

# BIG MIND, SMALL MIND



**Big mind, small mind is a concept in mindfulness that can help us more skillfully navigate our thoughts, emotions, and life experiences.**

**Small mind** is the thinking, intellectual mind.

**Big mind** is awareness, or the part of the mind that knows and observes the thinking.

In mental training practice, you may have noticed that you're able to zoom out and witness thoughts coming and going (not just after the fact, but as they are arising). Big mind allows you to do this - it is *awareness* itself.

**Small mind and big mind are both important.** Small mind helps us plan, analyze, speak, organize our life, and navigate the world with other humans. Big mind provides a refuge - a realm of stability and ease from which we can observe the activity and temperament of the thinking mind. It also allows us to zoom out and see the bigger picture.

Habitually, we tend to pay more attention to the activities of small mind. Through mindful awareness, we learn to access the more expansive perspective of big mind which transforms the way we relate to ourselves and the world, calms anxious mind states, and helps us find a sense of ease amidst challenges.