

How to be a Mindful Human

THE MINDFUL HUMAN REVOLUTION

The upgrade and liberation of your Mindset

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"I am here"

The "I am here" exercise is a powerful tool for promoting self-awareness and presence. It encourages us to fully inhabit our bodies and connect with our emotions, thoughts, and feelings.

Consciously recognizing our "here and now" frees us from the constraints of past worries and future fears. This allows us to embrace the present with openness and authenticity.



A Proposal for Human Evolution

Throughout history, the human mind has adapted to various challenges. This journey has shaped the way we think and act. Now it is time to update our mental mindsets for the future.



Homo Sapiens Evolution

- 1 **Survival** – eating as much as possible and protecting yourself from dangers
- 2 **Collective imprint on the mindset**
Bias towards finding the threat. Reactions. Anxiety.
- 3 **Transformation Proposal**
Becoming aware of the choice we have. Awakening.



Cognitive Revolution

1 Fiction and Storytelling

The ability to create and believe in fictional stories enabled large-scale cooperation.

2 Collective imprint on mindset

Believing in stories and perpetuating them

3 Transformation Proposal

Finding empowering stories that support your growth and unfold your potential.



Agricultural Revolution

- 1 **Ownership** – owning land, goods, and even people as a factor of success
- 2 **Collective imprint on the mindset**
More is better. Protecting what's mine is better. Of letting oneself be possessed by possessions.
- 3 **Transformation Proposal**
Update: share and cooperate. Overcome the attachment of the ego.



The Scientific Revolution

1 Evidence

Evidence-based thinking, helping to overcome superstitions and improve quality of life.

2 Collective imprint on mindset

Use and distortion of facts

3 Proposal for Transformation

Being able to distinguish between facts and fake news.
How do you know this? According to whom?





Industrial Revolution

1 Mass Production

Producing goods on a large scale, resulting in increased production and wealth.

2 Collective Imprint on Mindset

Linearity of time. Workforce. Subordinates.

3 Transformation Proposal

Sustainable Productivity. Protagonism.

Rights Revolution

1 Liberation

The emancipation from ancient hierarchies, helping to question roles of domination and open space for authentic relationships.

2 Collective imprint on mindset

"We" against "them"

3 Proposal for Transformation

Connect with your heart for authentic relationships.
Acceptance of diversity



Mindfulness Revolution

1

Understanding and Transcendence

Develop the ability to deal with the accelerated changes of modern society, cultivating inner wisdom and peace of mind.

2

Collective imprint on the mindset

Cultivate the freedom to fully live in the present moment, finding individual and collective fulfillment.

3

Transformation Proposal

Embrace the vibrancy of the present, responding with intelligence and creativity to challenges, flowing with naturalness and purpose.



Digital AI Revolution

1 Generative AI

Develop the ability to use AI as an ally.

2 Collective imprint on mindset

AI does not replace people - people will need to adapt quickly

3 Transformation Proposal

Value the human being by recognizing what is unique, such as intuition, creativity and love.



Gratitude



Appreciation

I am grateful to all who accompany me on this journey of self-discovery and human development.



Connection

Sharing my reflections and connecting with you is a gift.



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