with curiosity and compassion...

Meditating on connection
Overview

The problem: “shoulding” on ourselves

It’s hard to be Zen in the Age of COVID-19

Our responses make sense based on science and the gunas

Our suggestion: curiosity and compassion

The Gunas - states of being

Inertia  Tamas  Stillness
Sattva  Balance
Rajas  Activity  Chaos
Daniel Siegel's Hand Model of the brain: [https://youtu.be/gm9CIJ74Oxw](https://youtu.be/gm9CIJ74Oxw)

Paul MacLean – Triune Brain

Executive State
Prefrontal Lobes
What can I learn from this?

Emotional State
Limbic System
Am I loved?

Survival State
Brain Stem
Am I safe?
What does sattva look like for you right now?