***What are the Criteria for being a Heart Lab Group and***

**What Awakening and Recovery Literature do we Utilize?**

Heart Lab facilitates the creation of mindful, compassionate, trauma-informed peer recovery circles.  We have two primary books that we draw on for most of our curriculum.  They are;

***The Heart Lab Manual (Available by download for free)***

***The Mindful Self Compassion Workbook (The only book we ask participants to purchase.)***

**WHY THESE BOOKS?**

***The Heart Lab Manual*** is a comprehensive new recovery and awakening program which is mindful, compassionate, trauma-informed and peer led.  It contains essays and practices informed by decades of mindful, compassionate, trauma informed, recovery research.  The group processes likewise are created out of decades of peer circle experience.

***The Mindful Self Compassion Workbook*** is all about the one ingredient that has been missing from most recovery programs so far and that is Self-Compassion.  Additionally, the MSC Workbook introduces several of Heart Labs practice areas with notable exceptions like Recovery from Compulsive Behaviors.  All of its readings and practices are short, concise, and powerful.  Bravo to co-founders Christopher Germer and Kristen Neff!

In addition to these main Heart Lab resources, there are dozens of other free online podcasts, essays, and guided meditations which we also recommend for group practice and home practice.

During the 10-week introductory course the first ½ of each weekly meeting time is spent using materials from the ***Mindful Self-Compassion*** Workbook.  The topic for the second half of each session rotates between the other recovery and awakening topics of;

***Mindful Awakening Recovery***

***Becoming trauma informed***

***Recovery from Codependency and other compulsive behaviors***

***Intentional Awakening within our materialistic, narcissistic, and addictive culture.***

This manual contains specific curriculum recommendations for a Heart Lab 10-week introductory course.  We recommend that participants follow these suggestions.  After the initial 10 weeks however we trust that each Heart Lab group can choose its own ongoing curriculum and materials.  We ask however that to be considered a Heart Lab group that individual groups always;

***Follow Heart Lab Group safety and process agreements.***

***Generally follow the model Heart Lab agenda.***

***Have a mission to be a mindful, compassionate, trauma-informed peer recovery circle.***

***Generally rotate through the 5 complimentary recovery and awakening practice areas.***

***A primary goal of Heart Lab is to create a space where individuals can explore practices which further their own Awakening and homecoming. An essential part of this process is learning to share our own experience, strength and Hope in the form of leadership.  So, in Heart Lab we are encouraged to step into leadership gradually and progressively. When individuals lead meditations or topical presentations they're encouraged to trust and share their own heart insights. So, while they may simply be facilitating the reading of a mindful self-compassion book exercise, they're invited to listen to and share their hearts.***