



Summary

The Five Stage CCS Process

Session 8 – Resource 3



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A More Complete Understanding of Optimal Care and Support

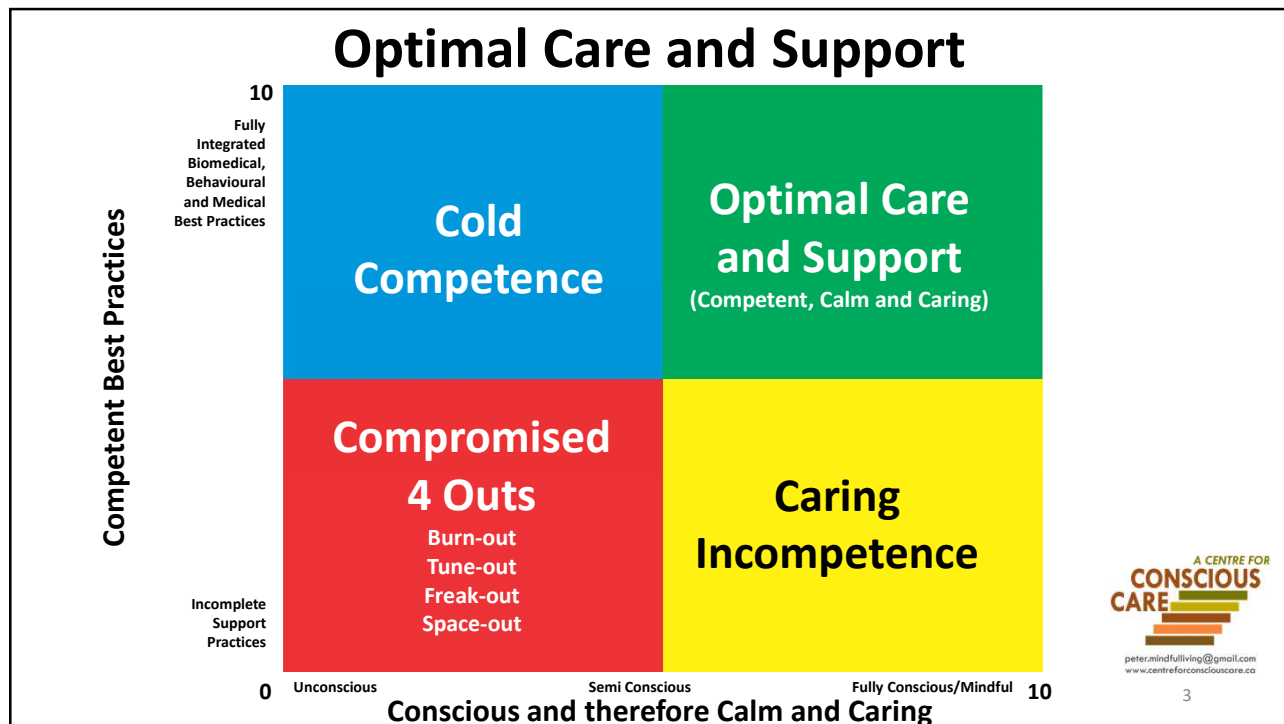
Optimal Care and Support = Competence x Mindful/Conscious Compassion

“We don’t have to feel it to be it”



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We Don't Have to Feel It to Be It

*"I have supported a man for several years. He is a very unlikeable, demeaning and unappreciative person. Honestly, I could not stand him. I tried to like him but he was so mean and self centred. I talked to myself every day, reminding myself that it is his disabilities that are causing his negative behaviour, but still I couldn't stand him. **Then during my CCS training I learnt that liking is not a necessary part of being a compassionate supporter.***

Liking is not the same as being competent and conscious. Liking is a feeling that may or may not happen in support relationships. Compassionate care is the 'by product' of being competent with best practices and being more conscious/mindful and skillfully ahh-llowing of internal/subjective B-FIT resistance.

When I learnt this and just started to apply my B-FIT Mindfulness skill while supporting this man, everything started to change. I lost my negativity toward him. He is even it seems, becoming a bit more likeable."

A Supporter

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CONSCIOUS CARE & SUPPORT



Stealing Happiness from Life

Barriers and Builders

Developing Mindful Emotional Self-Regulation
To Be A Conscious Caring Supporter and Leader

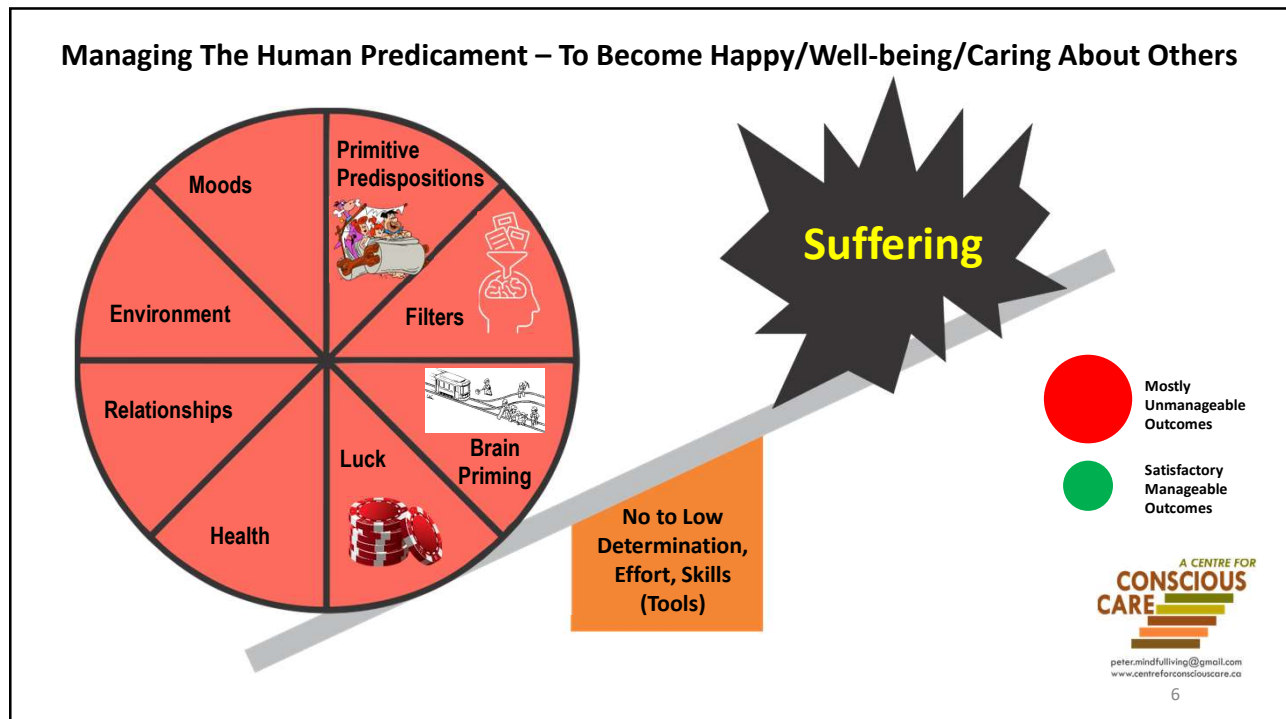
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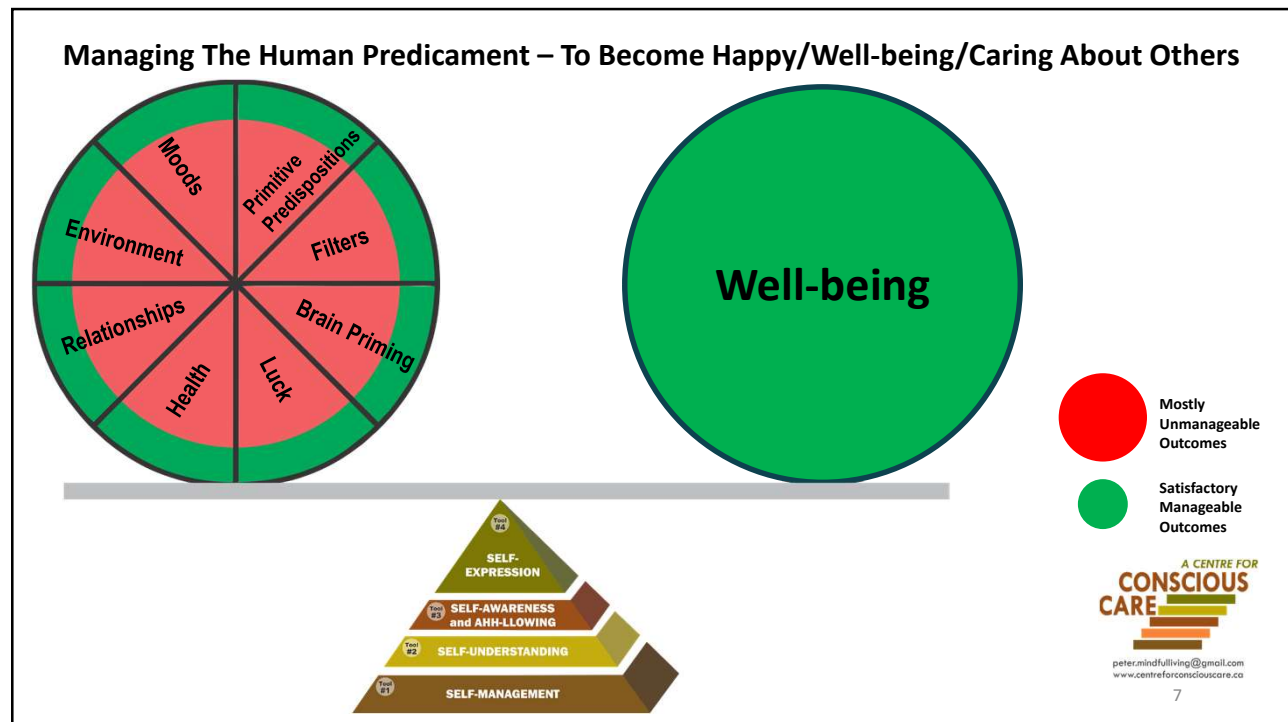
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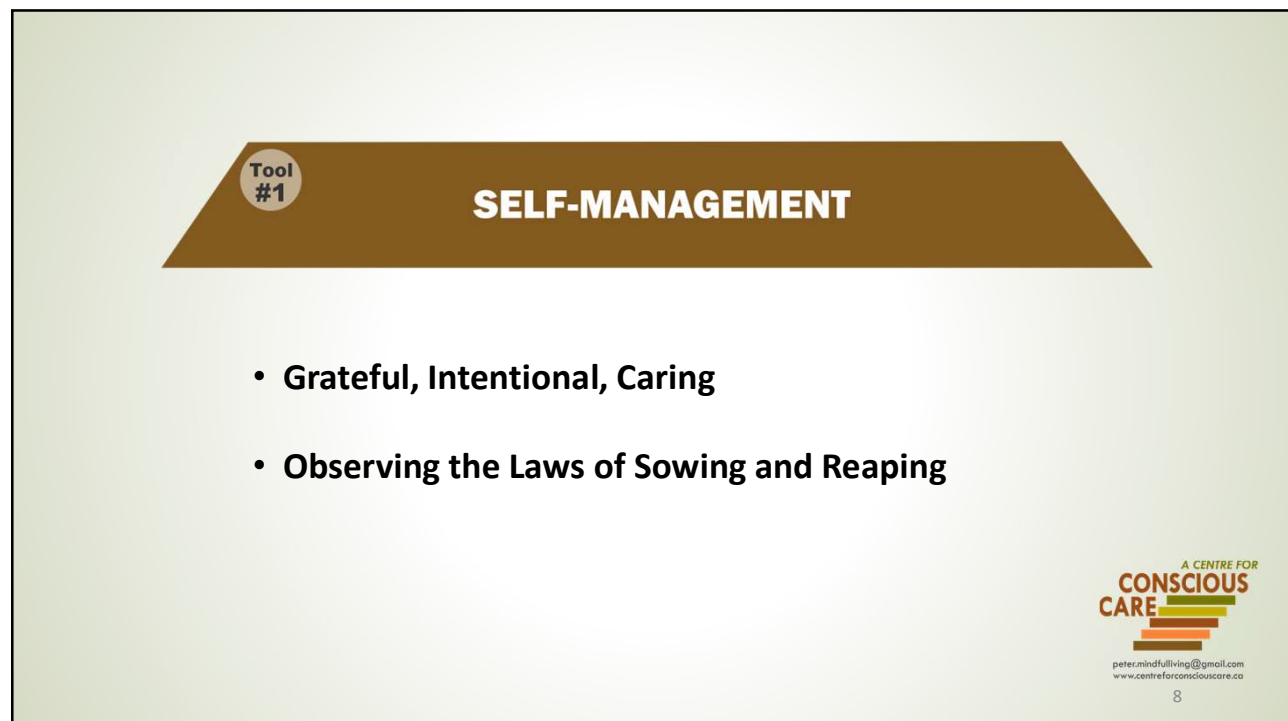
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**Tool
#2**

SELF-UNDERSTANDING

– of the Human Predicament Setup

- 10 Barriers to Happiness, e.g. Thinking Problems, No Free Will, Prejudices
- Primitive Predispositions, Filters and Brain Primes (PFP)

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**Tool
#3**

SELF-AWARENESS and AHH-LLOWING

– ‘KNOWING’

- 3 Levels Of Consciousness
- B-FIT Awareness Stillness Practice
- B-FIT Awareness Movement Practice

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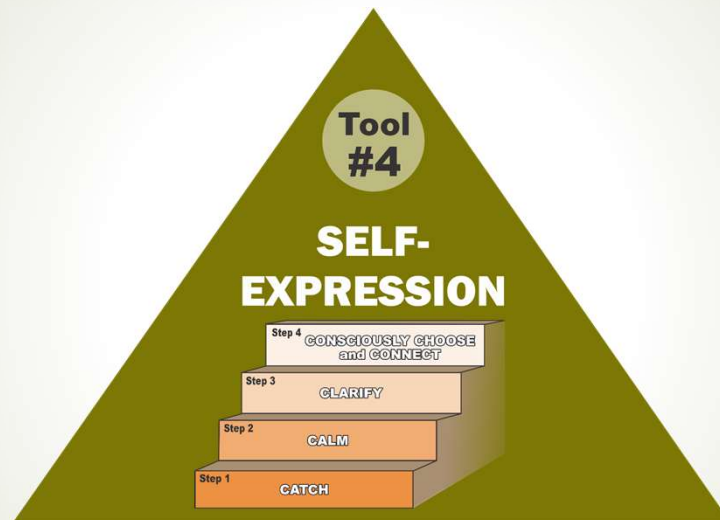
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Self-Awareness B-FIT Movement Practice

- 'Here Now'
- Look, Listen
- B-FIT Awareness
- B-FIT Ahh-Ilow

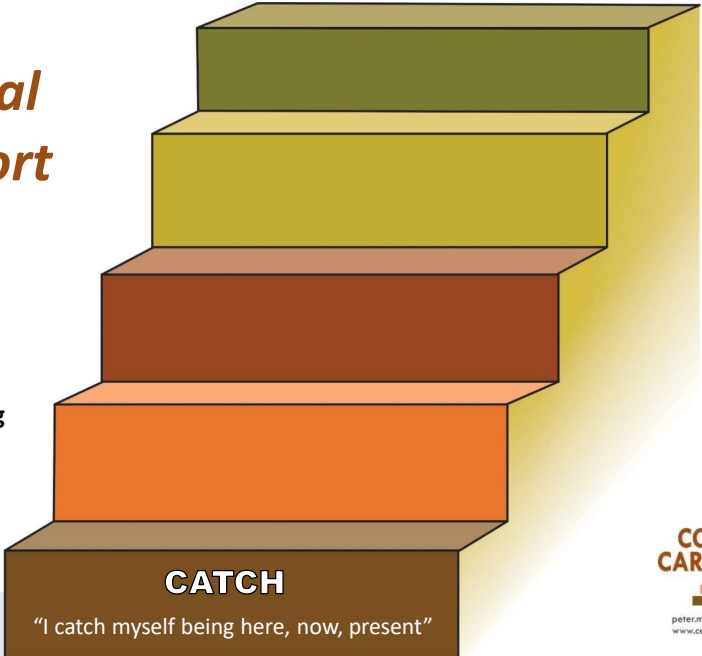
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Making Optimal Care and Support Happen

- I pay attention to what I am doing
- I am aware that I'm doing it
- I am aware of what B-FIT is doing



CATCH
"I catch myself being here, now, present"

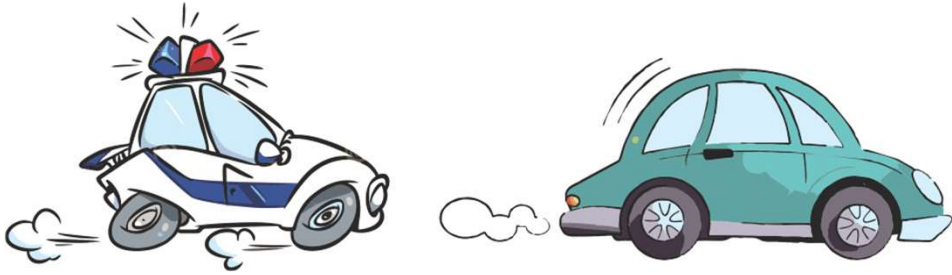
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Catching Is...

e.g.
How aware you are when you are driving with a police car behind you?



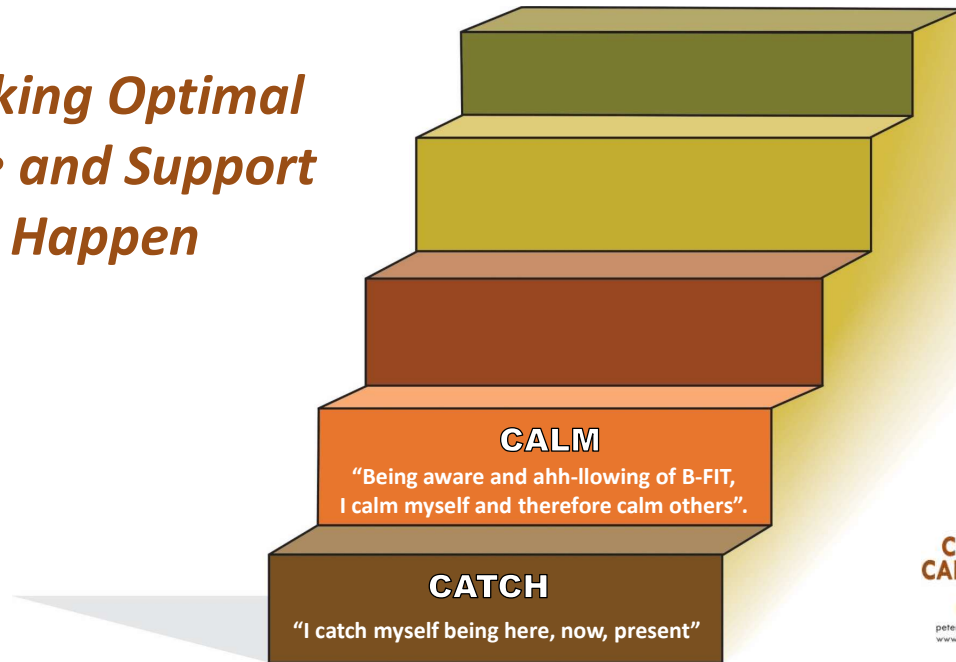
Right Now – become Aware that you are reading this i.e. Catch

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Making Optimal Care and Support Happen



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To be calm is to subjectively (internally) experience body sensations, feelings and thoughts with no/low resistance, as you work mindfully and passionately to solve problems or threats happening in your external world.

Calm Is...



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Self Calming Strategies

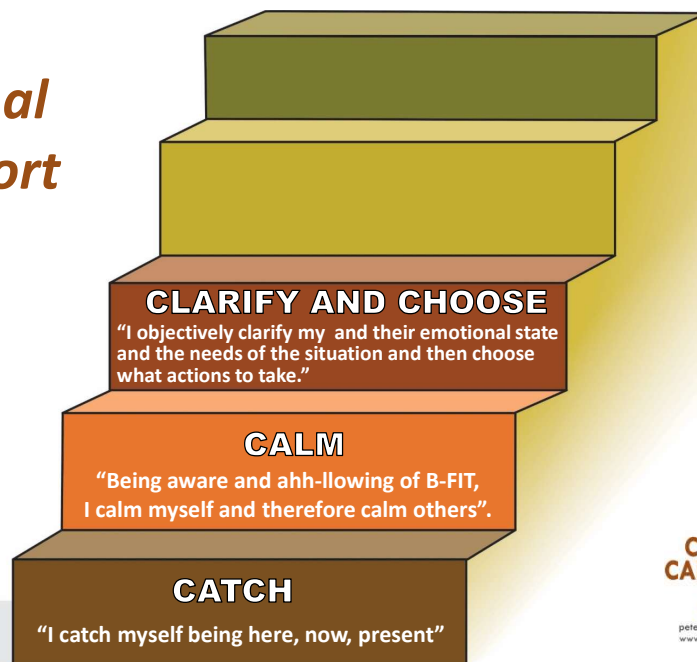
- Basic B-FIT Stress Rehearsal
- Full Field Focus
- B-FIT Compassion Practice
- Self Bilateral, Biomeridian Awareness Based Calming, e.g. hands, butterfly hug, mindful movement/walks



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Making Optimal Care and Support Happen

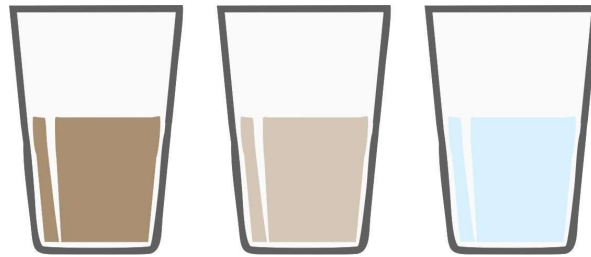


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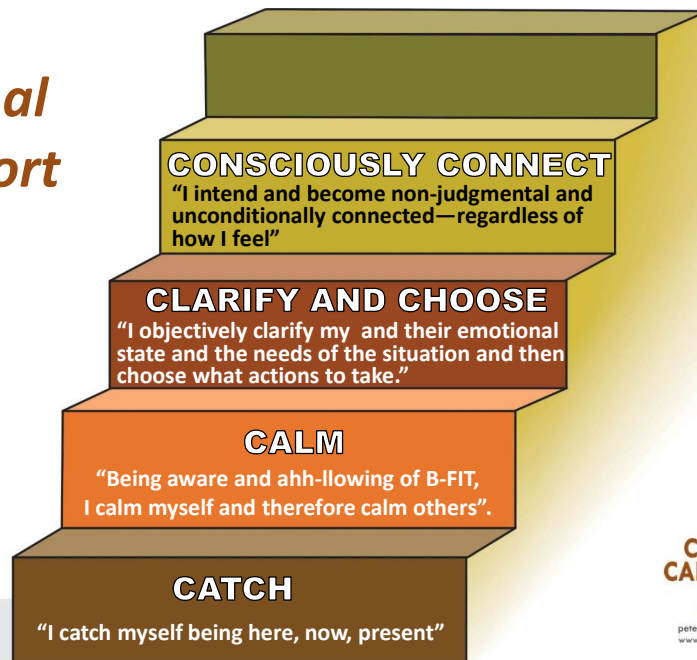
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To clarify and choose is...

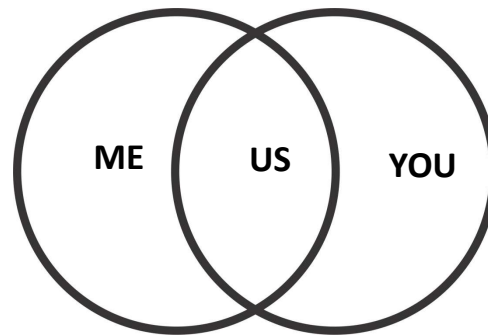
together with catch and calm, remain aware of mine and others' Feelings and Filters that are influencing the situation and then to objectively make informed choices.



Making Optimal Care and Support Happen



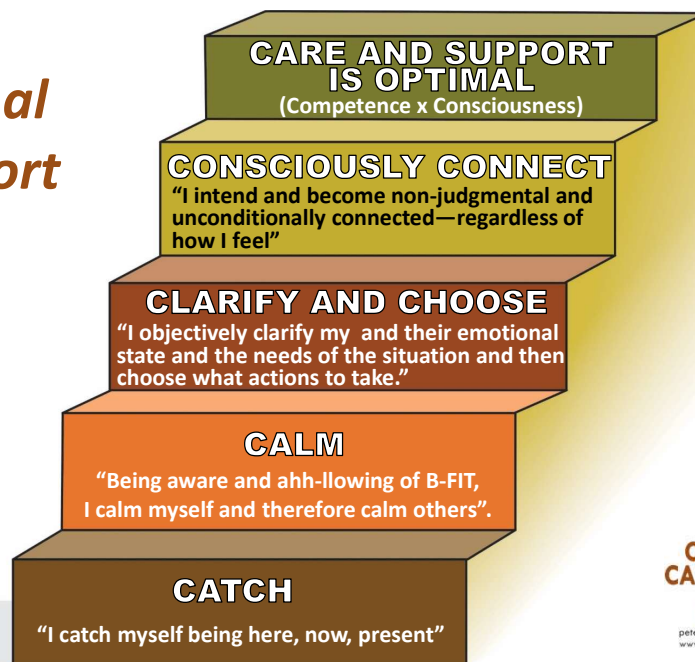
When we **Mindfully Consciously Connect** to another person, we move **beyond our separate identity and roles** to a place of shared unity and stillness – us-ness. This guides our every action, not against anything but in harmony with it. From this place of balance and no subjective resistance, **we know and can therefore positively facilitate what must be done to keep others motivated, safe, respected, and still deeply connected with us.**



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Making Optimal Care and Support Happen

"My mindful, compassionate actions
are useful, truthful, timely and kind"



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Compassion appears as selfless service, yet in mindful care and support we do not serve the other; we serve "us". Compassion's communion brings us together in a whole. It does not see the world's pain and sorrow as other, it is shared, and it is ours. When we allow our shared vulnerability and humanness, our compassion is as natural as our breath and without hesitation we act to help.

Thich Nhat Hanh



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