



Personal and Professional Development
To meet the complex needs of people supported
such as:

- **S**ocial Reform
- **S**ubstances Recovery
- **S**icknesses Prevention
- **S**afety
- **S**ecurity
- **S**kills (Life)
- **S**mart
- **S**elf Development
- **S**atisfactory Life

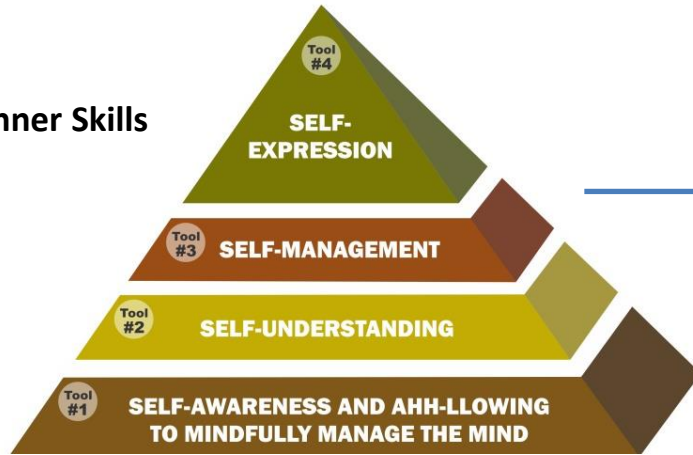
A Centre for Conscious Care

Part 7A – Becoming A Human Services’ Professional

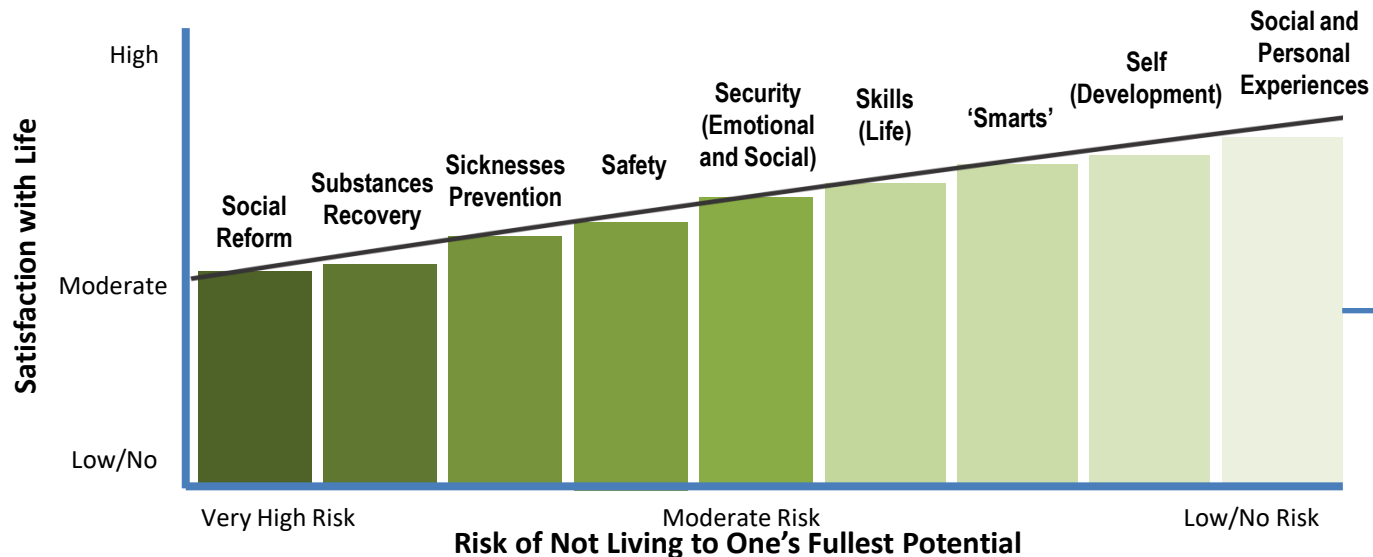


CNSS Inner and Outer Skills Development to Successfully Support and Supervise People with Complex Needs to Live to Their Fullest Potential

CNSS Inner Skills



CNSS Outer Skills



Effective implementation of PCP of support resulting in:

- People supported living life to their fullest potential
- Team members fulfillment, motivation, safety and a self sense of purpose
- Human and financial resources deployed effectively



The Two Main Blockages to Professional Competence and Commitment are:

- Lack of Professional Know How – approximately ____%
- Lack of Personal Development – approximately ____%

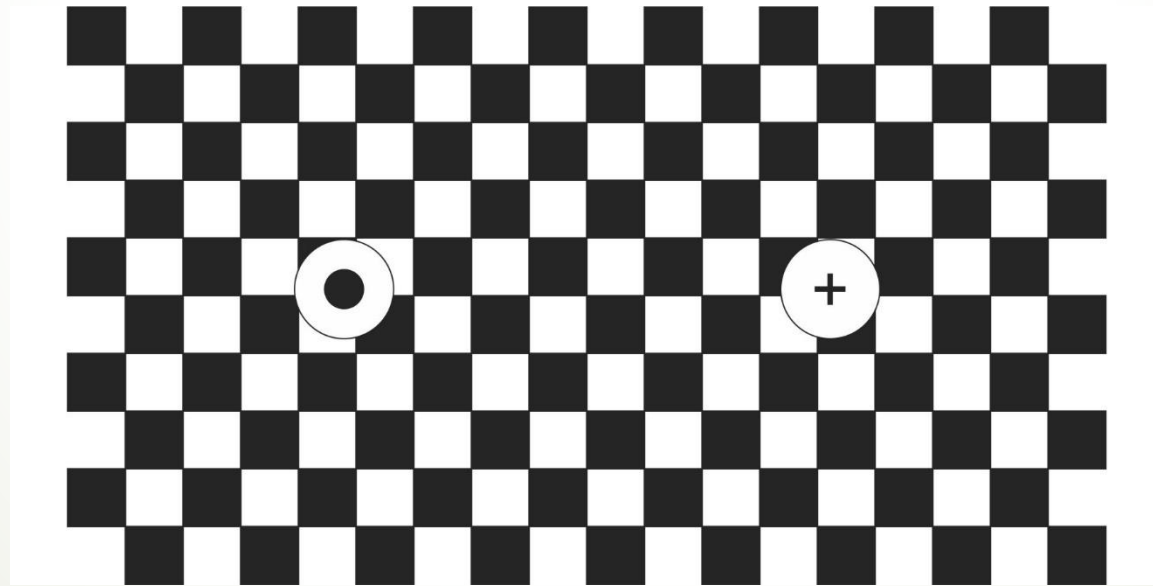


The Main Blockages to Personal Development are:

1. **Cognitive Bias – I am already developed based on...**
 - Memory gives meaning to everything but memory is very poor.
 - The brain is addicted to speed dialing (existing in-house data) because it is always conserving energy so it has enough to assess the environment for a threat.
 - The brain needs to keep information simple to also conserve energy.

Process – Checker Board

2. **Inattentional Blindness – we miss buildings, pain and cars.**
3. **The mind decides quickly on in-groups and out-groups and we can become readily unforgiving and resentful of out-groups.**
4. **We are generally only semi-conscious.**
5. **The problem with Brain Architecture**
 - Nature has programmed us to not be satisfied with what we have.
 - Nurture has programmed us with illogical filters that also keep us dissatisfied.
 - The 'Dopamine Dash' problem.



peter.mindfulliving@gmail.com
www.centreforconsciouscare.ca

The 4 Essential Inner and Outer Life Tools of Personal Development and Renewal



Optimal Self-Expression

is however not possible without

Self-Management

which is not possible without

Self-Understanding

which is not possible without

Self-Awareness and Managing the Mind

Why Personal Development Requires Inside as well as Outside Skills



(Page 24)



If This Autopilot Effect Turns Out To Be True, It Could Account For Why...

- You get into harmful power struggles but can't stop them from escalating.
- You want to stop worrying about a concern that you have done all you can to correct, but something won't let you.
- You want to forgive someone, but something won't let you.
- You don't want to be angry or fearful, but something seems to make you.



If This Autopilot Effect Turns Out To Be True, It Could Account For Why...continued

- **You don't want to lose your temper, but it seems to just happen.**
- **You don't want to be moody, but something makes you.**
- **You don't want to feel excessive guilt, but something makes you.**
- **You too often do not play your A-game, especially when your autopilot (not you) is following directives of which you are unaware.**



Could it be that most or all of these unwanted thoughts, feelings and behaviours are happening to you (and similarly to all other “difficult” people in your life) just as unknowingly as our Crown Vic shifted gears?



Algorithms

- **Aerospace**
 - metallurgical
 - manufacturing
 - testing



- **Mr. and Mrs. Robin**



- **Emergence and Human Nature**



peter.mindfulliving@gmail.com
www.centreforconsciouscare.ca



Understanding the Setup – Our Human Predicament – “I can’t get no satisfaction”

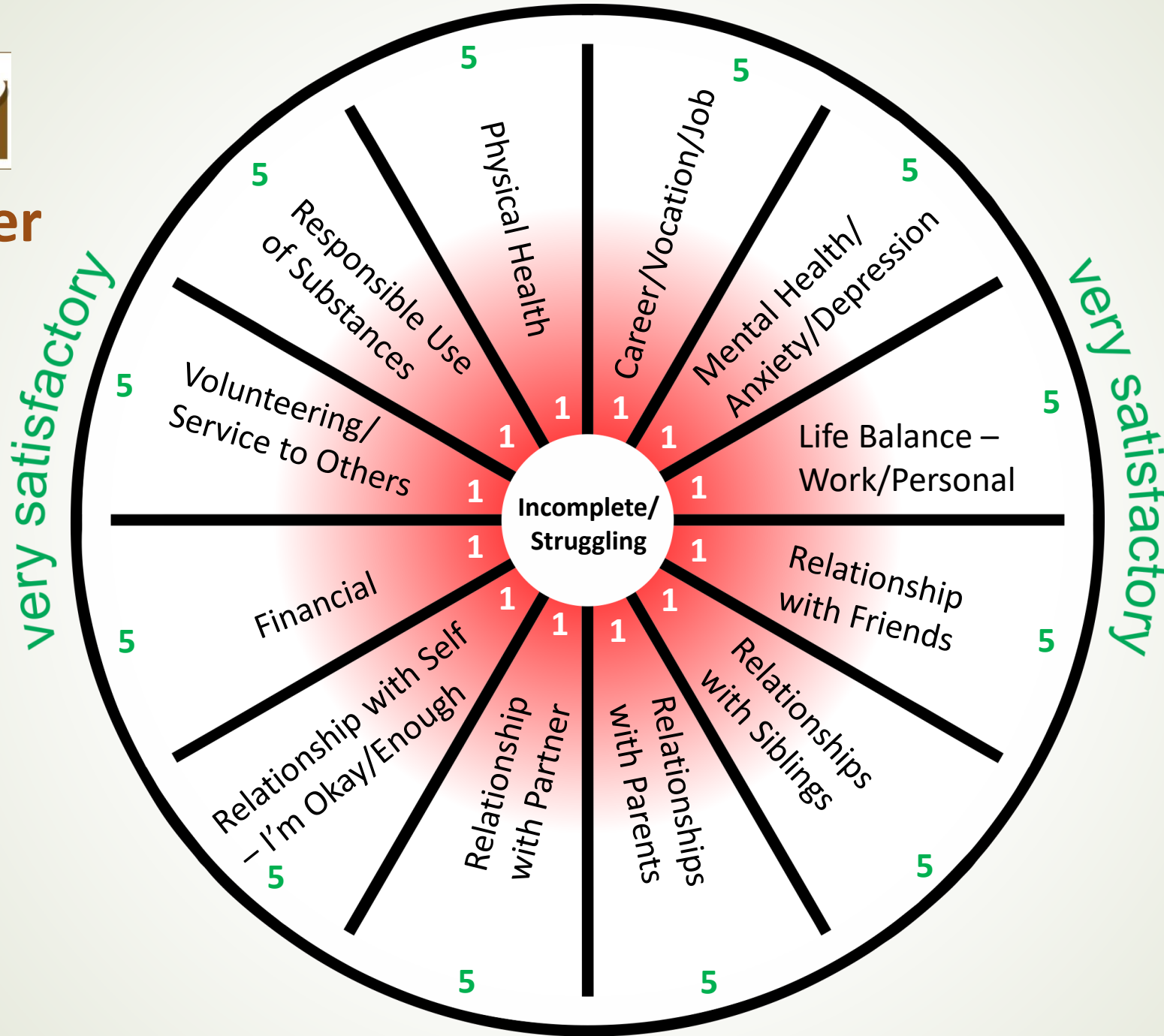
- Our *nature* decided tens of thousands of years ago that to be successful we humans needed to evolve as a species with the prime design feature only being to survive and pass on millions of copies of itself.
- To live and survive then, nature has specifically designed us to still be motivated to mainly always just be scanning our environment for food, sex and shelter to stay safe, reproduce and stay physically comfortable.



Understanding the Setup – Our Human Predicament *continued*

- An important design feature/flaw to guarantee this motivation that every normal person has inherited (not developed) is **automatic neurotransmitter rewards** that are activated much more **when we anticipate and pursue** for example eating, having sex, impressing others, competing for control and/or excluding others who appear different (our hard wiring today still insists that “different is dangerous”).
- This inheritance **keeps us basically dissatisfied** with our life because hav’n is given significantly fewer neurotransmitter rewards than do’n and get’n. Satisfaction is therefore fleeting.
- This is one of the main reasons why we can be living in the top 5% of social and environmental conditions on the planet and still be craving more because of hard wired discontentment.

Why Bother *continued*





The Great Depression

- Learning these tools is not about bullet proofing one's self against all of life's problems.
- It is more so to survive and grow and develop as a result of life's classrooms.
- Our guarantee is...



Personal Development Managing the Mind – Part 4

**Tool
#1**

**SELF-AWARENESS AND AHH-LLOWING
TO MINDFULLY MANAGE THE MIND**

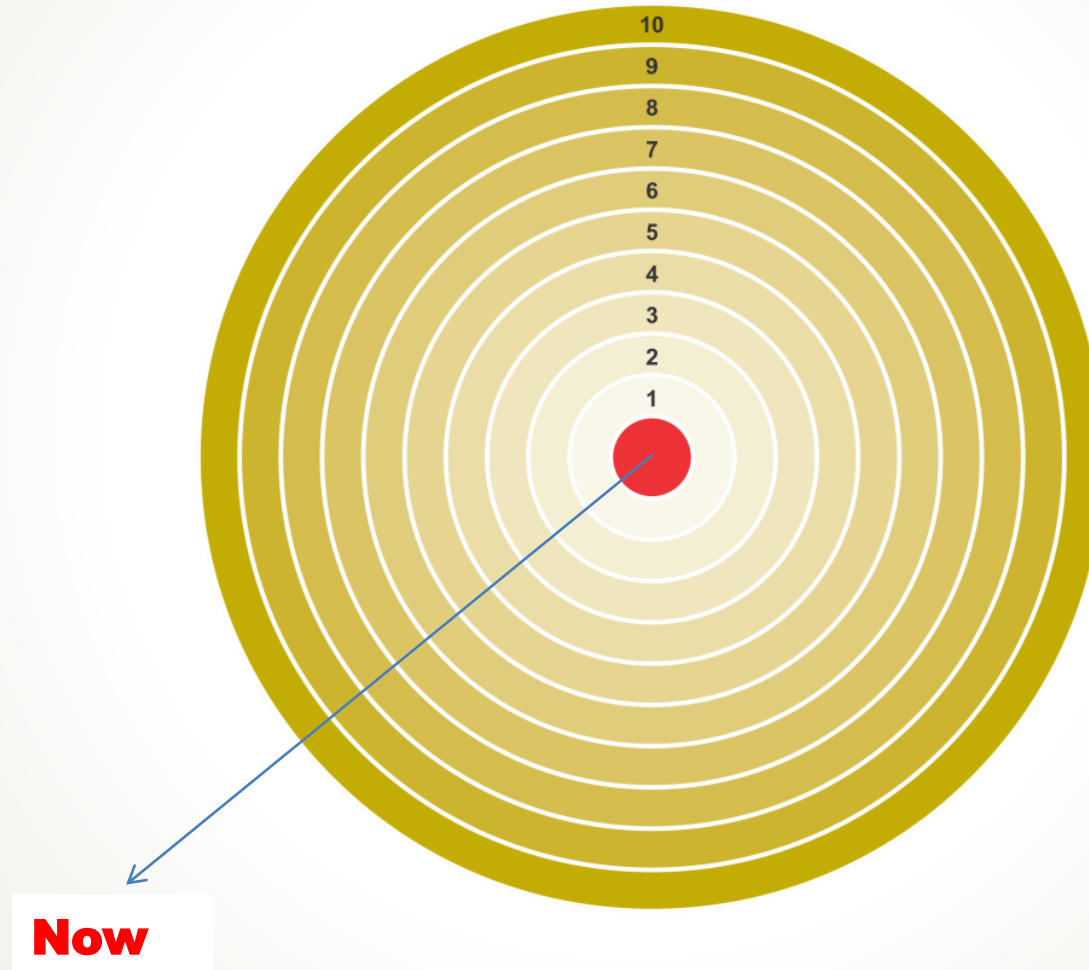


peter.mindfulliving@gmail.com
www.centreforconsciouscare.ca



peter.mindfulliving@gmail.com
www.centreforconsciouscare.ca

'Who' Just Felt, Said and Did That?



- 10. Right now, the parts of your brain that were programmed a million years ago that are responsible for your safety, security, survival, sex and simplicity (e.g. phobias, prejudice, jealousy) are demanding to be heard;**
- 9. Right now, the parts of your brain that have been programmed with 1 – 100 years of cultural and societal brain priming directives are demanding to be heard;**

- 8. Right now, the parts of your brain that you inherited when you were conceived are demanding to be heard;**
- 7. Right now, the parts of your brain that were programmed (nurtured) during the first 1-14 years of your life, as a result of your home environmental influences (e.g. love, trauma, filters) are demanding to be heard;**

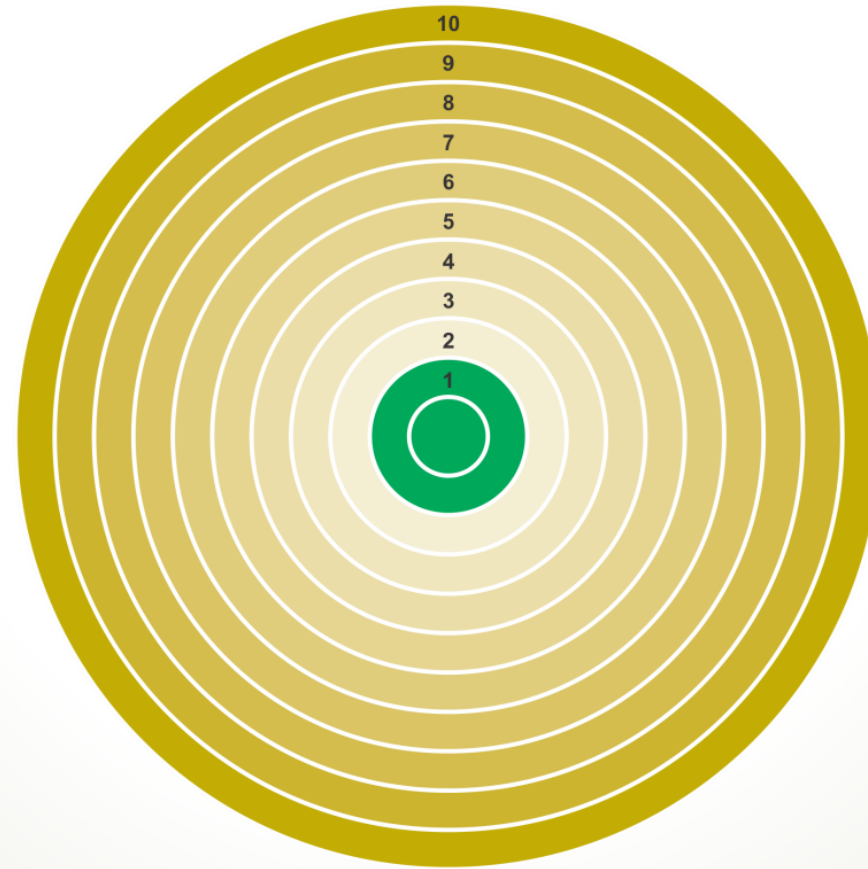
- 6. Right now, any emotional or physical pain (e.g. embarrassment, exclusion, anxiety, depression, guilt/regret, disapproval) that you are experiencing is demanding to be heard;**
- 5. Right now, the parts of your brain that are governed by your GI system and other biomedical co-morbidities that ‘grew’ days and months ago are demanding to be heard;**

4. **Right now, the parts of your brain that developed over the last hours and days that are directing your nervous system (e.g. hormones) to increase or decrease sensitivity to certain stimuli are demanding to be heard;**
3. **Right now, the parts of your brain that are programmed to react to environmental conditions (e.g. people, circumstances) that happened just minutes ago are demanding to be heard;**

- 2. Right now, the parts of your brain that are programmed to react to sensory stimuli that happened just seconds ago are demanding to be heard;**
- 1. Right now, the parts of your brain that are your PFP nervous system (i.e. the sum total of all previous influences and experiences that happened seconds, minutes, hours, days, years and millennia before) were converted into Body, Feeling and Thinking reactions approximately seconds ago. They now 'drive' your thoughts, feelings and behaviour, directly dependent on your degree of mindfulness (or not) (reference next page).**

And right now, your brain's cognitive bias circuit breaker is trying very hard to shut you down from seriously considering these facts. This is because your brain's hard drive strongly prefers commands that are simple and can be processed within seconds.

The Million Year Old Developed PFP Nervous System + B-FIT Awareness and Ahh-llowing = Optimal Thoughts, Feelings and Behaviours



The Great Escape



peter.mindfulliving@gmail.com
www.centreforconsciouscare.ca



Mindfully Managing The Mind

Do I Have A Thinking Problem?

Do you know what your next thought is going to be before you have it?

☐ Yes

☐ No

Can you stop yourself from thinking when you want?

☐ Yes

☐ No

You talk to yourself all day long, but there is nobody listening inside you. If you did this audibly in front of people, they would call 911 or avoid you. As ridiculous as talking to yourself about thoughts all day long is, can you stop doing it?

☐ Yes

☐ No

When you become emotionally hijacked and you say or do things that you'll later regret, do you know that you are thinking, saying and doing these things at the time?

☐ Yes

☐ No

Yesterday you had 50,000 thoughts. If I could download these thoughts onto a computer and protect this file with a password, would you give your password to anyone?

☐ Yes

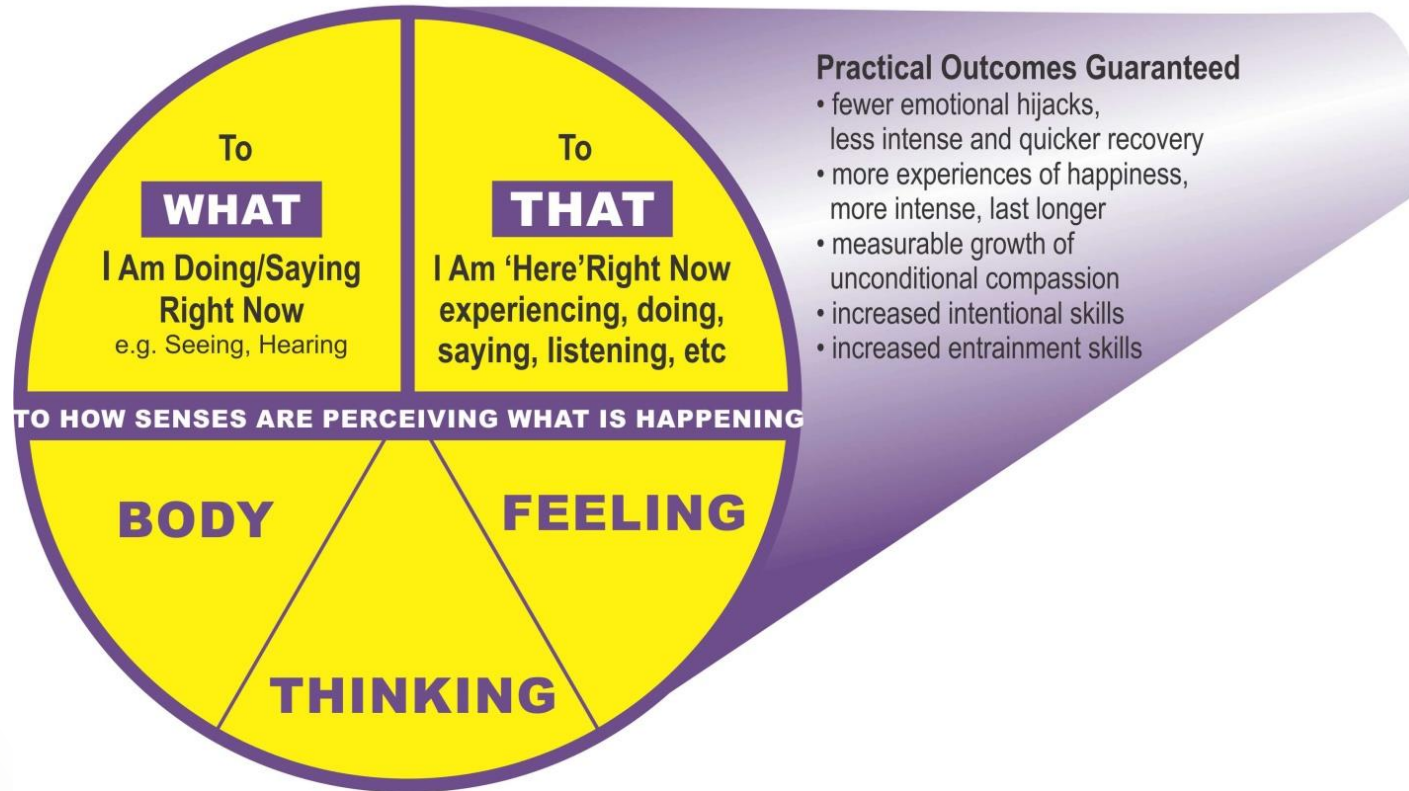
☐ No



peter.mindfulliving@gmail.com
www.centreforconsciouscare.ca

U,B-FIT MINDFULNESS IS

Paying Attention and Being Ahh-llowing of:

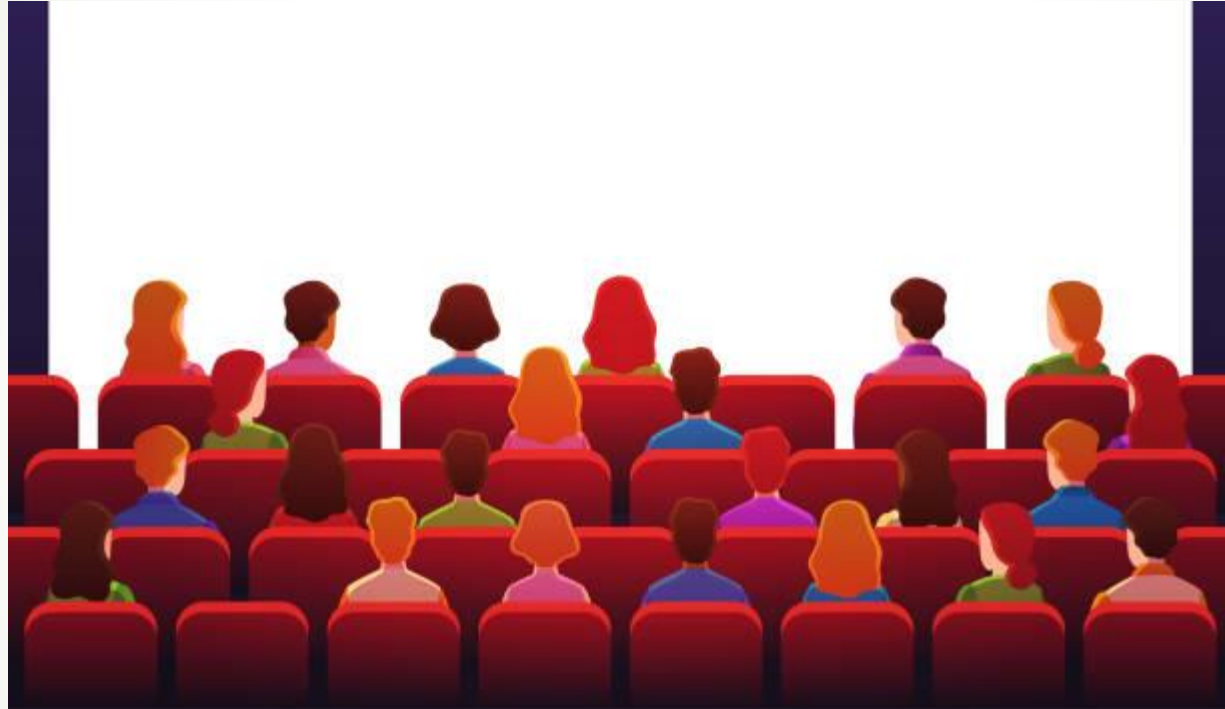


Free Will Ain't Free

*Inside my head a crazy drunken spree.
Thousands of thoughts that are just not me.
I continue to blame the people I see,
Forgetting they're asleep, as drunk as me.*

*Free will ain't free, but it is for sale.
Can't be purchased, checking email.
So what to do, to have true choices?
Catch and Calm to hear, wisdom's voices.*

*What a joke to be said, that free will is free,
Unless of course I live - mindfully.*



*Using Mindfulness to create
distance from thoughts:*





Self-Awareness

- ***Self-awareness*** is the ability, in the moment, to consciously experience those PFP (Primitive Predispositions, Filters, and Brain Priming - PFP) algorithm influences that are attempting to control our thoughts, feelings and behaviours.
- It is the ability to be mindfully aware of what we are experiencing as we are experiencing it.
- This awareness can activate sufficient free will to make better informed choices not dependent on our reactive PFP programmed wants and desires.
- This enhances fulfillment of positive experiences and reduces the suffering from negative conditions.

Physicians who were given a short mindfulness course improved in job satisfaction, quality of life and compassion for up to nine months after the course. The researchers found that at nine months, the physicians were significantly less burnt out and had lower levels of depression, anxiety and stress than doctors who didn't undergo the training course. They also scored higher on scales measuring compassion

(Krasner MS, Epstein RM, Beckham H, et al. 2009).

When we are more conscious, love and compassion appear as being selfless. In mindful relationships we do not relate only to the other; we relate to “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, love and compassion are as natural as our breath and without hesitation we act to help.

Thich Nhat Hanh



The 4 Skill Sets of B-FIT Mindfulness are...

1. Calm and Concentration
2. Sensory Clarity
3. Ahh-llowingness
4. Be Here Now

B-FIT Mindfulness Practice Session

Stress Rehearsal

Practice Test:

- Breaths Per Minute
- Pulse

Personal Development Progress Report – Self-Awareness and Ahh-llowing to Mindfully Manage the Mind Tool #1



Statements Reflecting My 4 PFP Tools of Development – My Relationships are Generally Trustworthy Because...	Strongly Agree 5	Agree 4	Somewhat Agree 3	Disagree 2	Strongly Disagree 1	Totals
• When talking to someone, I am for some of the time aware that I am talking with them						
• I am aware of having emotions (positive or negative) when I am having them						
• I formally practice being aware and emotional self-regulation for approximately 15 minutes, 5 times a week or more						
• When I become aware, I am kind to others, even difficult people						
• When I am starting to become emotionally hijacked, within minutes I become aware and calm myself						
Totals						=

Instruction

Add up the values of all columns and then add the total of the columns. To get an approximate percentage indicator of your current 4 tools personal development level, add totals for all 4 tools. Consider asking a friend/friends to give their ratings of your progress.

Plan for Action See Attachment



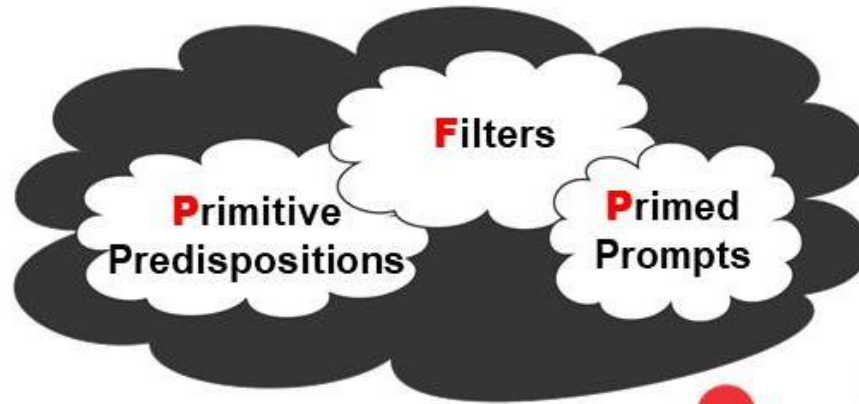
Tool
#2

SELF-UNDERSTANDING

PFP Brain Insights and Reframing

Self-Understanding

Self-Understanding is the second tool. This critical tool is applied to enhance our understanding of how deeply controlled we are by our nature and nurture programming and society's conditioning that govern many of our beliefs and behaviours.



Primitive Predispositions

- Our inherited survival and sex driven 'Nature' brain.

Filters

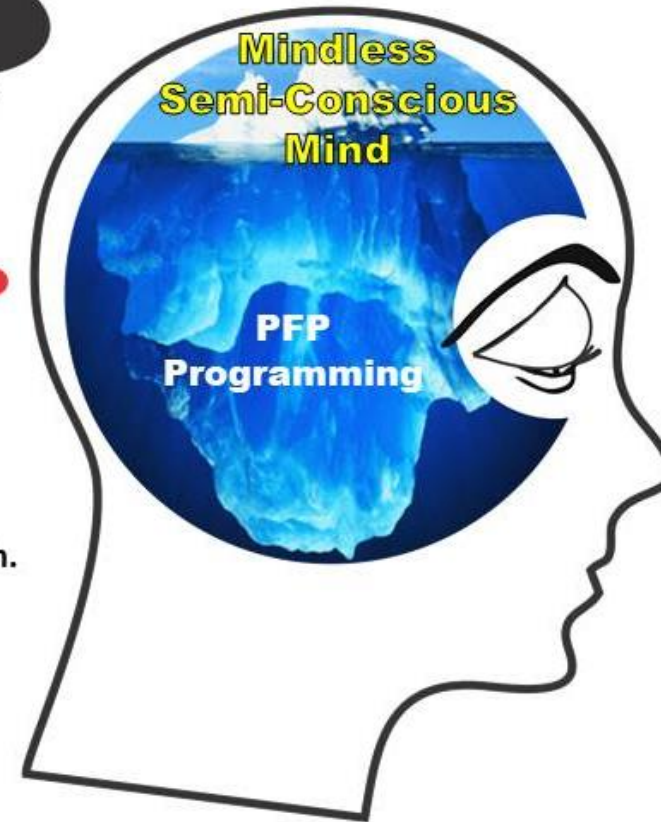
- Our childhood learned , "I need", "I am", "others are" 'Nurtured' brain.

Primed Prompts

- Our culturally conditioned, Normalized brain.

Mindless Mind

- Our semi-conscious 'Not Here' brain.





Some of the ways described throughout this resource to Grow Beyond the PFP Human Predicament to Upgrade your 1.0 Algorithm to a 2.0 Version

How to grow far beyond your high-risk algorithm of being only semi-conscious (a.k.a. lost in thoughts):

Over each 24-hour period, you can be experiencing consciousness on a 1-10 continuum.

Unconscious: (1)

- like when you are asleep in your bed.

Semiconscious: (autopilot) (5)

- like how you typically drive your car, relate to people and do most doings, i.e. you are there but your mind is someplace else and you are unaware of what is happening in the present moment.

Fully Conscious: (self-aware) (10) 'mindful'

- like when you are paying attention – noticing what you are doing
e.g. how you drive when a police car is following you;
- knowing that you are doing it when you are doing it and
- knowing how your body's sensations, feelings and thoughts are reacting to what is happening.

Subconscious:

- your data bank of files that you inherit and develop (a.k.a. your algorithm).

The 4 Life Tools will help you to live more fully conscious by helping you to better understand and to manage the human predicament's set-up.

A human being experiences himself, his thoughts and feelings as something separated from the rest—a kind of optical delusion of his consciousness. This delusion is a kind of prison for us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. The striving for such achievement is, in itself, a part of the liberation and a foundation for inner security.

(Albert Einstein)

Personal Development Progress Report – Self-Understanding Tool #2



Statements Reflecting My 4 PFP Tools of Development – My Relationships are Generally Trustworthy Because...	Strongly Agree 5	Agree 4	Somewhat Agree 3	Disagree 2	Strongly Disagree 1	Totals
• When I feel stressed, for the most part, I understand that my filters, cognitive bias, inattentional blindness, brain priming, neuro - transmitters and hormones are causing the stress – even more than the situation						
• I understand what I must do to prevent stress and the 4 outs						
• As soon as I start to become emotionally hijacked, I understand what is happening						
• I understand why some circumstances make me stressed but do not stress others						
• In general I understand why some people are difficult and what I must do to not be stressed by them						
Totals						=

Instruction

Add up the values of all columns and then add the total of the columns. To get an approximate percentage indicator of your current 4 tools personal development level, add totals for all 4 tools. Consider asking a friend/friends to give their ratings of your progress.

Plan for Action See Attachment

**Tool
#3**

SELF-MANAGEMENT

The 4 Step Catch, Calm, Clarify
and Choose Process

Self-Management

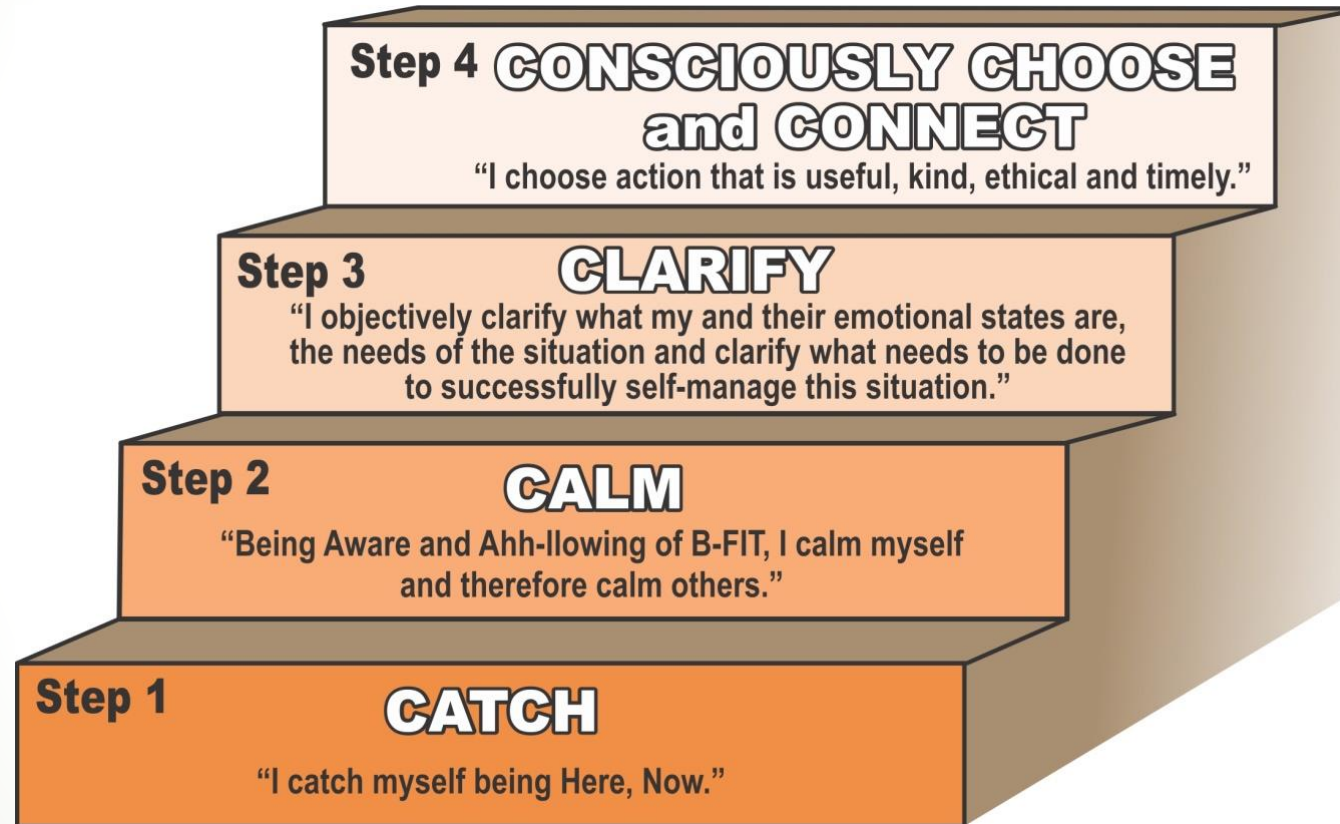
The third tool is self management to more optimally manage ourselves.

We learn to approach each situation with a simple four-step process.



peter.mindfulliving@gmail.com
www.centreforconsciouscare.ca

The 4 Steps of Self-Management



Self-Management Is...

- **Controlling Conditions:**
 - Nurture supportive relationships;
 - Take massive action on good ideas;
 - Keep your reasons to stay happy and healthy clear and obvious;
 - A daily ritual of being grateful.

Self-Management Is... (continued)

- **Clarify Thoughts and Feelings and Behaviour:**
 - Gain personal insights about PFP Programming
Primitive Predispositions – brain architecture – change hard drive to live drive;
Filters – identify and reframe;
Primed Prompts – stand guard at the doorway of your mind to avoid cultural mind controls.

Self-Management Is... (continued)

- **Helping Others to Be Happy:**
 - Many random acts of kindness e.g. give homeless people \$5.00, eye contact and respect;
 - Volunteer in your local and global community;
 - Live as simple as is possible e.g. buy recycled clothing;
 - Every day, anonymously do something kind for strangers and 'enemies'.

Self-Management Is... (continued)

- **Learning How to be Happy without Needing to Control Conditions, Thoughts and Feelings i.e. being happy for no particular reason:**
 - Learn and practise B-FIT Mindfulness;
 - Remove the 10 Weeds that Kill Good Seeds –
 - ✓ Negative is normal but do not ignore it – change it;
 - ✓ Make rest a necessity, not an objective;
 - ✓ Indifference is a disease – go for inspiration or desperation;

Self-Management Is... (continued)

- **Learning How to be Happy without Needing to Control Conditions, Thoughts and Feelings i.e. being happy for no particular reason: (continued)**
 - Remove the 10 Weeds that Kill Good Seeds –
 - ✓ Indecision;
 - ✓ Self-Doubt;
 - ✓ Worry – substitute good activity;
 - ✓ Over Caution;
 - ✓ Pessimism – “As you think, so you will become”;

Self-Management Is... (continued)

- **Learning How to be Happy without Needing to Control Conditions, Thoughts and Feelings i.e. being happy for no particular reason: (continued)**
 - Remove the 10 Weeds that Kill Good Seeds –
 - ✓ Complaining, Gossiping;
 - ✓ Passive Hope – “maybe it will get better”. Happy Hope – “It’s not great, but it’s okay”;
 - Follow the 5 Part Path to Awakening Consciousness
i.e. Normal → Reflective → Awareness → Connecting → Being;
 - Work skillfully with difficult feelings i.e. mindful, emotional self-regulation skills and kindness.

Self-Management Is... (continued)

Learning How to be Happy without Needing to Control Conditions, Thoughts and Feelings i.e. being happy for no particular reason: (continued)

- Develop non-negotiable self-management skills--discipline, effort and integrity.
- Cultivate an attitude of indebtedness instead of entitlement, especially about happiness – no one is entitled to it!
- Practise “right speech.” All words, all of the time, must be useful, truthful, timely and kind.

Self-Management Is... (continued)

Learning How to be Happy without Needing to Control Conditions, Thoughts and Feelings i.e. being happy for no particular reason: (continued)

- Stay ever mindful of the difference between subjective and objective reality. For example, “be peace” while effectively asserting yourself in conflict.
- Most human interactions are happening simultaneously on at least six different levels, social, logical, hormonal, filters, ego, and energy. Mindful awareness is essential to ensure compassionate connecting at all levels all at once and also to ask ourselves, “What am I missing at this moment that would be helpful?” e.g. every story has 3 sides.

Self-Management Is... (continued)

**Learning How to be Happy without Needing to Control Conditions, Thoughts and Feelings i.e. being happy for no particular reason:
(continued)**

- The best way to successfully change conditions in your life to become happier or manage a crisis is first to work hardest on changing/growing yourself – not more crisis management skills.
- Negative is normal. Develop more skills – do not just hope for fewer problems. All good will be attacked.
- Some things in life are just not fair or just. You don't have to like it – it is just the way it is. Move on! “When the horse is dead – get off.”

Self-Management Is... (continued)

**Learning How to be Happy without Needing to Control Conditions, Thoughts and Feelings i.e. being happy for no particular reason:
(continued)**

- Study other evolved people – success leaves clues.
- Life is a matter of odds – plant many ‘crops’.
- Never try to beat the system – be a happy taxpayer.
- Ignorance is not bliss – what you don’t know can/will hurt you
e.g. pay attention to your physical and emotional health.

Self-Management Is... (continued)

**Learning How to be Happy without Needing to Control Conditions, Thoughts and Feelings i.e. being happy for no particular reason:
(continued)**

- If you want your share, you have to care (for others).
- Think big – start small – ask to receive.
- Celebrate success, but make your failures painful.

Self-Management Is... (continued)

Learning How to be Happy without Needing to Control Conditions, Thoughts and Feelings i.e. being happy for no particular reason: (continued)

- Honour mood disorders and get help.
- Life requires resolve – ‘I will’.
- Life requires action – ‘Do’.
- Life demands commitment – ‘I am’.

Personal Development Progress Report – Self-Management Tool #3



Statements Reflecting My 4 PFP Tools of Development – My Relationships are Generally Trustworthy Because...	Strongly Agree 5	Agree 4	Somewhat Agree 3	Disagree 2	Strongly Disagree 1	Totals
• I have a daily ‘workout’ commitment of mind, body, spiritual and consciousness development, e.g. daily I do’s 3 development activities						
• I skillfully experience and process difficult feelings, e.g. anger, fear, sadness, etc.						
• I do not need to do, get and have bigger, better or more material possessions to be satisfied						
• I experience ‘difficult’ people with kindness and skillful interpersonal relating						
• Each hour I catch myself at least once being <u>Here Now</u> I, i.e. catch, calm, clarify the needs of the moment and consciously connect						
Totals						=

Instruction

Add up the values of all columns and then add the total of the columns. To get an approximate percentage indicator of your current 4 tools personal development level, add totals for all 4 tools. Consider asking a friend/friends to give their ratings of your progress.

Plan for Action See Attachment

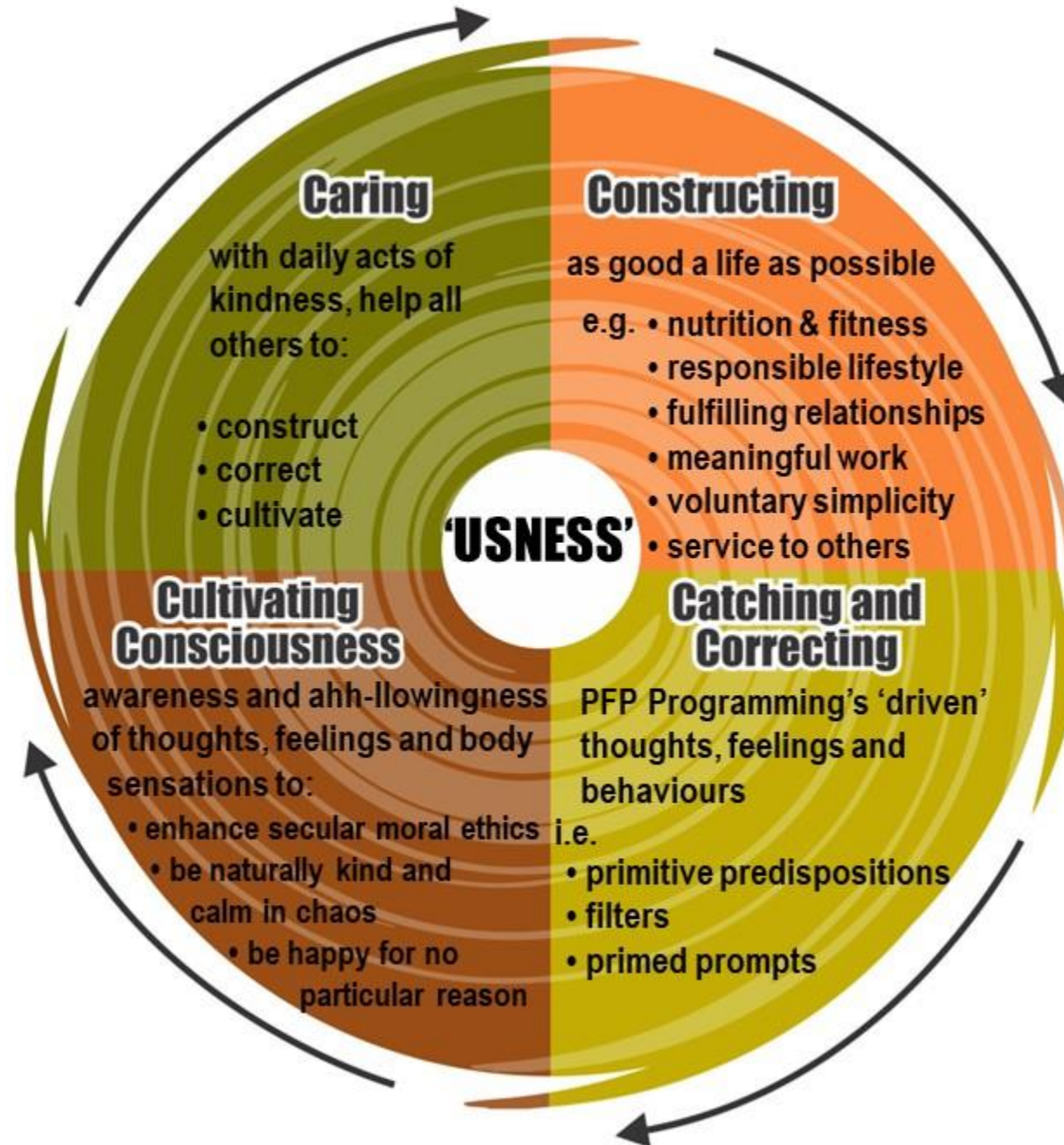


Self-Expression

The fourth and last tool on the pyramid is *Self-Expression*.

- Simply put, this is bringing our best self, our A-Game, to whatever we do and say.
- Not driven by the 4 outs of burn-out, tune-out, freak-out and space-out.
- All speech and actions spontaneously become useful, ethical, kind, and timely.

Self-Expression to Create a Socially Useful and Personally Satisfying Life



Potential Outcomes and Accelerators

- ❑ We keep 1st world problems in perspective. 'Awful', relative to what?
- ❑ Our actions are consistently aligned with secular moral ethics and our words are useful, truthful, timely and kind.

Potential Outcomes and Accelerators (continued)

- ☐ We live as simply as possible and consume only what we need.
- ☐ We consistently take massive action on good ideas as a result of our discipline, right effort and integrity.
- ☐ We have a 'non-negotiable' commitment to daily challenging formal exercises and practice programs to develop our body, brain, consciousness and mindful emotional self-regulation.

Potential Outcomes and Accelerators (continued)

- ☐ When possible we relieve the suffering and enhance the well-being of others.
- ☐ Our heart stays 'open' and non-self-righteously judgmental of others who are causing suffering as we work to change them.
- ☐ We have less of a sense of 'me' and more of 'we', i.e. 'usness' and life 'emerges' beyond dualities.
- ☐ After we do our Best, we Rest with the Rest - cause it's all good.

Personal Development Progress Report – Self-Expression Tool #4



Statements Reflecting My 4 PFP Tools of Development – My Relationships are Generally Trustworthy Because...	Strongly Agree 5	Agree 4	Somewhat Agree 3	Disagree 2	Strongly Disagree 1	Totals
• I relate to others authentically and kindly without trying to impress, control, manipulate, belittle, etc.						
• I positively contribute to social justice and human rights issues in my agency, local and global community, e.g. I volunteer to help						
• My speech and actions are generally useful, ethical, kind and timely						
• At least monthly, I ask team members or a friend for suggestions on how I can improve						
• I am an effective and positive problem solver						
Totals						=

Instruction

Add up the values of all columns and then add the total of the columns. To get an approximate percentage indicator of your current 4 tools personal development level, add totals for all 4 tools. Consider asking a friend/friends to give their ratings of your progress.

Plan for Action See Attachment

Throughout the applications of the tools, personal development achieves the following:

- **Fulfillment**
- **Joy**
- **Meaning**
- **Peace**
- **Presence**
- **Compassionate Action**

In summary then, successful personal development results in growing or regaining good mental health and emotional and physical well-being for self and others.

4 tools unlock most doors.

I know of no more encouraging fact than the unquestionable ability of men and women to elevate their life (and the lives of others) by conscious endeavours.

Henry David Thoreau

“Not all (of us) who wander are lost.” J. R. Tolkien



peter.mindfulliving@gmail.com
www.centreforconsciouscare.ca

The 4 Essential Inner and Outer Life Tools of Personal Development and Renewal



Work/Life Improvement Plan

State the Problem/Describe the Gap Between the Ideal and Current Reality

Improvement Outcomes Statement



Tools	To Improve, I Will Do What	How I will Do It	Why I would Do It	Completion Date
Self-Awareness and AHH-Illowing (e.g. Mindfulness and Self Compassion Work)				
Self-Understanding (e.g. Filters Reframe/Perspective)				
Self-Management (e.g. Four C's)				
Self-Expression (e.g. Changed Behaviours)				