

## Session 7 Learning Plan

| <b>Group Process</b> |                                                                                 | <b>Resources</b>                                                |
|----------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------|
| 1.                   | Session Overview                                                                |                                                                 |
| 2.                   | Human Energy System – A Need for Building, Balancing and Protection             | Power Point – Ses.7-Res.1 Handout<br><br>Textbook 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                       | 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                                          |
| 11.                  | Session Preparation and Learning Log                                            | SurveyMonkey                                                    |

### Session Follow-up and Preparation:

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