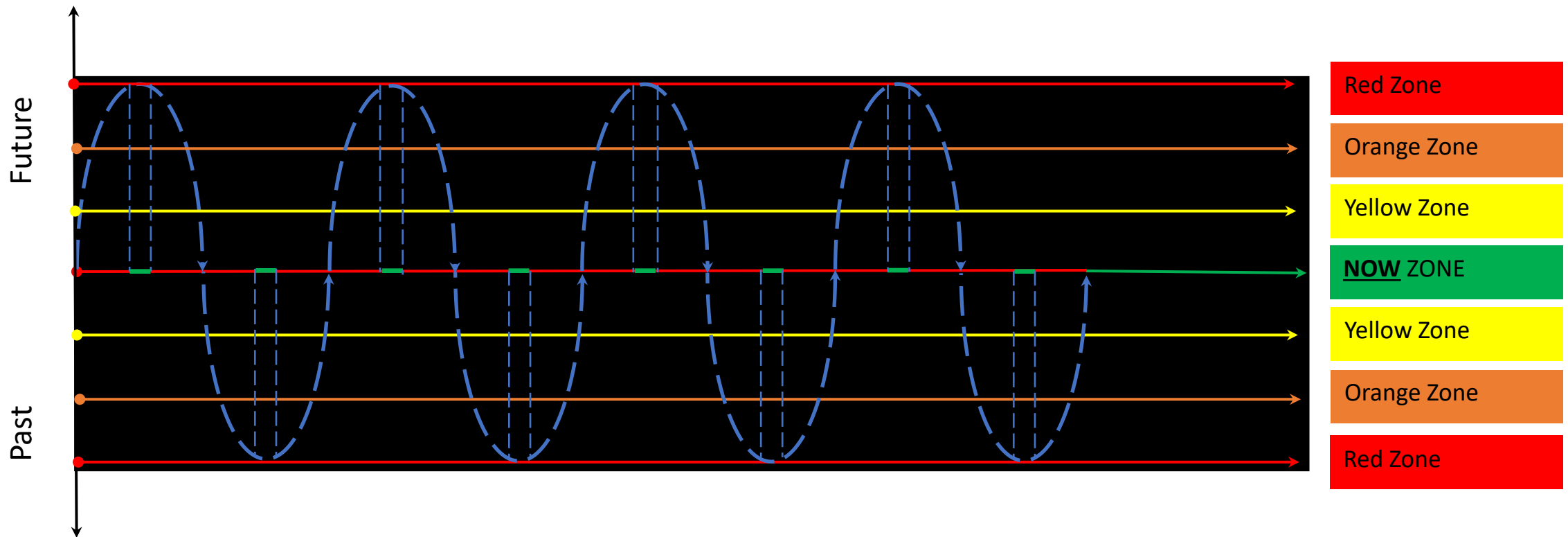


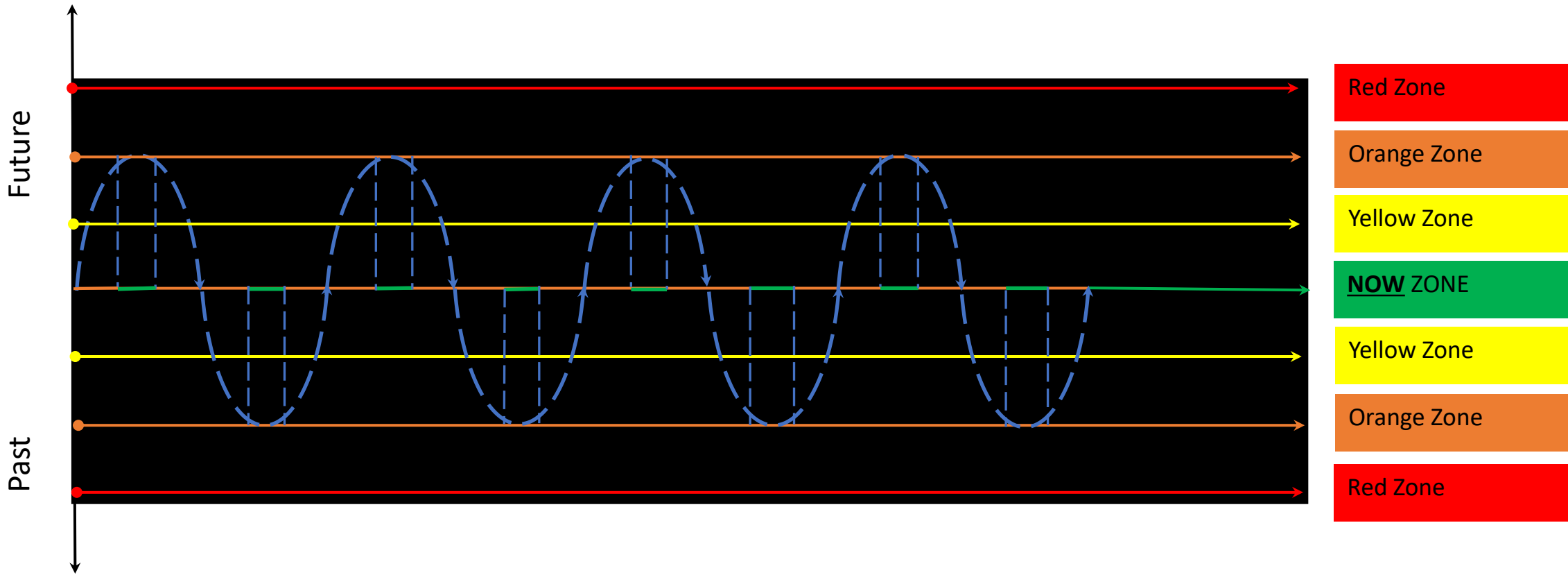
HOW TO CREATE A REAL  
**MIND?**

THE ARROW OF  
**NOW**

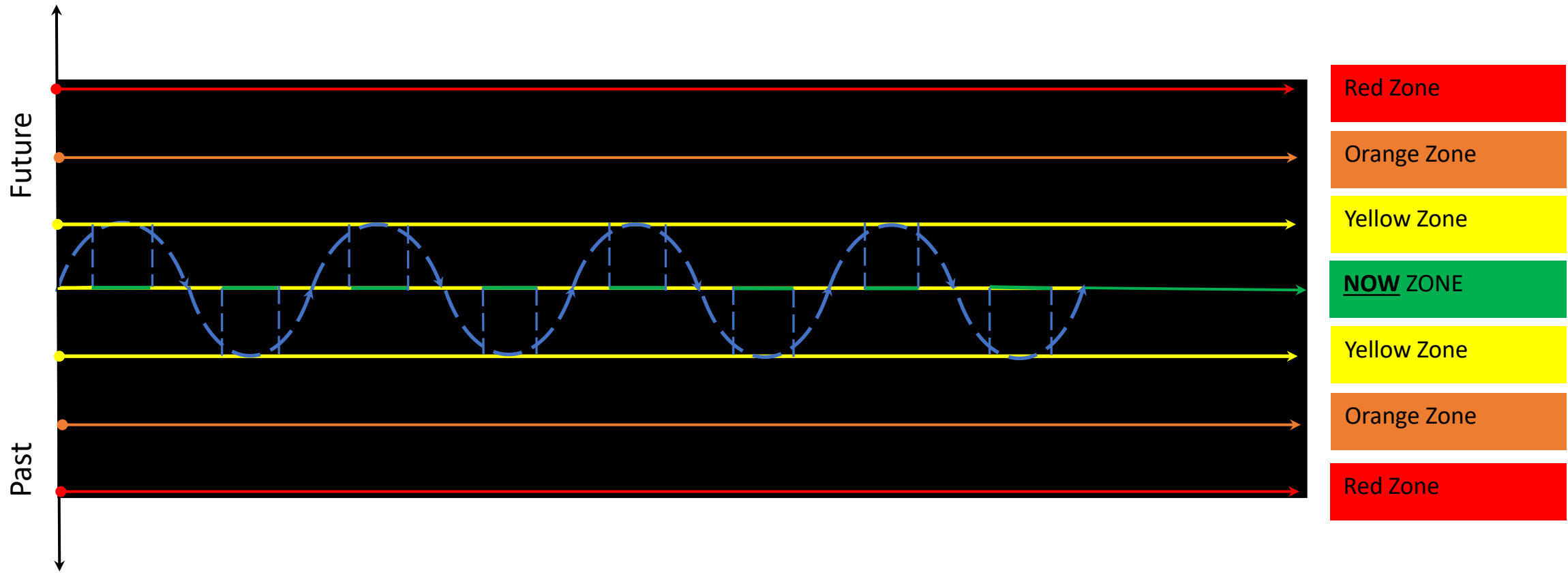
# THE RED ZONE



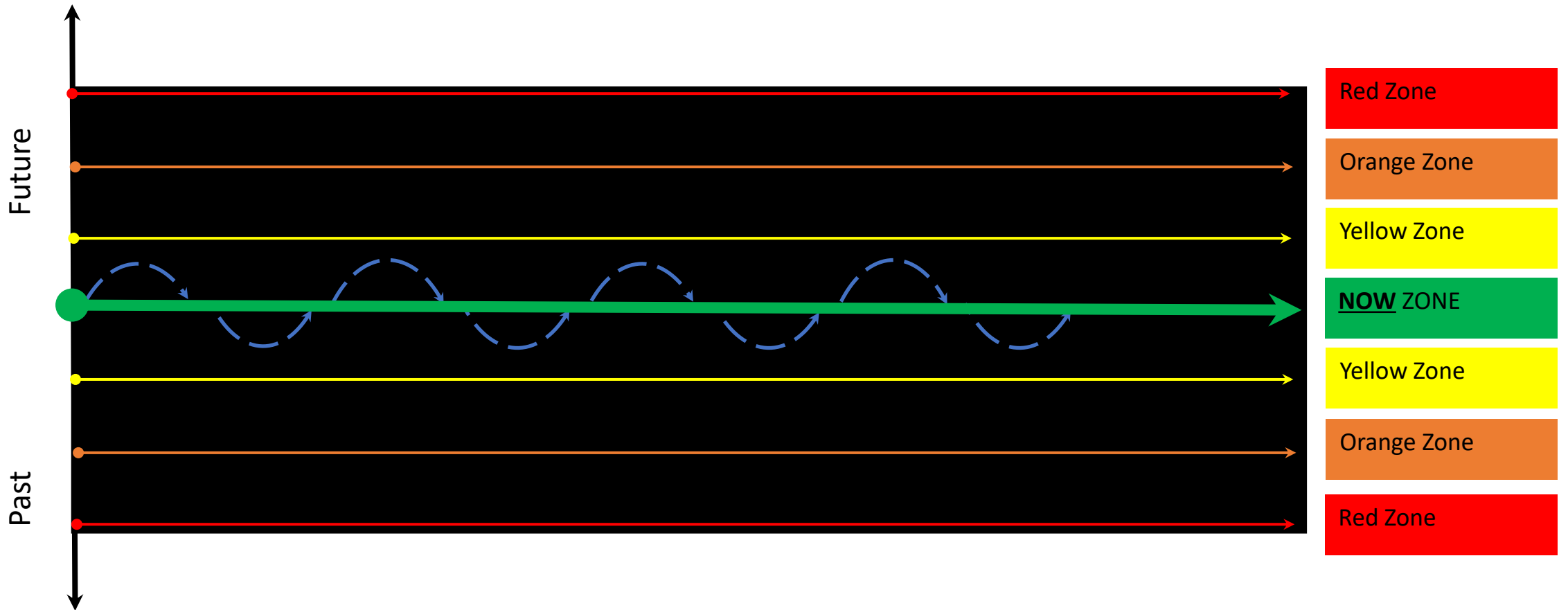
# THE ORANGE ZONE



# THE YELLOW ZONE



# THE NOW ZONE



# What is Reality?

I have split Reality into four different zones. In Reality, Reality has no zones. It is ONE Continuum.

What is Mind? Mind is a Process. It is Action. It is Flow. It is Karma.

What is a Process? Everything is a Process.

Here is an example: The process of going to work.

You wake up. ( 6:50 AM +/- 10 min)

You check your social media. (5 min +/- 1 min)

You brush your teeth. (2 min +/-1 min)

You shower (7min +/- 2 min).

You shave/You put make up. (5 min +/- 1 min)

You dress up. (3 min +/- 1 min)

You have breakfast. ( 18 min +/- 5 min). You check your social media while eating.

You drive to work. (30 min +/- 10 min). You check your social media while driving.

You arrive at work. (8:00 AM +/- 31 min)

A Process has an Average time. In this case the Average time is 70 minutes or 1 hr and 10 minutes.

A process has a Variation. In this case the Variation is +/- 31 minutes.

So, you can arrive at work in 39 minutes or up to 101 minutes. This is a Normal distribution. In a normal distribution there is a concept of Average time and a concept of Standard Deviation: +/- 3 Sigma.

Let's apply this concept to the Mind and explain the four diagrams.

# What is Mind? Mind is a Process

We start in NOW. We go into thought towards the Future. I have expressed it using a Sinusoidal line. We reach the top of the curve. At this very instant we are not going up and we are not going down. For this brief moment we become Aware of our surroundings. We drop out of Thought. I have illustrated this with a small green line in the NOW axis. We go back into thought and we start to descend towards the PAST. We reach the bottom. At this very instant we become Aware again. I mark another green line in the NOW. We go back in thought until we reach the NOW line.

So, in the Now axis we have: red line, small green line, red line, small green line, red line. The cycle represents one thought and it Repeats. In the Red Zone diagram the small green line is much smaller than I have indicated it. It is just a dot. For illustration purposes I have given it some more weight. In Reality we spend 99 % + of our time in the Red.

How do you improve a process? First you document the steps. You measure each step. You measure the process variation. Then you eliminate the causes of variation. The +/- 3 Sigma is represented by Red, Orange and Yellow diagrams.

In our four diagrams you see as you spend less and less time in thought you go from Red Zone to Orange and to Yellow until you reach the NOW Zone. In Orange zone the time at each peak (high or low) starts to increase. Even more so in the Yellow zone.

When you reach the NOW zone your Mind is settled in the present moment. You have Thoughts but you are not Thoughts. You are Balanced, You are Stable, You are at Peace, You are YOU.

# The Infinite LOOP of the Mind

