

Here are the sixteen mantras from this podcast episode:

Mantra #1: Time distortion is due to being in the subcortex of the brain.

Mantra #2: During this period of existential trauma, we may experience states such as dissociation, shut down, denial, and hyper-hyper vigilance.

Mantra #3: This existential trauma presses on the underlying traumas we are still processing from our childhoods.

Mantra #4: This is not the time to make big decisions.

Mantra #5: This is, however, a time to set your priorities. We are being forced to evaluate what is important and what is not important.

Mantra #6: We must slow down, be curious, and observe.

Mantra #7: We are safe in the present moment; we must bring ourselves back from ruminations about the past and worries about the future and focus on the here and now.

Mantra #8: In the present moment, allow uncertainty, be curious, and mindfully pay attention.

Mantra #9: If not now, when? ([Read more about this quote that David describes in greater detail](#)).

Mantra #10: A karmic “pause button” has been hit.

Mantra #11: In adversity, there is opportunity.

Mantra #12: Distractions are a good thing. Embrace hobbies, movies, cleaning, cooking, any other activity that focuses your attention.

Mantra #13: Stop and observe the majesty of nature

Mantra #14: Be generous to yourself

Mantra #15: Be generous to others

Mantra #16: We are in a major “reset” period as a paradigm shift occurs in the world. A foundational principle of Brainspotting, the Uncertainty principle, offers guidance on how we can move as gracefully as possible through this challenging period.