The activities of the mind are related to patterns of brain activity, over time, the different activities of the mind are reflected in continually shifting and evolving patterns of interaction between brain networks. A limited number of core patterns of brain activity and interaction seem to crop up as recurring features in a wide variety of different mental activities. These core patterns reflect some basic “modes of mind.”

Mindfulness – allows us to cultivate being mode

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| Being Mode  In being mode, the mind has “nothing to do, nowhere to go” and can focus fully on moment-by-moment experience, allowing us to be fully present and aware of whatever is here, right now.  The advantage of this mode is that instead of becoming caught up with machinations of the mind it allows us space to make a wise decision about how to proceed if indeed any action is needed, or to simply let things be. | Doing Mode  The job of this mode of mind is [to get things done](https://www.mindful.org/are-you-addicted-to-doing/) this could relate to the external world—or to the internal world of self—to feel happy, not make mistakes, never be depressed again, or be a good person. When doing mode goes into overdrive –this can be problematic. The basic strategy to achieve such goals involves the “discrepancy monitor”: a process that continually monitors and evaluates our current situation against an idea of what is desired, required, expected, or feared.  Once the discrepancy monitor is switched on, it will find mismatches between how things are and how we think they should be. That is its job. Registering these mismatches motivates further attempts to reduce these discrepancies. But, crucially, dwelling on how things are not as we want them to be can generate more stress. Our attempts to solve a “problem” by endlessly thinking about it (ruminating or worrying) can keep us locked into the state of mind from which we are doing our best to escape. |