



# Mindfulness Awareness and SAFETY

1. Be aware of your specific intention **to provide** mindfulness in a **specific** setting or group.
2. **Wherever possible, recognize** the presence or **potential for** trauma in the group and adjust work accordingly. Consider pre-screening if **necessary**.
3. Create an inclusive environment that **welcomes** and **values participants' experiences**.
4. Create a supportive and **welcoming environment**. **Be careful** not to create a sense of **pressure or coercion to participate** by avoiding **directives** and encouraging everyone to **"give it a go."**
5. **Provide free posture guidance, offer** flexible options, **promote** comfort and self-acceptance of physical limitations, and **always** respect **personal choices** and boundaries.
6. **Provide** options and adjustments to **give** people a sense of control and choice in **their actions** so **that** they can **protect** themselves and **stay** within **acceptable limits**.



# TO BEGIN THIS MEDITATION, PLEASE BRING KIND AWARENESS TO

What have you brought mindful awareness to today? Check all that apply.

Heart     Mind Body Breath     Environment

Why you chose this topic

How your belly, chest, and head each feel when you reflect on this topic

The emotions that you can associate with these visceral feelings

The positive or negative impact of any stories you believe in regarding this topic

The fact that many others are feeling similarly about this topic as you

How you might feel with increased awareness around this topic

When you can apply increased mindfulness to this topic in your day-to-day life

We tend to be our toughest critics. Holding ourselves to unrealistic standards of perfection, it is not uncommon to judge or criticize ourselves in one or various aspects of our being.

As we learn to speak to ourselves with compassion, we slowly begin to counteract the negative self-speak of the mind. We start to become more content, confident, and at peace with who we are.

This practice is a journal exercise that invites us to write ourselves a letter of care and kindness from the point of view of someone who loves us.

Alternatively, we might write this letter from the 'wise elder within' – the voice inside that knows we are enough just as we are.



# PRACTICES

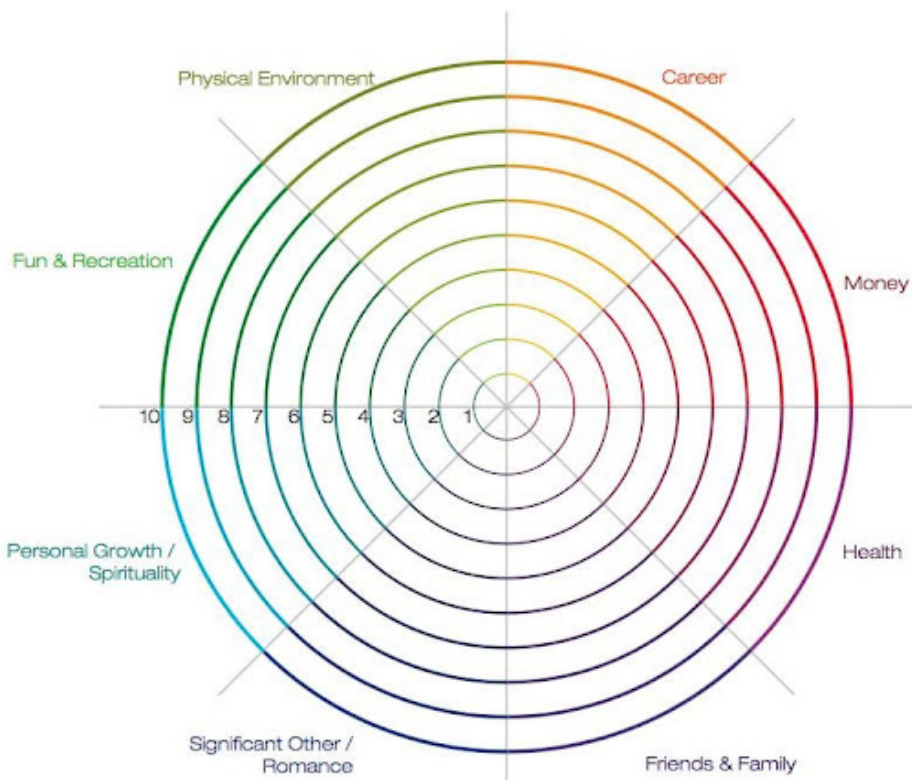
- Take a moment to consider one or two of the things you judge yourself for or dislike about yourself. Reflect for just a couple of minutes on how these perceived inadequacies make you feel. Notice how the mind can narrow in on these areas, failing to see the complete picture of who you are.
  
- Next, bring to mind the image of someone who loves you. It might be a friend, a parent, a grandparent, or anyone else - and it can be someone of either your past or present. Alternatively, you might take a moment to visualize your inner wise elder - the loving, compassionate, and clear-sighted self that lives inside of you.
  
- Now write a letter to yourself from this person you have imagined (or from the wise, loving self within). In this letter, address how this perceived shortcoming is viewed by the person you've chosen to write as. How might it be viewed from an external, compassionate, caring lens? Write from your innermost sense of kindness, care, and non-judgment.
  
- After you finish writing the letter, take some time to read it back to yourself. Notice how it makes you feel.

Consider that the words written here did not come from another person or from a 'different' you: they came from the person that you are right now. They are your own words that arose from the side of yourself that is self-compassionate and self-caring. Know that this capacity for self-kindness is always present

# QUESTIONS ?

When we have a question sometimes it can stop us taking in other information, so jot them down on these pages with this symbol, and at the end of each day we will review to make sure that the question is answered. We will always have time for questions.





# EXPECTATIONS

Jon De Martini calls them negative ABC of expectations:

- Anger/Aggression
- Blame/Betrayal
- Criticism/Challenging
- Despair/Depression
- Exit/Escape
- Frustration/Futility
- Grouchiness/Grief
- Hatred/Hurt
- Irritability/Irrationality

Write down unrealistic expectations:

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -
- 6 -
- 7 -
- 8 -
- 9 -
- 10 -

# ELICIT STRATEGIES

## Step 1. Choose Something to Change

Start with something that you want to improve. This could be changing a habit, improving your decisions, or improving a skill or even navigating a workshop, your health and life in general.

“Choose something you do that you would rather not do, or something you would like to improve upon - for example, motivating yourself, stopping procrastinating, improving your decision making, giving up smoking, wanting a material object, desiring healing right now, not wishing to do the work, thinking the secret mindset”

## Step 2. Find the Trigger and Write the Steps Down

Map out your strategy. To do so, find the trigger or event that kicks off the process. For example, maybe opening the refrigerator triggers when you choose what to eat or drink. Write down the strategy or steps that you go through. Include writing down the thoughts you think and how you feel.

Molden and Hutchinson provide a set of questions to find the trigger: VAKOGS are important here

How do you know when to do this? VAKOGS

1. What lets you know you are ready to do this? VAKOGS
2. What do you do as you are preparing to ....? VAKOGS
3. What steps do you go through? VAKOGS
4. What happens next? VAKOGS
5. Then what happens? VAKOGS
6. How do you know when you have succeeded? VAKOGS
7. How do you test whether you have succeeded? VAKOGS
8. What lets you know if you have not yet succeeded? VAKOGS

## Step 3. Check the Strategy

After you've written your strategy down, go back and walk through it to see if you've missed anything.

“When you have elicited the complete strategy repeat it back to check for anything missing. If you want to change it, the place to do this is at the trigger point. The object is not to remove the original strategy but to create an alternative choice, as the strategy may be useful in other contexts.”

# Examples of Strategies

Dennis's strategy for deciding to buy:

1. Visualise myself using it (internal visual)
  2. Do I really need it? (internal dialogue)
  3. If yes, research the model/type/make/price (internal visual)
  4. Who shall I ask for an opinion (internal dialogue based on external reference meta-programme)
  5. Ask Jack and Bob (external auditory)
  6. Yes, that feels right (kinaesthetic)
  7. Where shall I buy from? (internal dialogue)
  8. Consider internet/shop/mail order (internal visual)
  9. Yes, that feels right (kinaesthetic)
- Buy!

Beverly's strategy to buy:

1. That would look great on me (external visual)
2. Try it on (external kinaesthetic)
3. Looks good, feels good (external visual and external kinaesthetic)
4. Buy!

**WRITE DOWN YOUR STRATEGY HERE**



# DRAMA TRIANGLE TED (The Empowerment Dynamic)





# BIOLOGICAL - MISTAKES?

Traditionally this is what allopathic and scientists say:

“How do we get sick? We get sick when we have to fight off viruses or bacteria that have invaded our bodies. A lot of the symptoms we have when we are sick, such as fever, runny noses, coughs and sneezes, are our bodies’ way of getting rid of those nasty little bugs.”

Taken from [www.monsterfacts.com](http://www.monsterfacts.com), a scientific website?????!!!!

## Exercise

How would you deal with the client and yourself in the following situations (see below):

- Recommended interventions?
- Recommendations?
- How would you deal with the symptoms?
- What would you do? What would you not do?
- How to heal?
- What are main thoughts around the symptoms?
- Solutions?

PART 1. CLIENT COMES TO YOU AND YOU BELIEVE THAT THE CAUSE OF DISEASE WAS A MISTAKE BY THE BODY. THE CAUSE OF THE DISEASE COULD BE AN EXTERNAL ISSUE LIKE A VIRUS, ALLERGEN, BACTERIA the body could not handle.

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PART 2. CLIENT COMES TO YOU AND IMAGINE THAT YOU BELIEVE THE BODY NEVER MAKES MISTAKES AND KNOWS EXACTLY WHAT TO DO, EVEN WHEN YOU DO NOT UNDERSTAND WHY. ALL DISEASES AND SYMPTOMS HAVE AN IMPORTANT FUNCTION AND MEANING.

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# ME - MY PROCESS

How many symptoms and illnesses have you had over the years?

The TIMELINE that you have already completed will jog your memory.

Throughout workshop continue to jot down symptoms you have experienced.

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# STRESS

Emotions in a situation.

EMPTY YOUR MIND AND WITH 1 MINUTE, WRITE DOWN YOUR EMOTIONS AND THOUGHT PATTERN.

Your cat/dog is extremely ill, the vets advise you that it is not likely they will survive:

EMOTION \_\_\_\_\_ THOUGHT \_\_\_\_\_

Your partner asks you to marry them:

EMOTION \_\_\_\_\_ THOUGHT \_\_\_\_\_

You find out your partner is sleeping with someone else:

EMOTION \_\_\_\_\_ THOUGHT \_\_\_\_\_

You are invited to talk on national TV about energy health:

EMOTION \_\_\_\_\_ THOUGHT \_\_\_\_\_

Someone on FB publicly humiliates you:

EMOTION \_\_\_\_\_ THOUGHT \_\_\_\_\_

A client complains about you:

EMOTION \_\_\_\_\_ THOUGHT \_\_\_\_\_

A Client recommends you publicly on FB without any prompting:

EMOTION \_\_\_\_\_ THOUGHT \_\_\_\_\_

You receive a public promotion and are now above your friends and peers:

EMOTION \_\_\_\_\_ THOUGHT \_\_\_\_\_

You burn your dinner and have guests turning up in 5 minutes:

EMOTION \_\_\_\_\_ THOUGHT \_\_\_\_\_

Your house is on fire and you are on holiday:

EMOTION \_\_\_\_\_ THOUGHT \_\_\_\_\_

You win a holiday for 10 people to place of your chosen destination:

EMOTION \_\_\_\_\_ THOUGHT \_\_\_\_\_

You have just been told by the doctor that your mum has cancer:

EMOTION \_\_\_\_\_ THOUGHT \_\_\_\_\_

A relative calls you to advise you that you may have the gene for MS:

EMOTION \_\_\_\_\_ THOUGHT \_\_\_\_\_

You have just had all your wishes come true

EMOTION \_\_\_\_\_ THOUGHT \_\_\_\_\_

# PERSONAL PERCEPTION OF SITUATION

In the morning you wake up to find that your partner is having an affair:

What is/are your first train of thought(s)?

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If this were to happen to someone else, what 5 thoughts could result in negative emotion for them:

1 -

2 -

3 -

4 -

5 -

If this were to happen to someone else, what 5 thoughts could result in positive emotion for them:

1 -

2 -

3 -

4 -

5 -

Now, write down any beliefs that have come up for you, or you are already aware of, based around a similar event.

