

# Nurturing the Positive: Creating, Holding and Radiating Positive Subjective States ~ Shinzen Young

00:00:00 A final theme is to intentionally create, hold, and radiate positive states in feel-image-talk.

00:00:18 You'll remember I described feel-image-talk as the core subjective system.

00:00:23 That's the world of thought and emotion.

00:00:28 We have internal control over it to a certain extent, particularly talk.

00:00:34 We can decide to create a certain talk and repeat it over and over again.

00:00:41 Essentially that's a mantra practice.

00:00:44 But it's also a cognitive therapy practice.

00:00:49 If you have irrational talk going on, irrational cognitions that are word-based, you can selectively

00:01:00 attend to the antidote to that, which would be a more rational cognition.

00:01:06 In cognitive behavioral therapy, that's what they have people do.

00:01:11 I would say that that person is intentionally creating and holding positive talk, positive

00:01:18 in the sense of rational as opposed to irrational, or appropriate as opposed to inappropriate.

00:01:25 We can also hold positive images.

00:01:29 Once again, they can be either more rational images, or they can be images of behavior

00:01:34 changes or performance improvements that we would like to make, or images of outcomes

00:01:41 that we would like to see happen, or images of symbols, archetypes that represent spiritual

00:01:50 goals for us, or just images of people, places, objects that make us feel good, that activate

00:01:56 pleasant emotional feel, that would be an antidote to uncomfortable emotions, depression,

00:02:05 fear, and so forth.

00:02:07 It's pretty easy for most people to intentionally create a positive dimension in talk and hold

00:02:15 that.

00:02:16 A little harder for image, but doable by many people.

00:02:20 Feel is even harder, but it's doable.

00:02:22 You can actually learn in a systematic way to turn on positive feel.

00:02:29 By that I mean pleasant feel, that would be interest, joy, love, gratitude, those kinds

00:02:37 of things, compassion.

00:02:40 Intentionally creating, holding, and radiating positive states in one or a pair or all three

00:02:50 of the fit system.

00:02:51 I call that approach focus on positive.