

HIDDEN PEARLS PODCAST

MVP/PAF - Mindfulness & Meditation COURSE II – 4 STAGES OF THE SELF CLASS 3 – HEAL THYSELF PART 1 – PARTICIPANTS' AGENDA

1. WELCOME – HPP/MVP/PAF - M&M Course II – “*The 4 Parts of the Self*” – Class 3
2. OPENING BREATH & CENTERING:
3. QUICK REVIEW – CLASS 1/2 – “Know Thyself - Parts 1&2”: Any questions/comments?
- Conscious Awareness/Controlled Breath - Acceptance - Know Your Beliefs, Thoughts, Emotions
- Know Your Body – Know Your Stress - Know Your Values - Loving Kindness
4. **THOUGHTS ON HEALING & MINDFULNESS**: Rhonda Magee and Ralph Steele will present an overview of some of their thoughts on the connection and interplay between Healing Thyself and mindfulness.
5. **HEAL THYSELF (Part 1)**: (See Outline/Videos on website with Course II materials)
- “Calm Mind” & “Compassionate Heart”
- “Trust and Believe (with wisdom) in Yourself, Others, and the World”
- “Acknowledge, Embrace & Accept Your “wounded self”
6. GUIDED BREATH & MEDITATION:
7. OPEN Q&A & Comments on Class 3 Core Concepts
8. CALL TO ACTION/SUGGESTED HOMEWORK – NEXT CLASS June 13
- Morning Mindful Minute, other mindful practice (e.g., *Calm*)
- Mindfulness/Meditation Practice – Daily? (Loving Kindness meditation)
- Journal Daily
- Class 4 Topics (*Heal Thyself – Part 2*) – Check email and follow link to:
- Forgiveness - of Self, Others, and the World
- Recognize & Remove “Inner” Masks and Deceptions
- Values - Joyful Gratitude
9. CLOSE:
- Thank You, questions or issues email us!
- Closing Breaths and Thoughts
- Supports/Self-care/

REFERENCES:

1. For a brief introduction and example of mindfulness, please check out:
 - a. <https://www.mindful.org/the-s-t-o-p-practice-creating-space-around-automatic-reactions/>
2. S.T.O.P.
 - a. Stop (whatever you are doing)
 - b. Take (a conscious breath)
 - c. Observe (body, thoughts, emotions and circumstance)
 - d. Proceed (with intention and in alignment with values – *you* choose)
3. Several good mindfulness/meditation apps available:
 - a. Calm App - <https://www.calm.com/>
 - b. Headspace - <https://www.headspace.com/>
 - c. Ten Percent - <https://www.tenpercent.com/>

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SUPPORT CONTACT INFO:

Suzi Landolphi – MVP Clinical Director 818-470-2013; Suzi@vetsandplayers.org	NFLPA resource for Current Players https://nflpa.com/active-players/wellness-resources
Bruce Kittle – MAP Director 405-623-9460; CoachKittle61@gmail.com	NFLPA resource for Former Players https://nflpa.com/former-players/health-wellness?

QUOTES:

“My scars remind me that I did indeed survive my deepest wounds. That in itself is an accomplishment. And they bring to mind something else, too. They remind me that the damage life has inflicted on me has, in many places, left me stronger and more resilient. What hurt me in the past has actually made me better equipped to face the present.” – Steve Goodier

“The sun shall always rise upon a new day and there shall always be a rose garden within me. Yes, there is a part of me that is broken, but my broken soil gives way to my wild roses.” – C. JoyBell C.

“Meditation can help us embrace our worries, our fear, our anger; and that is very healing. We let our own natural capacity of healing do the work.” – Thich Nhat Hanh

“You yourself, as much as anybody in the entire universe, deserve your love and affection.” – Buddha

“When you think everything is someone else’s fault, you will suffer a lot. When you realize that everything springs only from yourself, you will learn both peace and joy.” – Dalai Lama.

“Healing is embracing what is most feared; healing is opening what has been closed, softening what has hardened into obstruction, healing is learning to trust life.” – Jeanne Achterberg

“Meditation is not just a rest or retreat from the turmoil of the stream of the impurity of the world. It is a way of being the stream, so that one can be at home in both the white water and the eddies.” - Gary Snyder, “Just One Breath”

“Healing may not be so much about getting better, as about letting go of everything that isn’t you – all of the expectations, all of the beliefs – and becoming who you are.” – Rachel Naomi Remen

“Don’t turn away. Keep your gaze on the bandaged place. That’s where the light enters you.” – Rumi

“It’s been said that time heals all wounds. The truth is that time does not heal anything. It merely passes. It is what we do during the passing of time that helps or hinders the healing process.” – Jay Marshall

“We are all damaged. We have all been hurt. We have all had to learn painful lessons. We are all recovering from some mistake, loss, betrayal, abuse, injustice, or misfortune. All of life is a process of recovery that never ends. We each must find ways to accept and move through the pain and to pick ourselves back up. For each pang of grief, depression, doubt, or despair there is an inverse toward renewal coming to you in time. Each tragedy is an announcement that some good will indeed come in time. Be patient with yourself.” – Bryant McGill

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” — Viktor E. Frankl “Man’s Search for Meaning.”

**“For after all, the best thing one can do when it is raining is let it rain.”-Henry Wadsworth Longfellow*

**“Accept – then act. Whatever the present moment, accept it as if you had chosen it.....” – Eckert Tolle.*

**Thoughts are just thoughts, and our feelings are just feelings, they are not us, they do not define us, and we can work to change them and/or let them pass.*

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**“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.”* — Thích Nhất Hạnh.

* *“Don’t let your mind bully your body into believing it must carry the burden of its worries.”* – Astrid Alauda

*May you be well, May you be happy, May you be at peace; self/others.

**“Values are like fingerprints. None are the same, but you leave them all over everything you do.”* - Elvis Presley

**“When your values are clear to you, making decisions becomes easier.”* - Roy E. Disney

Meditation is simply about being yourself and knowing something about who that is. It is about coming to realize that you are on a path whether you like it or not, namely, the path that is your life. Meditation may help us see that this path we call life has direction; that it is always unfolding, moment by moment; and what happens now, in this moment, influences what happens next...If you do so, maybe you will be in a better position to chart a course for yourself that is truer to your inner being, a soul path, a path with heart, your path with a capital "P". - JKZ

Mindfulness means paying attention in a particular way: on purpose in the present moment, and nonjudgmentally...It is simply a practical way to be more in touch with the fullness of your being through the systematic process of self-observation, self-inquiry, and mindful action. - Jon Kabat-Zinn (*Wherever You Go There You Are*)