

Session VIII Learning Plan

<i>Group Process</i>		<i>Resources</i>
1.	Session Overview	
2.	Human Energy System – A Need for Building, Balancing and Protection	Power Point – Ses.VIII-Res.1 Pages 140 – 152
3.	EMF – Dirty Electricity and Radio Wave Radiation (e.g. WiFi) Demonstrations	N/A
4.	Complete the Well-being Facilitation Plan – Needs Area #5	Page 44
5.	Mindful and Compassionate Emotional Self Regulation: Five Stages of Development	Pages 222 – 223
6.	Our Human Predicament – Optional	Page 296
7.	Cognitive Bias	Pages 219 – 220
8.	B-FIT Mindfulness Exercise # 4 – Stress Rehearsal	Page 272 - 273
9.	Intentional and Intuitive Skills	Pages 336 – 340
10.	Session Preparation and Learning Log	Handout

Session Follow-up and Preparation:

- Read CCS Text Book Pages (referenced above)
- Mindfulness Practice – 15 minutes x 5 sessions weekly