

The Craving Mind

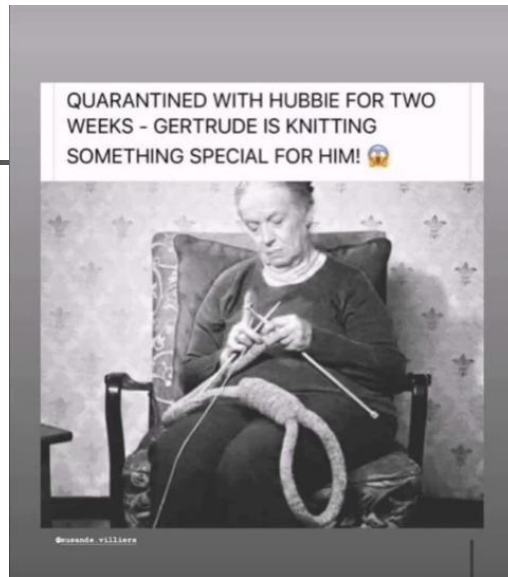
Part 2

Ego cravings



Stanley Merrill
March 30th 2020
Luna

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Training Wheels Guided Meditation

- 1. Long slow breath
- 2. Counting and long slow breath
 - Count on the in-breath
 - Count on the out-breath
- 3. Counting and felt sense and long slow breath
 - Continue counting
 - Focus on nostrils as you breathe in
 - Focus on you lips as you breathe out.
- 4. Felt sense and long slow breath
 - Stop counting
- 5. Just Felt sense – Training wheels are gone!
 - Stop long slow breath

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Review

Operant Conditioning

Trigger – Behavior - Reward

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Negative conditioning



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Positive conditioning

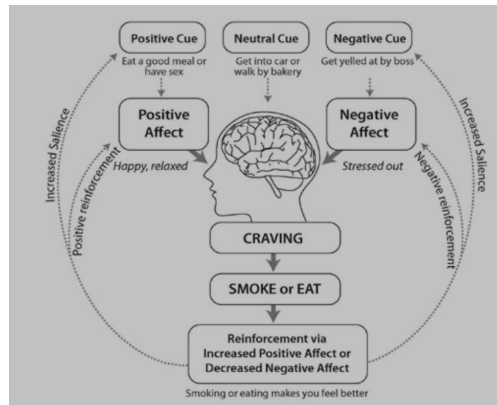


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The more I eat The more I want



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Rain Getting Grounded

- First Step - **Recognize**
 - Realize there is emotion and content.
- Second Step - **Allow**
 - Don't reject the content.
 - Accept your emotions and thoughts. You are human.
 - **What does it cause you to do?**
 - Anger can be a call to needed action.
 - Anxiety can be a helpful trigger.
 - **We are human and need self-compassion in spite of our frailties.**
 - **Positive attitude - "I can handle that"**
- Third Step - **Investigate**
 - Get out of your "content" – thinking mind.
 - **Get into the felt sense of your body.**
- Fourth Step – **Nurture – Non-Identify**
 - When you Don't identify with your emotions
 - Nurture yourself.

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Questions?

- Beginners meditation comments
- Craving challenge?
- Notice trigger and rewards?
- Questions about craving?
- I in Investigate?
 - Ever get “grounded”?

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Ego driven addictions “What will people think of me”

- Facebook
 - Checking for likes
 - Watching our friends feeds.
- “Branding” ourselves
 - **PERSONA** – Projecting an image of ourselves.
 - Examples: Conspicuous consumption, “Look what I know”,
- Taking selfies at the Louvre
- Daydreaming of fame and glory
- Romantic Love – the story of me.
 - Feeling that we are loved.
 - Jungian Psychology - Romantic love is neurosis.

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Mac David Country and Western

“Oh Lord it's hard to be humble
When you're perfect in every way
I can't wait to look in the mirror
Cause I get better looking each day.”

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The Reward

- Everyone wants to feel that they are **IMPORTANT**:
 - Being heard
 - Valued
 - Respected
 - Needed
 - Important
 - Special
- Slaves to our Persona

Understanding this, there are supportive things that we can do and self-destructive things that we can stop doing.

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Consequences

Of some ego driven behaviors

- Studies have shown
 - We do Facebook to because we want to be liked and increase our self-esteem.
 - "Comparing Mind" - Unfortunately, we can become envious of others we see on Facebook.
 - The Facebook often decreases our self esteem.
- Child injuries increased after cell phones
 - Only in areas with cell phone coverage.
- We are constantly being distracted
 - We miss whatever beauty is in the present moment.
 - We are far less productive.

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Irony

- Many of the ways that we use to seek being respected and honored are counterproductive.
 - Class clown
 - Bragging
 - Etc.
- The more we seek to respect and honor others the more that we will be respected and honored.

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Constructive Things

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Aware Really listening empathetically



- People need to be heard.
- Listen to them.
- Full attention
- Don't Judge, Empathize
- Meditation is a technique that cultivates the mental discipline to stay FOCUSED!

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Never Miss an opportunity to encourage or compliment



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Compassion

"Admit something. Everyone you see, you say to them "Love me." Of course you do not do this out loud: Otherwise, Someone would call the cops. Still, though, think about this, this great pull in us to connect.

Why not become the one who lives with a full moon in each eye that is always saying, With that sweet moon Language What every other eye in this world Is dying to Hear?" .. Hafiz

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Zengetsu

- "To a true Zen student everyday is a fortunate day.
 - Time passes by but he never lags behind.
 - Neither **glory nor shame** can move him."

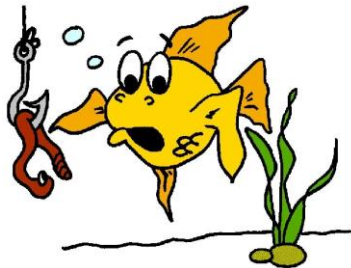
Our need for glory and
Our fear of shame
Do not serve us well!

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Things we shouldn't do Get hooked on our ego



The more that we strive
for attention and praise
the more it will allude us.

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Summary

- Recommendations
 - Honor others.
 - Listen emphatically to others.
- Avoid
 - Seeking adulation
 - Bragging.
 - Notice your motivation.
 - Don't do things out of shame glory

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Buddhist solution

- No Self - No Problem
 - First thought – It's stupid.
 - Eventually – It's profound.
- I hope that this helps you.
- My apologies if I confuse you.

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No Self Mundane Understanding

- Mother Nature
 - The seagull
 - The fish
 - Me



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Good thing or a Bad thing

- From the birds' perspective it is good.
- From the fishes perspective it is bad.
- From the universal perspective it is just the cycle of life.

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Putting things in perspective

- We are **Not** the center of the universe.
- Part of something bigger than ourselves.
 - Higher Power
 - Jungian Psychology – THE SELF
- Sometimes the greatest reward can come from helping others.
- Balance
 - Caring for ourselves and others

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We need Ego

- Ego is NOT a bad thing
 - You can not survive without an ego.
- You can not STOP ego but you can be conscious of it.
 - What does ego cause you to do.
 - What does it stop you from doing?

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When we are conscious of Ego



- Balance between Humility and Hubris
 - Confident but not arrogant.
 - Willing to question any and all of our own beliefs.
 - Accepting of others who disagree.
- Ego doesn't always serve us well.
 - Can you be manipulated by flattery?
 - Do people take advantage of you because you are a "good" person.
 - Are you insensitive to others to feed your ego?
- We need DISCERNMENT
 - Awareness – Consciousness – The Objective observer

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Optional Homework The Craving Challenge



- Instructions on the website
 - Resources -> Handouts -> Luna
- Daily Challenge
 - Daily Meditation practice – 2 -5 minutes
 - Each day a different challenge. Examples:
 - Notice the triggers for eating snacks
 - Notice the triggers for checking email
 - Practice RAIN before doing the behavior
 - Take a long slow breath between being triggered and before you do the behavior

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After class

- PDF of Slides,
- Craving Challenge
- Evaluation form link

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Questions?



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Ben Zoma

- Who are the wise, those that learn from everyone.
- Who are the mighty, those that can subdue their desires.
- Who are the rich, those that are content with their portions.
- Who are to be honored, those that honor everyone.

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Dependent Origination

1. Because of this there is that
2. We are who we are because of causes and conditions.
 - Difficult people are responding to their pain in self-destructive ways
 - Shanti Deva – The stick

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Self Righteousness

- The Attitude
 - I am superior to you.
 - I don't need to listen to you.
 - If everyone listened to me the world would be perfect.
- The Impact
 - Lose friends
 - Will never understand the complexity of the issues that we face.
 - Stunt our own psychological growth

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