

Session 7 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.7-Res.1 Handout Textbook pages 140–152
3.	EMF – Dirty Electricity and Radio Wave Radiation (e.g. Wi-Fi) Demonstrations	N/A
4.	Complete the Well-being Facilitation Plan – Needs Area #5	Textbook page 44
5.	Mindful and Compassionate Emotional Self-Regulation: Five Stages of Development	Textbook pages 222–223
6.	Our Human Predicament – Optional	Textbook page 296
7.	Cognitive Bias	Textbook pages 219–220
8.	B-FIT Mindfulness Exercise # 6 – Healing Compassion Practice	Textbook pages 277–278
9.	Stress Inducers and Reducers (reference 16 – 33).	Textbook pages 171–173
10.	Intentional and Intuitive Skills	Textbook pages 336–340

Session Follow-up and Preparation:

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