

## Prioritizing Mindsets Of Inquiry And Compassion

Our mindsets play a crucial role in shaping how we perceive and interact with the world around us. These thinking processes impact our attitudes toward experiences, people, and potential outcomes. They can either empower us to reach new heights and cooperate with others or limit our own and the potential of others. They keep us safe and enable us to harm. Therefore, it's important to not only recognize our mindset but to direct it in a way that best serves us and our communities.

The most common mindsets are based on fear and judgment. These are the responses that are often prioritized because they are wired for survival reasons and our generally instinctive responses. When we encounter challenging experiences or people, our amygdala, the primitive part of our brain responsible for survival, can trigger a fear response that can lead to negative judgments and assumptions. This reaction may have served us well in the past when survival was our primary concern, but in modern society, it can prevent us from building meaningful connections, achieving our full potential, and building walls of indignity between us.

By reserving fear and judgment to survival and mundane choices, we prioritize mindsets of inquiry and compassion. This allows us to interact with the world in a more open and connected way. When faced with challenging situations in which our physical safety is guaranteed, we can evoke an open and curious mindset and welcome a sense of wonder and a desire to learn. Through inquiry, we can examine the situation for an element of suffering. A compassionate mindset asks, "Is what I'm experiencing and/or seeing unfold in front of me the result of an element of suffering? If so, how can work to alleviate it?"

Over time, prioritizing inquiry and compassion over fear and judgment can have profound effects on our lives and the world around us. By embracing curiosity and compassion, we can build stronger relationships, foster empathy, and create a more peaceful and harmonious society. We can also learn to reframe our experiences in a more positive light, seeing challenges as opportunities for growth and transformation.

Overcoming primitive biological responses is not always easy. However, neuroplasticity shows it's possible. It requires a willingness to challenge our assumptions and beliefs and a commitment to ongoing self-reflection and personal growth. But with practice, we can learn to cultivate the mindset of inquiry and compassion that can help us overcome our fears, connect more deeply with ourselves and others, and reach our full potential.



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