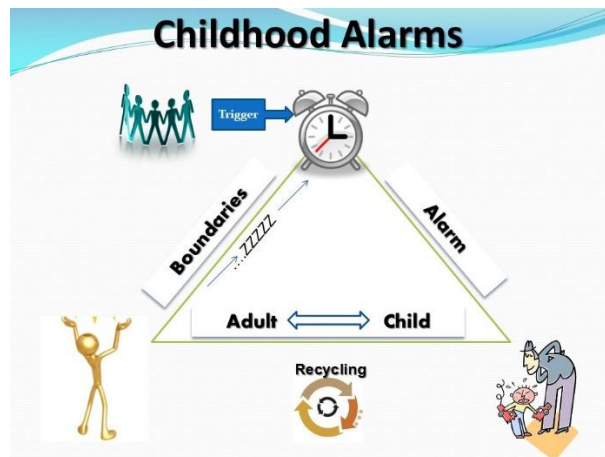
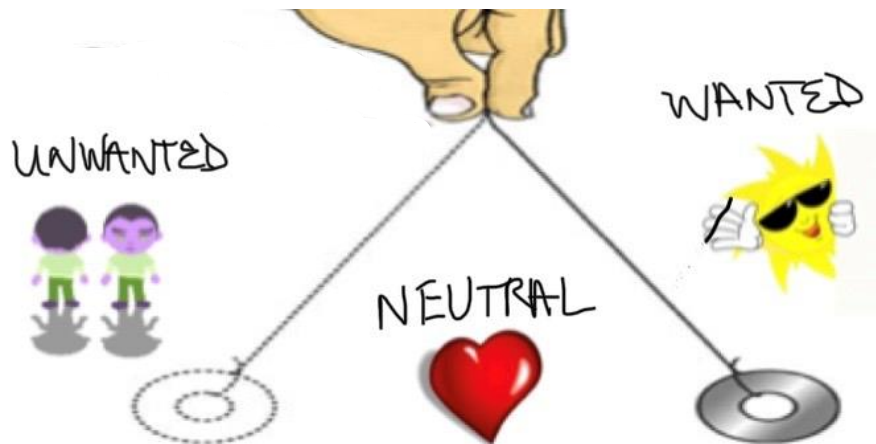


When your external environment triggers you,
your ego gets alarmed and turns into a beast to get your attention.



Your Shadow Beast triggers old unwanted ipod songs and pulls against desires
that make you shine.
Neutral is doing things that are non-triggering.



1. Acknowledge Beast: "I See Your need for _____ beast" (emotion)
 2. Say "No Cookie": I'm Not feeding YOU a negative cookie
 3. Focus on anything else that gets you neutral: do anything else that is not
in your immediate space (walk, listen, read, etc...) until you calm down to neutral.
- Addressing ego is as simple as acknowledging it, while not feeding it.
Self Awareness Wins.