Fostering Well-Being
In Every Moment
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Neuroscience

Default Network (DN)
- I-Me-Mine autobiographical self
- Recursive thinking (positive & negative)
- Negativity Bias (mistake a stick for a snake)

Dorsal Attention Network (DAN)
- Focusing of attention and concentration
- Planning and encoding coping strategies

Control Network (CN)
- Executive control of attention/concentration
- Switches between DN and DAN

Present Centered Mode Network
- Reduced Beta
- Increased Gamma
- Being (Non-self, Non-separation)
  - Insight
  - Open to Infinite Possibilities
  - Positive overcomes Negativity Bias
  - Equanimity, Well-Being
Neuroscience

Meditation...

DN: Default Network Deactivated (autobiographical self)
- No preoccupation with mind-wandering negative thinking or self-referencing I-Me-Mine thoughts that gives rise to stress, anxiety, fear
- Conditioned strategies rewire with new, more effective strategies

Blue = decreased activity of DN
With permission: Brewer, et al. 2011

PCN: Present Centered Mode Network Activated
- Increased gamma, decreased beta
- Ability to access equanimity, well-being, insight, infinite possibilities

Yellow, orange, red, brown = increased gamma
With permission: Sheth et al. 2008

Fostering Present Centered Well-Being

Sensing Opposites
i. Feel your left hand
ii. Feel your right hand
iii. Feel both hands at the same time
iv. Feel the left side of the body
v. Feel the right side of body
vi. Feel the front of body
vii. Feel the back of the body
viii. Feel the entire body at the same time

Fostering Present Centered Well-Being

Attention Everywhere
i. In Front
ii. Behind
iii. Left
iv. Right
v. Below
vi. Above
vii. Inside
viii. Outside
ix. Everywhere

Fostering Present Centered Well-Being

The Felt Sense of Being
i. Where am I?
   - Spacious
   - Without border or boundary vs. contracted and limited
ii. When am I?
   - Timeless
   - Beyond time & thought vs. Limited by time
iii. How am I?
   - Perfect
   - Perfect and whole vs. lacking and flawed
iv. What am I?
   - Connected
   - Connected vs. Confused and disconnected
v. Who am I?
   - Complete
   - Complete and Whole vs. incomplete
**Witnessing**

- Experience yourself as a witness/observer of everything that’s arising.
- Notice where and how you experience this in your body.
- Allow yourself as the witness to dissolve into “being witnessing.”
- Notice where and how you experience this in your body.

**Being Awareness**

- Notice how all changing perceptions appear in awareness.
- Bring attention to awareness itself: “What is the felt-sense of awareness?”
- Allow attention to dissolve into “being awareness.”
- Notice how awareness is unchanging, stable, clear, undivided, unconditioned.
- Notice the subtle sense of self-awareness that reifies a sense of separate self.
- Notice self-awareness as an arising in awareness.
- Sense the underlying mystery that is beyond self-awareness, calling you “home.”

**CONCLUSION**

**Resources**

- Insight, Infinite Possibility
- Focusing & Present Centered Networks
- Somatic relationship with body, mind, senses, emotions, cognitions
- Repairs
  - Negative recursive thinking
  - Rewires and regulates de-regulated systems
- Restores
  - Inner and outer connection and harmony
  - Empathy, joy, compassion, equanimity, well-being, resilience
References


