




# Misconceptions

Mindfulness is religious.

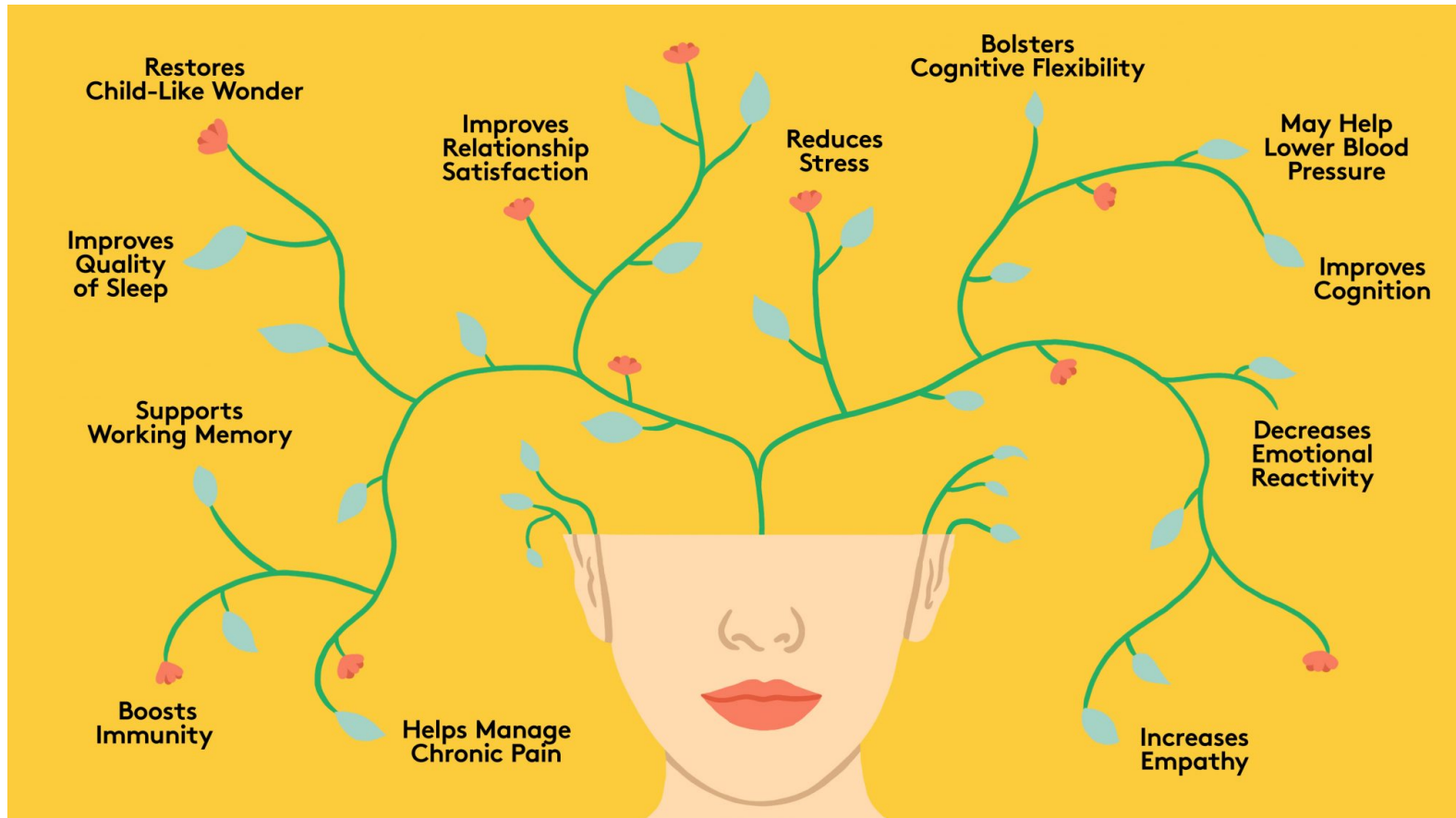
Mindfulness is sitting & doing nothing.

Mindfulness is having no thoughts.

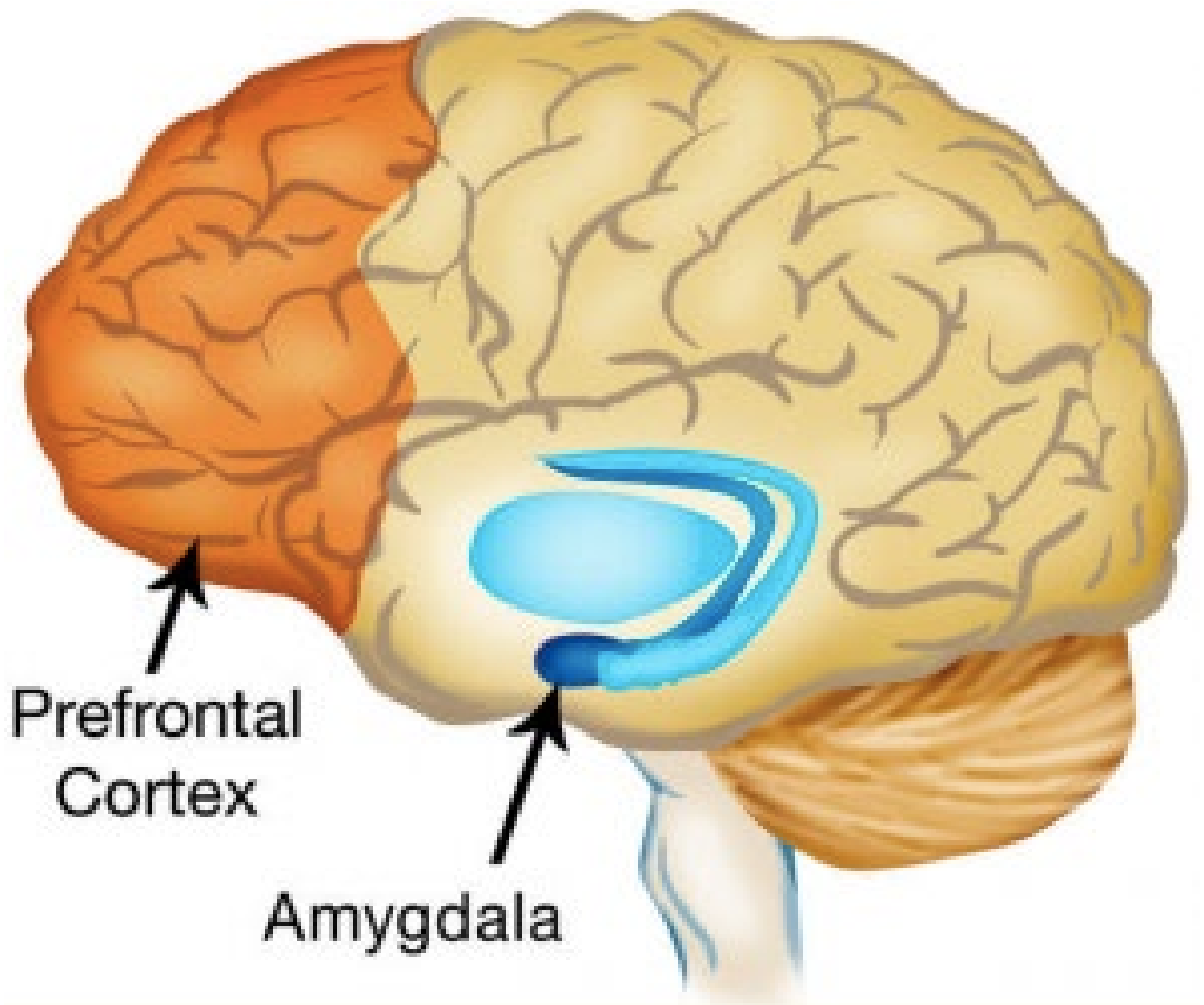
A woman with shoulder-length brown hair is sitting at a desk in a bright, airy room. She is wearing a light-colored, vertically striped button-down shirt. Her right hand is resting on her chin, and she is looking off to the side with a thoughtful expression. In front of her is a dark grey laptop. To the left of the laptop, there is a smartphone and some papers. To the right, a pair of glasses and a notebook are visible on the desk. The background shows a window with a view of a building and some greenery, suggesting an office or study environment.

Paying attention, on purpose, to the present moment, non-judgmentally.











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The brain's negativity bias is like Velcro for bad experiences, but Teflon for good ones.

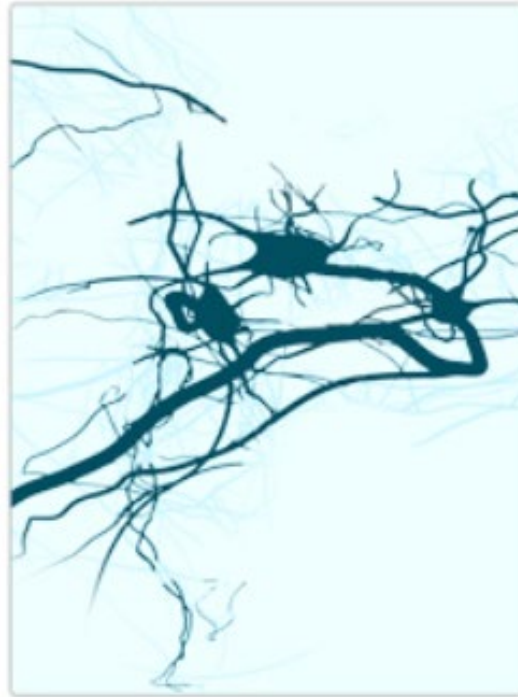
– DR. RICK HANSON







Neural networks **before**  
training

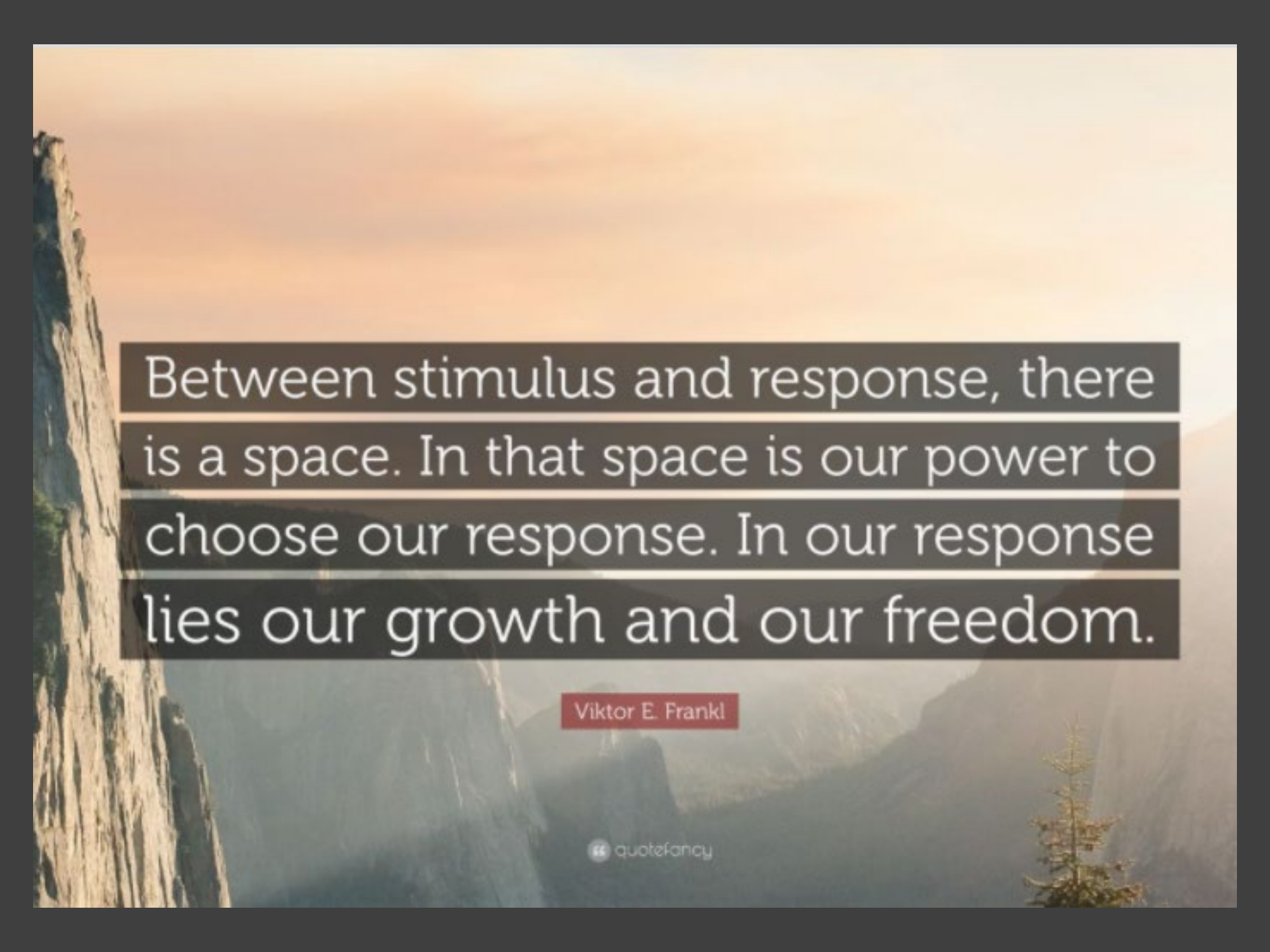


Neural networks **2 weeks** after  
stimulation



Neural networks **2 months**  
after stimulation



A scenic view of a mountain valley. On the left, a tall, rugged rock face rises vertically. The valley floor is visible in the distance, with a single evergreen tree on the right side. The sky is a soft, hazy orange, suggesting a sunrise or sunset. The text is overlaid on a dark, semi-transparent background.

Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

Viktor E. Frankl

S.T.O.P.  
practice

