

# CORE MINDFULNESS

## REASONABLE MIND

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## EMOTION MIND

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## WISE MIND

- **Reasonable mind:** is when your school brain is in control. Use your brain power, be a scientist. Remember cause and effect! A robot has all reason and no emotion.
- **Emotion mind:** is when your heart is in control; your feelings rule your behaviors. Emotions are important, as they don't control you.
- **Wise mind:** is a combination of reasonable mind and emotion mind. A harmony of heart and mind. This is the mixture we want to strive for.