



RENEWAL for Leaders and Supporters

to

RESTORE Optimal Well-Being

and

REGENERATE Competence and Commitment to Ensure That
All People Supported Will Live to Their Fullest Potential

Session 9 – Resource 3

Leading with Head and Heart – The Dual Path

Waking Up...Our Predicament and Our Potential

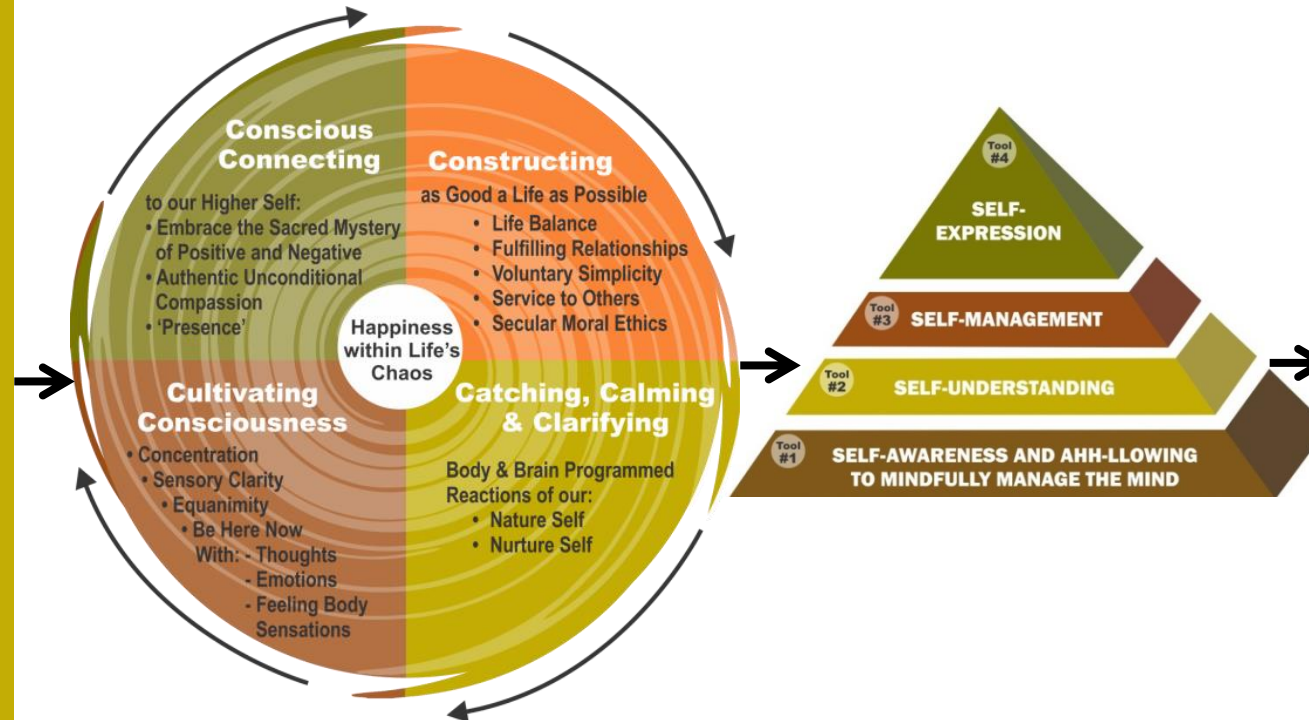
We are Born to Lose



- **Body** – Craves SSS (Security, Sex, Safety) Comforts and Convenience
- **Thoughts** – The Mind has a Mind of its Own
- **Feelings** – Auto Driven and Reactive.

Through Desperation, Inspiration and Good Luck Become Aware that:

- Happiness is a byproduct of emotional self-regulation (ESR)
- We must work hard to develop the 'inside' me to be ESR.
- To be happy we must help others to be happy.
- Do'n, get'n and hav'n, bigger, better, more will not lead to happiness.
- Suffering is caused by Pain x Resistance .

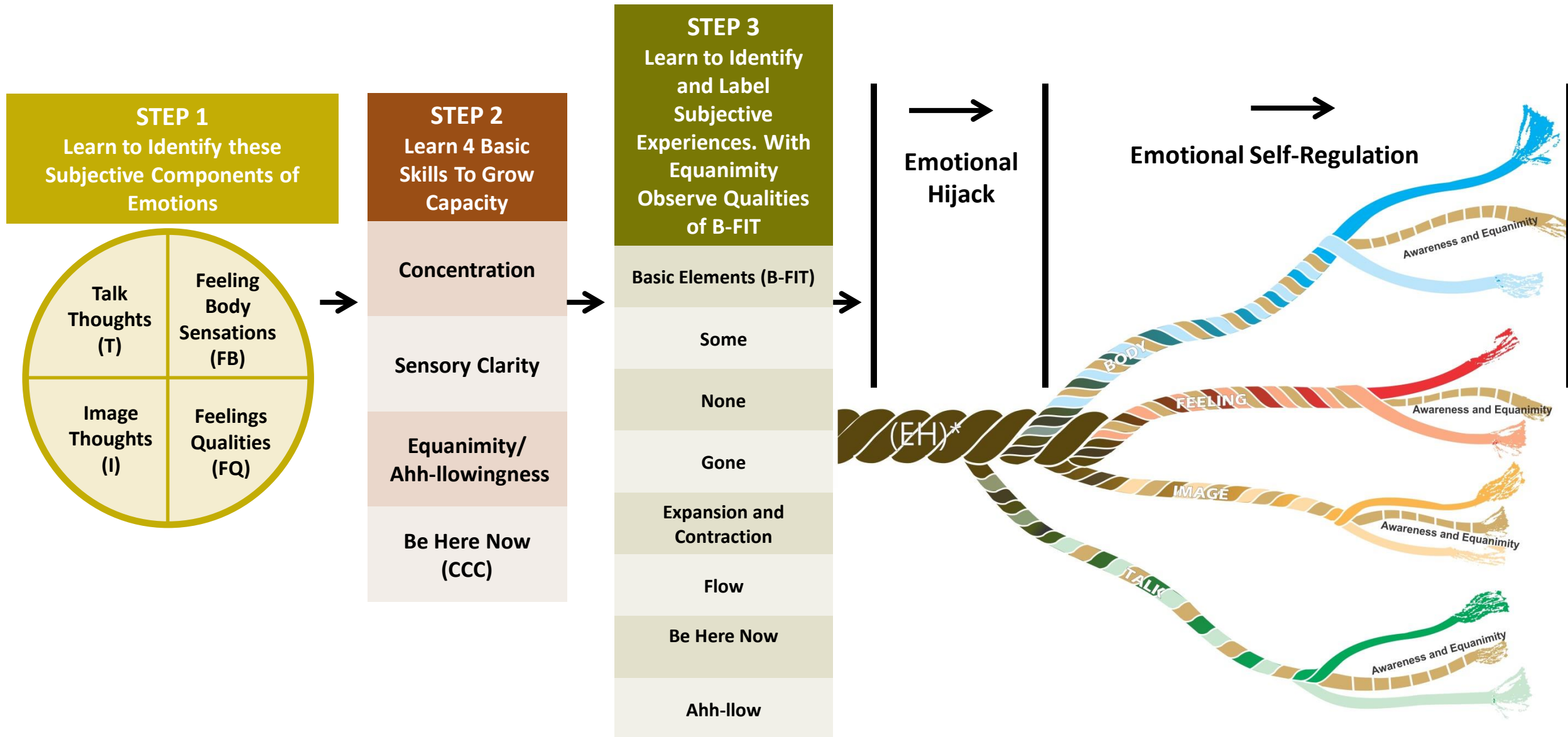


- Relief: Minimize Suffering
- Fulfillment: Maximize Satisfaction
- Wisdom: Understand Yourself
- Mastery: Act Skillfully with Spontaneity, i.e. Capacity
- Conscious Connecting: Unconditional Service to All Others



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From Emotional Hijack to Emotional Self-Regulation



Reference below

Practice

Formal

Exercise #1 - Concentrating and Focusing - The Mindful Labyrinth

Exercise #2 - Awareness and Allowing of the Four Main Senses (U,B-FIT)

Exercise #3 - Full Field Focus (focus out - look and listen)

Exercise #4 - Opening Your Heart Under Stress – Stress Rehearsal

Exercise #5 - Preventing and Managing Physical and Emotional Suffering

Exercise #6 - U,B-FIT Healing, Compassion Practice

Asceticism

Extend Practice Time Beyond Comfort Level

Gratitude

**Strong Determination Practice –
New Voluntary Muscle Movement**

Service to Others as Formal Practice

Informal with Equanimity

Be With Difficult People

**Being Embarrassed, Criticized, Out of Control, All
Emotional Hijacks**

Experience Physical Injury

Experience Relationship Distress – Being Betrayed

Monthly Give 20 Dollars To 1 Homeless Person

Volunteer Where it is Difficult

Experience Personal Mental Illness

Shamanic Practices

Mindful Parenting Partnering and Adult Childing

Vision Quest

Intense Safe Saunas

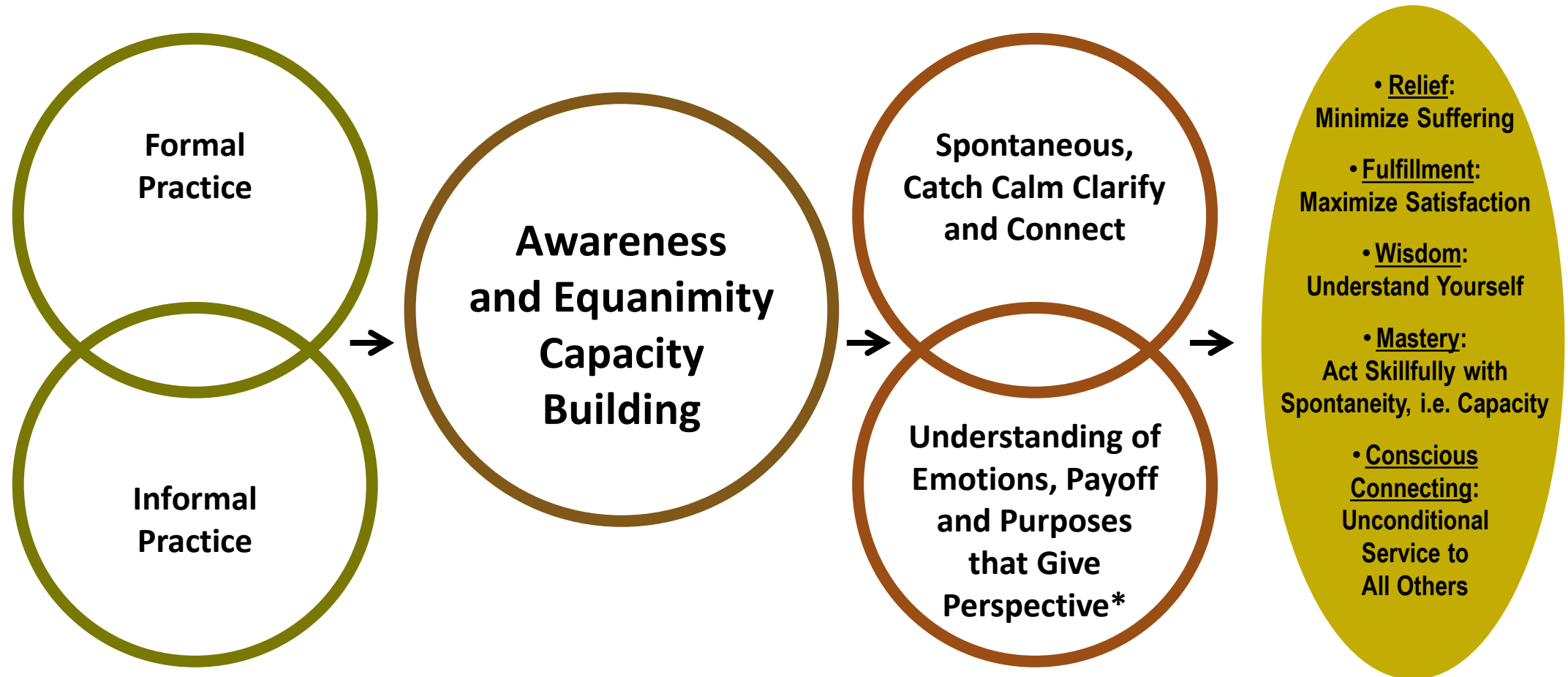
Stop at Green Lights

Forest Bathing

Difficult to Watch Movies

Being Stuck in Traffic

Formal and Informal Practice = Develops Skills and Capability



U,B-FIT Mindfulness - The Great Escape

***I join the ranks of a million others,
guilty of terrible crimes.
'It just happened' I tell the judge,
as I'm sentenced to do hard times.***

***Paying the price more and more,
in dark and dingy cell.
Alone I weep, the harm I cause,
lost in this merciless hell.***

***Don't know why after each vow,
heart closes, with no explain.
Anger, lies, another betrayal,
why do I cause such pain?***

***Time after time no will to choose,
to be free from PFP.
'20 to life', for so many thoughts,
how to make them not be me?***

***Then found painted on black cell walls,
in blood from other inmates.
Must kill driven, mindless self
to walk out prison gates.***

***Prison walls come crashing down,
as I awake to prohibit.
Suffering's source – the asleep me,
now freed, aware within it.***

Blessings P & J



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