

# **BUILD A POSITIVE MINDSET**

**A PRACTICAL METHOD OF FILTERING**

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# WHATS INSIDE?

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## BUILD A POSITIVE MINDSET

### A PRACTICAL METHOD OF FILTERING

Did you know that changing how your body feels can actually help you develop a whole new way of thinking? It's true! By making simple adjustments to your body, you can start to see the world in a different light. In this journey of self-discovery, we'll explore how tweaking your physical sensations can lead to a powerful transformation in your mindset.

**Here we will know the practical method of “filtering” that is derived from the philosophy of Maurice Merleau Ponty for building a positive mindset.**

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## **WHO IS MAURICE MERLEAU PONTY?**



Maurice Merleau-Ponty was a French philosopher known for his contributions to phenomenology. He focused on understanding human experience and bringing depth to its meaning.

## **WHAT DOES THE BODY MEAN TO US?**

Maurice Merleau-Ponty emphasized that the body is essential for understanding the world. He believed that our bodies are not separate from what we perceive but are deeply intertwined with it. That means our perception is the result of our body.

## **WHY PERCEPTION OF THE BODY IS IMPORTANT?**

Understanding the perception of the body is crucial because it helps us make sense of the world and actively interact with it. Maurice Merleau-Ponty stressed that our bodies are central to how we comprehend the world around us. He argued that the body and what it perceives are inseparable, highlighting the significance of bodily experiences in shaping our understanding of reality.

## **WHAT IS EMBODIED CONSCIOUSNESS?**

Embodied consciousness is the idea that our awareness and understanding are deeply connected to our physical bodies. It's like the relationship between a house and its owner. Just as a house provides a space for its owner to live and experience the world, our bodies serve as the vessel for our consciousness to exist and interact with the world around us. In this analogy, our consciousness is like the owner of the house, shaping and being shaped by the experiences within the body.



MEET THE HOUSE OWNER=  
OUR CONSCIOUSNESS

*If your house is  
important, what  
about your  
body?*

Our house= Our Body

## **DOES CARING FOR YOUR BODY SHAPE BELIEFS, EXPERIENCES, AND ATTITUDES?**

Yes, taking care of your body can positively impact your beliefs, experiences, and attitudes. When you prioritize your physical health, it often leads to improved mental well-being and a more positive outlook on life. Physical activities like exercise, proper nutrition, and sufficient rest can boost your mood, reduce stress, and enhance cognitive function, allowing you to approach life with greater resilience and optimism. Additionally, caring for your body can promote self-confidence and self-esteem, which can in turn influence your beliefs about yourself and the world around you. Overall, nurturing your physical health can create a foundation for personal growth and a more fulfilling life.

## **HOW TAKING CARE OF THE BODY IS LINKED TO PERSONAL GROWTH?**

Taking care of our bodies is connected to personal growth because our physical well-being affects how we experience the world and ourselves. Our bodies shape our interactions with the world, and as we take care of them, we can improve our overall health and happiness. When we prioritize our physical health, we feel better, have more energy, and are better equipped to tackle challenges and pursue our goals. Additionally, our bodies are integral to our sense of self, and by caring for them, we can develop a stronger sense of identity and confidence. In essence, our bodies are central to our growth and development, and by taking care of them, we can enhance our overall well-being and potential.

## **WHY FILTERING THE CONTENT FOR BODILY PERCEPTION (OR THE PERCEPTION OF THE BODY) IS IMPORTANT?**

Filtering the content for bodily perception is important because our perception of objects is not always clear-cut or straightforward. Instead, it's influenced by our body's interaction with the world, leading to a more ambiguous understanding. This means that our perception is shaped by various factors and perspectives, making it crucial to filter and interpret information in a way that aligns with our bodily experiences and understanding of the world.

## **HOW YOU COULD FILTER THE CONTENTS SO THAT THE BODY ABSORBS THE BEST?**

To ensure that our bodies absorb the best content, we need to first immerse ourselves in our surroundings to perceive objects accurately. Then, we can focus on specific objects to define them more clearly. However, this attention doesn't just clarify what we already see; it constructs a new perspective centered on the object. Our bodily connection with things is always evolving, so we encounter meaningful experiences in a unified yet constantly evolving world.

## **LET'S PRACTICE IN NATURE!!**



## Step-by-Step Process to Filter Body Perception

- **Step 1** Immerse Yourself: Begin by fully engaging with your surroundings and immersing yourself in the environment. **Example:** take a walk in nature and focus on absorbing the sights, sounds, and sensations around you without any preconceived notions.
- **Step 2** Perceive Objects: Allow yourself to perceive objects as they are within the landscape without judgment or interpretation. **Example:** As you walk, observe the trees, flowers, and wildlife without labeling or judging them. Simply notice their shapes, colors, and movements.
- **Step 3** Focus Attention: Direct your attention towards specific objects within the environment to define them more clearly. **Example:** Choose a specific object, such as a flower, and concentrate your attention on it. Notice its petals, colors, and fragrance.
- **Step 4** Construct New Perspective: Understand that focusing attention doesn't just clarify what you see; it constructs a new gestalt oriented toward the chosen object. **Example:** Instead of just seeing the flower as part of the scenery, imagine it as the focal point of your attention. Visualize it in detail, as if it were the only thing in your field of vision.

- **Step 5** Embrace Provisionality: Recognize that your bodily involvement with things is always provisional and indeterminate. **Example:** Understand that your perception of the flower may change as you continue to observe it or as your environment shifts. Allow for this fluidity in your understanding.
- **Step 6** Encounter Meaningful Experiences: Embrace the ever-open-ended nature of perception and encounter meaningful experiences in a unified yet evolving world. **Example:** By immersing yourself in the present moment and engaging fully with your surroundings, you can experience a sense of connection and appreciation for the beauty of the world around you.

## HOW YOU COULD FILTER THE FLOW OF CONTENT TO THE BODY?

Filtering the Flow of Content to the Body:

- **Be Selective:** Choose carefully the information and experiences you expose yourself to, ensuring they align with your values and goals.
- **Guard Your Choices:** Don't let others influence or manipulate your decisions. Stay true to yourself and your beliefs, and make choices that empower and uplift you.

- **Reflect with Conscience:** Use your conscience as a guide to evaluate and reflect on the content you encounter. Strive to absorb only what brings out the best in you and supports your growth.

## **HOW THIS PROCESS OF FILTERING COULD HELP IN PERSONAL GROWTH?**

Filtering the perception of the body can greatly contribute to personal growth in several ways:

- **Increased Awareness:** By practicing mindful observation and focusing on specific objects or experiences, individuals become more attuned to their surroundings and their own bodily sensations. This heightened awareness can lead to a deeper understanding of oneself and the world around them.
- **Improved Concentration:** The process of filtering perception involves directing attention towards specific objects or experiences. This practice enhances concentration and helps individuals develop the ability to focus their attention on tasks or goals, leading to increased productivity and effectiveness.
- **Enhanced Perspective-Taking:** Engaging in the process of filtering perception encourages individuals to adopt different perspectives and consider multiple viewpoints. This fosters empathy and understanding towards others, promoting better interpersonal relationships and communication skills.

- **Emotional Regulation:** Individuals can better manage their emotions and stress levels by becoming more aware of their bodily sensations and reactions. This self-regulation contributes to emotional resilience and overall well-being.
- **Cultivation of Mindfulness:** Filtering perception involves being fully present and attentive to the present moment. This practice of mindfulness can reduce rumination on the past or worry about the future, promoting a greater sense of peace and contentment in daily life.

Overall, the process of filtering perception facilitates personal growth by promoting self-awareness, concentration, empathy, emotional regulation, and mindfulness. By integrating these skills into daily life, individuals can enhance their overall well-being and fulfillment.

Join our mindfulness session! To join our community, send us an email sharing what draws you to this journey of self-discovery!!

Dr. Madhvi Prasad, a Mindfulness Coach, Trainer, Speaker, and author of "Build a Positive Mindset - A Practical Method of Filtering," holds a PhD in Philosophy. Her e-book offers simple steps for boosting mindfulness, aimed at individuals seeking to transform their patterns of life by altering certain aspects of their current reality. For any queries or booking a clarity call, feel free to contact her at +91 8983451517

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