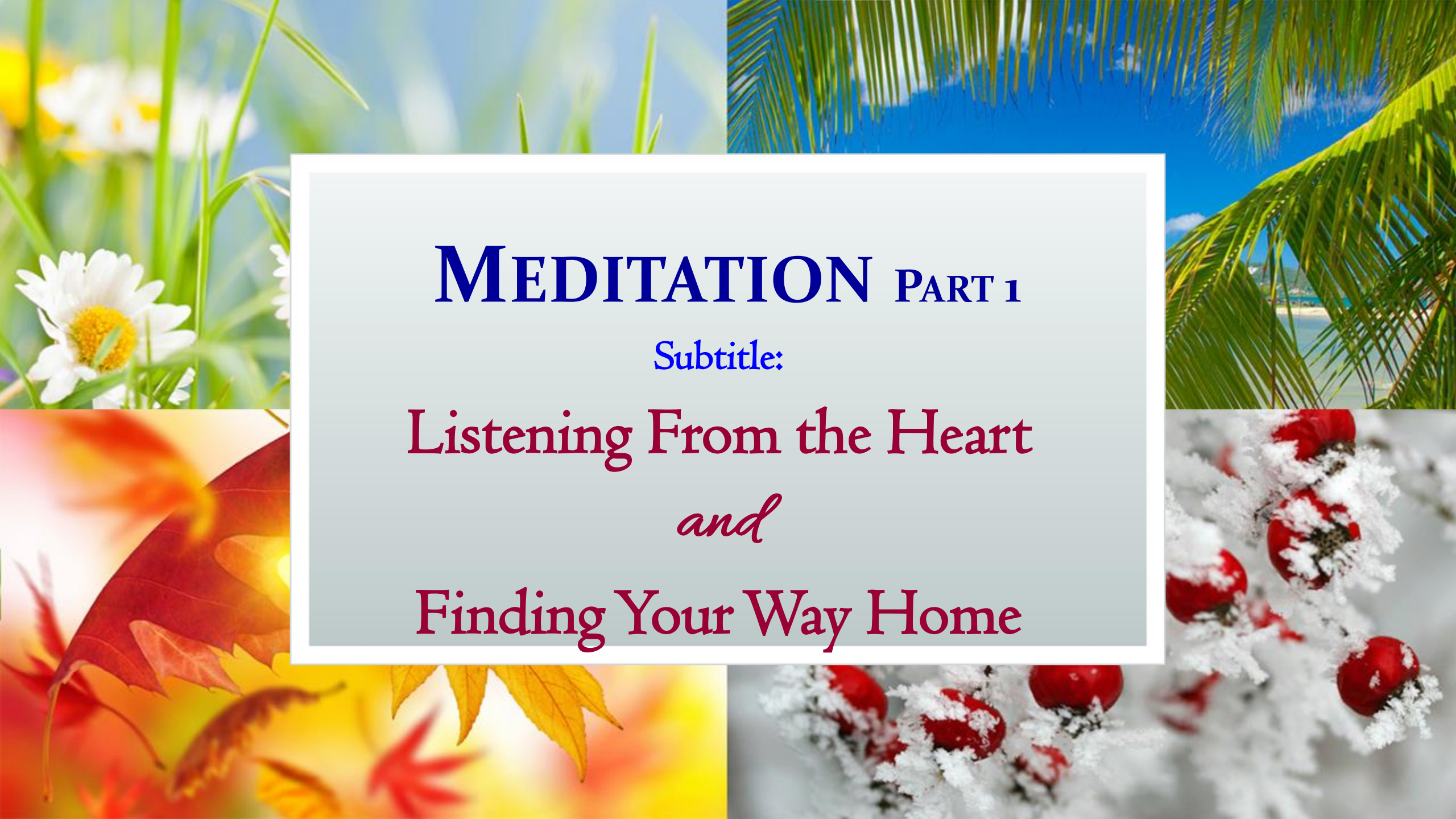




MEDITATION PART 1

Subtitle:

Listening From the Heart
and
Finding Your Way Home

THE VIEW *FROM*

30,000 feet





THE BACK STORY TO

OPEN THE HEART • OPEN THE MIND
WHOLE PERSON • WHOLE LIFE



WHERE
AND
HOW IT
BEGAN...

The Everglades



WHERE & HOW IT BEGAN ... THE FAR EAST WIDENING MY VIEW





THE POWER OF
TRAUMA
TO SHAPE OUR PATH
TO WHO WE ARE



FACES OF TRAUMA ... COMMUNITY DISASTERS THAT SHAPE US

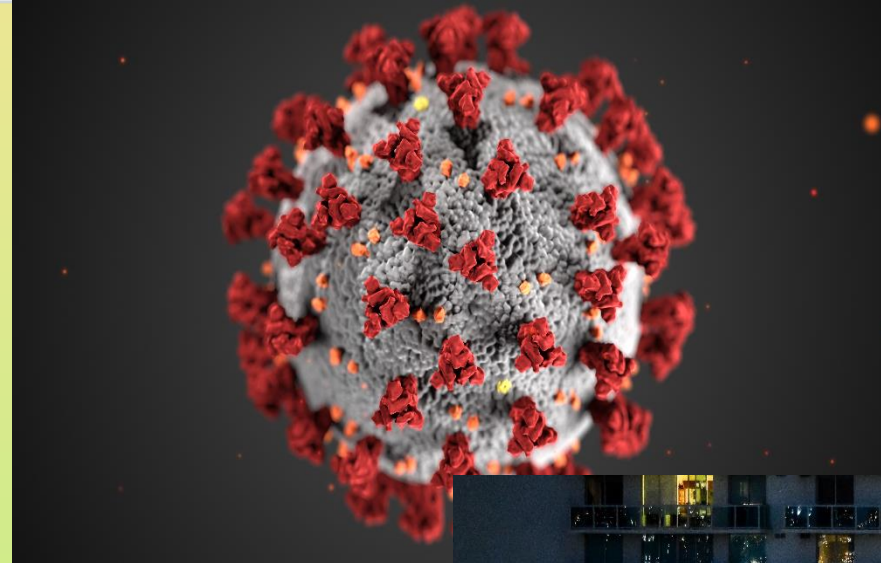
- The Post Office Shooting
 - 9.11.2001
- Los Angeles Earthquake
- Northwest / Flight 255





FACING TRAUMA NOW ... THE CORONAVIRUS & ITS IMPACT

- CDC Electron Microscope of **COVID19**: Not so “Invisible”
- **Impact**: BODY, MIND, EMOTIONS & BELIEFS
- **Silver Linings of HOPE**: Florida Residents @ 7:00PM Applaud Health Care Workers ●
Everyday we #STAYHOME #SAVELIVES
●The spread of cases decreases





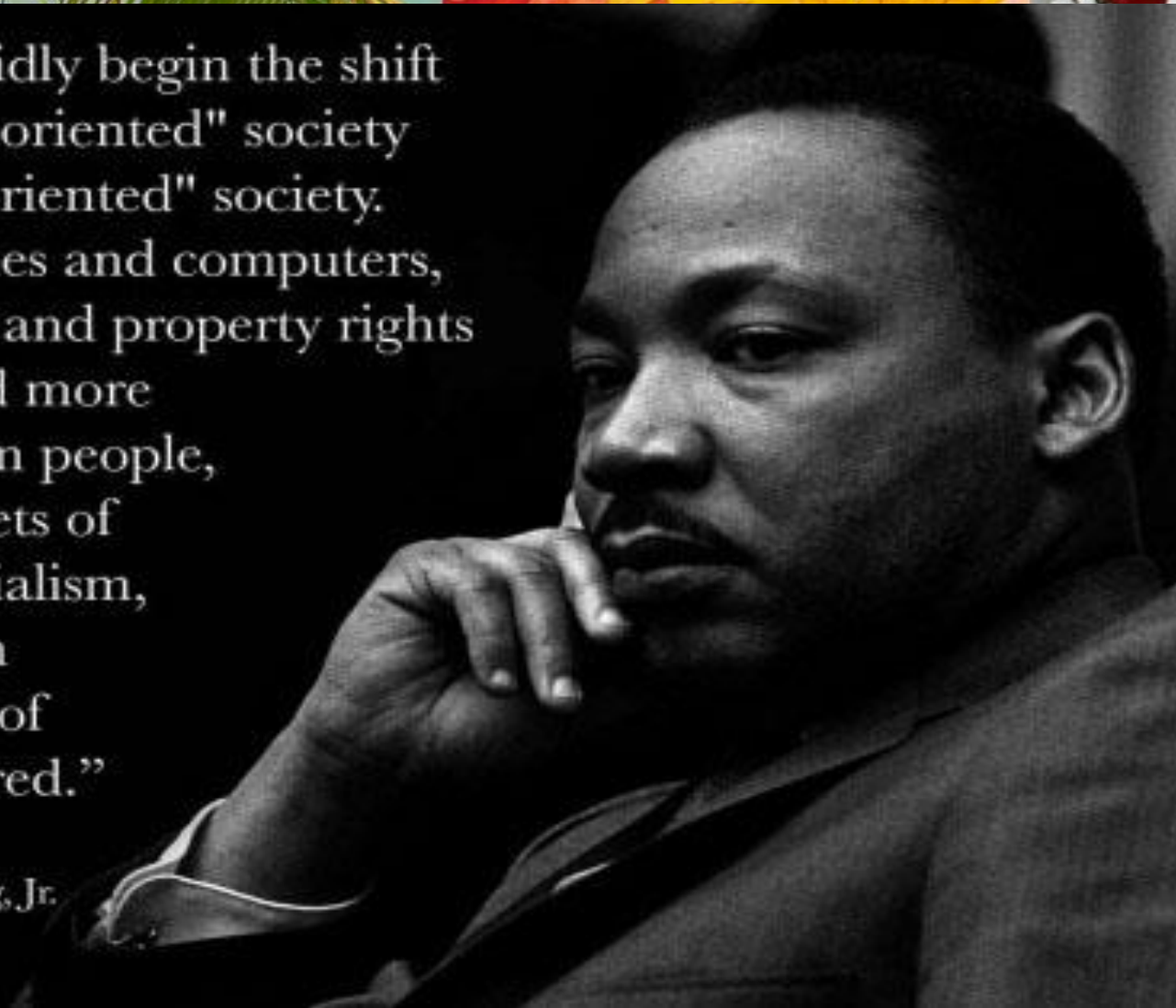
WHERE DOES
PAIN & SUFFERING
COME FROM?

Our Human Experience



“We must rapidly begin the shift from a "thing-oriented" society to a "person-oriented" society. When machines and computers, profit motives and property rights are considered more important than people, the giant triplets of racism, materialism, and militarism are incapable of being conquered.”

—Martin Luther King, Jr.



Love is the only force capable of transforming an enemy into a friend. Martin Luther King, Jr.



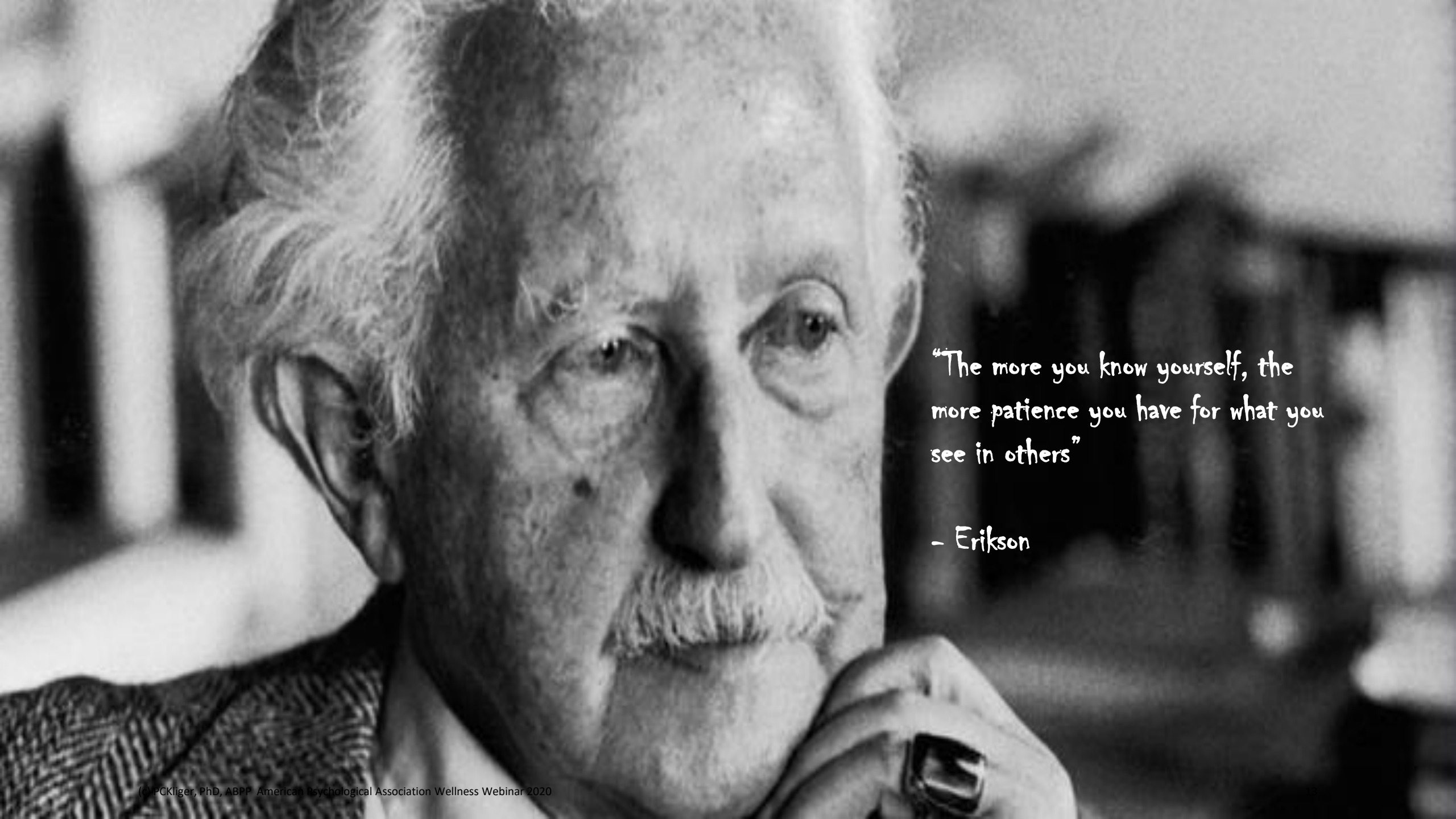
WHAT CAN WE DO?

*A Shift in Human Heart and Mind
Thru Meditation & Mindfulness*



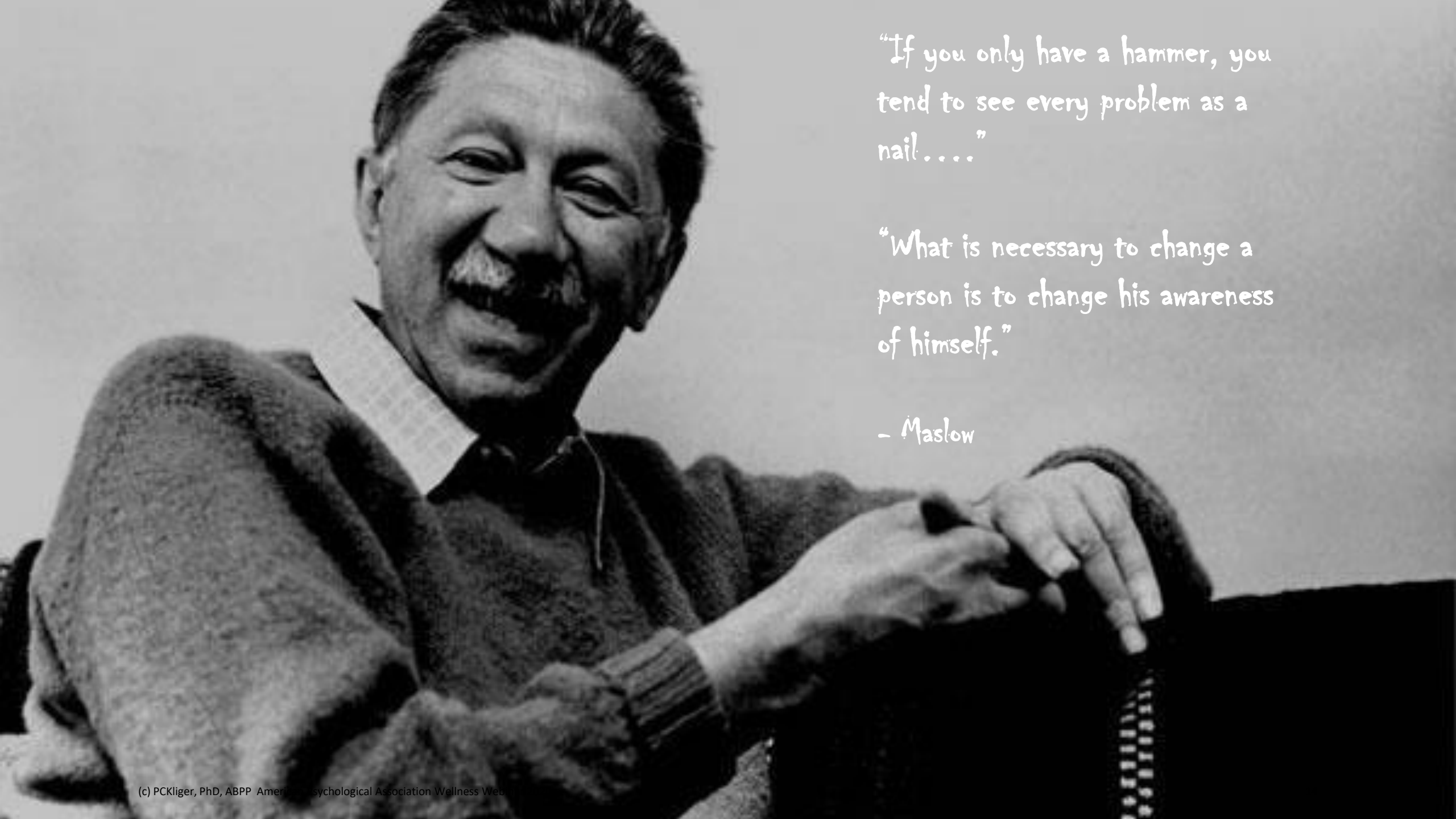
THOSE WHO INFLUENCE

(c) PCKTger, Ph.D., ABPP / American Psychological Association Wellness Webinar 2020

A black and white portrait of Erik Erikson, an elderly man with a mustache, looking thoughtfully to the side. His hand is resting near his chin, and he is wearing a ring. The background is blurred, showing what appears to be a bookshelf.

"The more you know yourself, the
more patience you have for what you
see in others"

- Erikson



“If you only have a hammer, you
tend to see every problem as a
nail....”

“What is necessary to change a
person is to change his awareness
of himself.”

– Maslow



Yesterday I was clever
So I wanted to change the world

Today I am wise
So I am changing myself

RUMI



VENERABLE TENZIN PRIYADARSHI

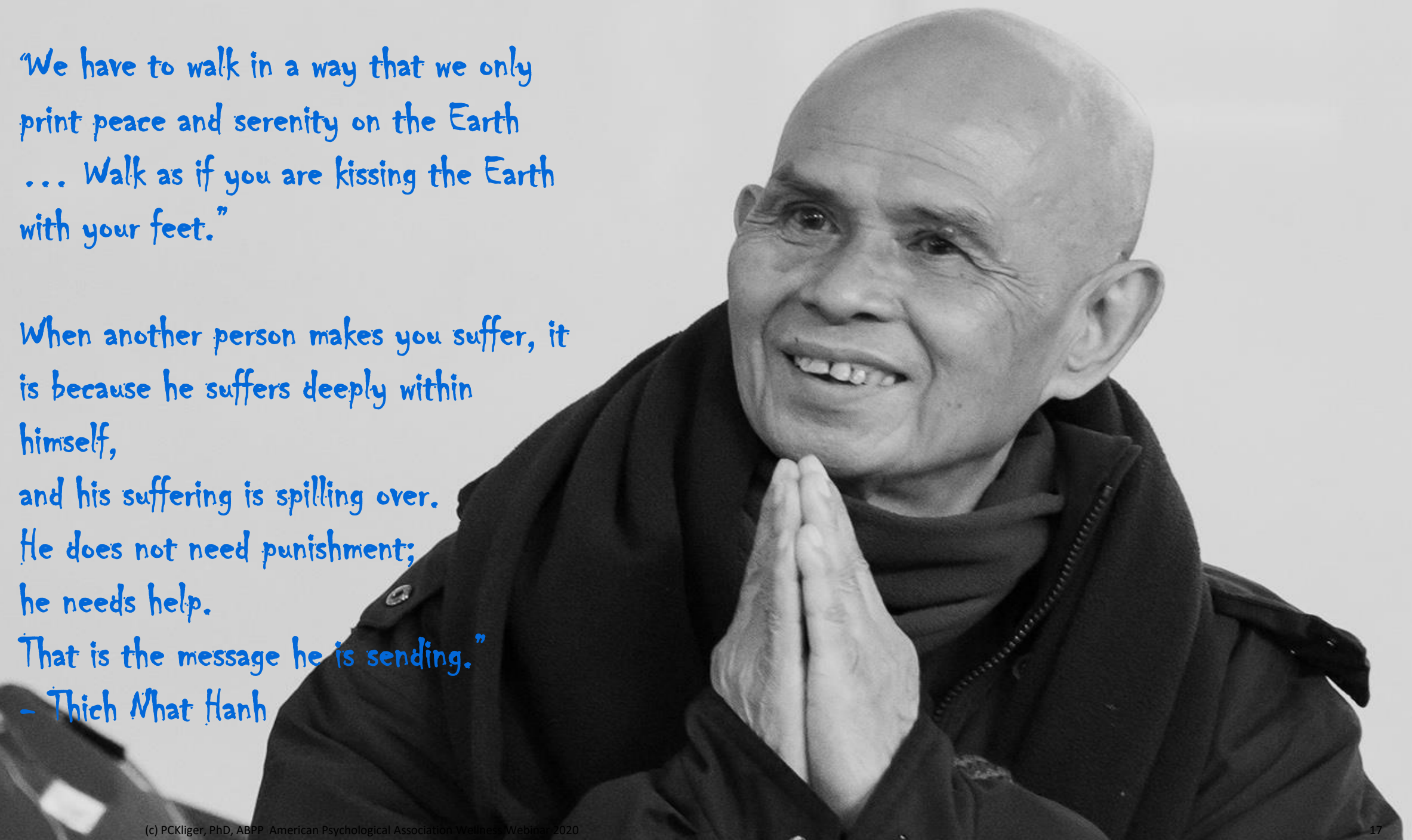


- ✓ “Core ethical conduct and values contribute to emotional wellbeing and acquisition of healthy or unhealthy human functioning ...radiated as an emotional tone to others”
- ✓ Critical Cumulative Emotional Tone (CCET)

③Meditation & Psychotherapy,
Harvard Medical School Conference
2017

"We have to walk in a way that we only
print peace and serenity on the Earth
... Walk as if you are kissing the Earth
with your feet."

When another person makes you suffer, it
is because he suffers deeply within
himself,
and his suffering is spilling over.
He does not need punishment;
he needs help.
That is the message he is sending."
- Thich Nhat Hanh



LISTENING
FROM THE HEART

Finding Your Way Home





Listening *from* the Heart *IS* Emotional Readiness

- ✓ **A Self-Study model in Practice ... a model in Self-Discovery and Self-Understanding** was designed specifically for mental and health care professionals.
- ✓ Often... We tend to shy away from seeking or coming together for self-development.
- ✓ **We** begin with developing the *first* **Core Self-Study Transformational Practice:** Developing An Observing “I” – **Meditation and Mindfulness**



Listening *from* the Heart *IS* Emotional Readiness

In the Practice of Self-Study You –

- ✓ Learn more about yourself
- ✓ Address your strengths and vulnerabilities, your willingness and resistances to expose yourself to new ways of thinking and responding, and
- ✓ Understand better your impact on others, those who have their own thoughts, reactions and response styles

YOU – Find Your Way HOME where

SELF AWARENESS & Deeper TOLERANCE for SELF & OTHERS Lives

The background of the slide is a soft-focus image of autumn leaves. A large, vibrant red maple leaf is prominent on the left side, with its veins clearly visible. Other leaves in shades of orange, yellow, and green are scattered throughout the background, creating a warm and seasonal atmosphere.

SELF STUDY: A MODEL & PRACTICE

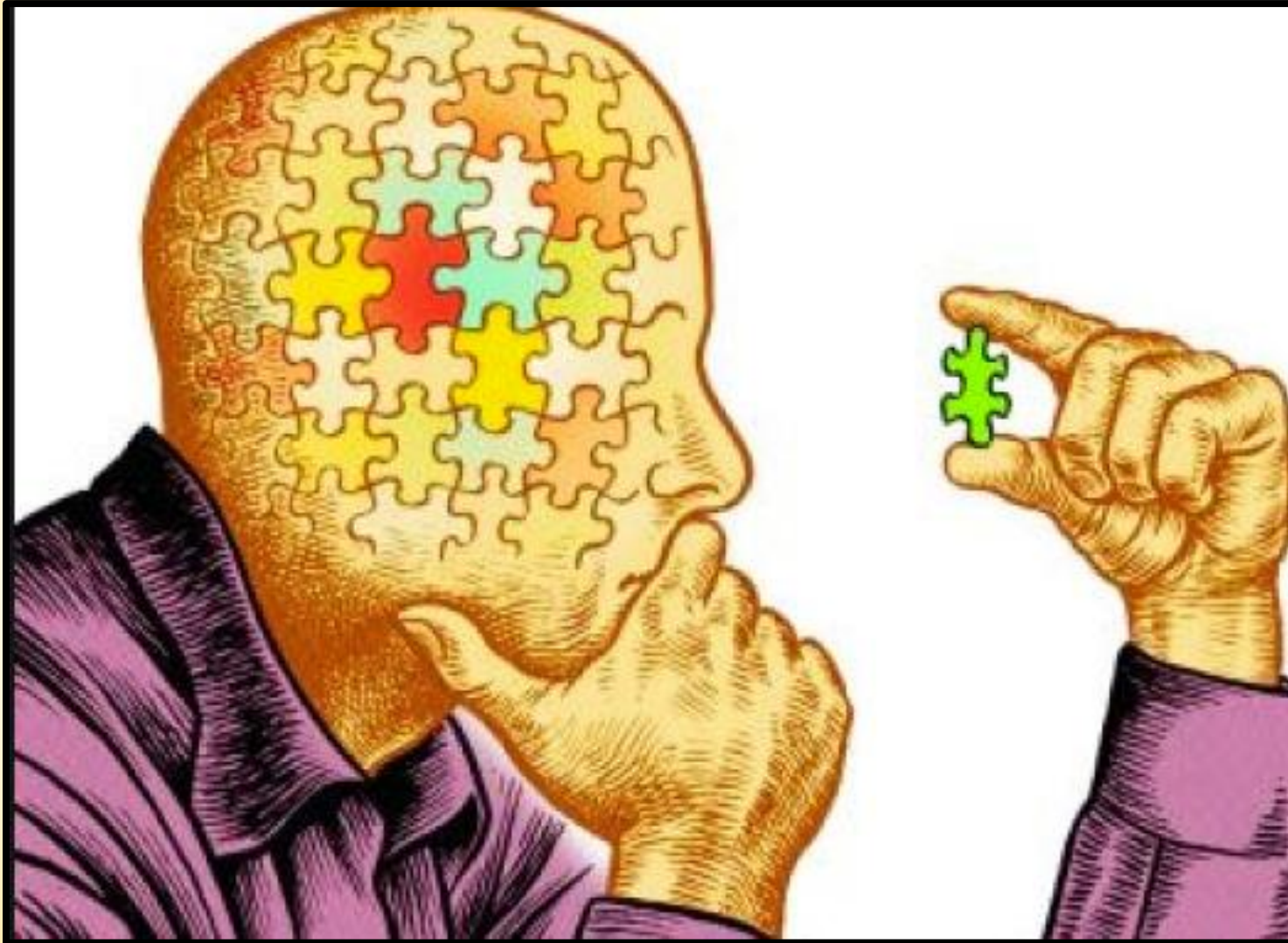
The 5 Core Transformational Practices



5 CORE SELF-STUDY TRANSFORMATIONAL PRACTICES ©

- Develop an Observing I and Mindfulness, Being in the present... mind, body, emotions and spirit
- Deepen Self-Reflection to gain Self-Awareness and Self-Discovery... leading to insight and wisdom
- Value your awareness and acceptance of self and others
- Express Curiosity and a Practice in Making Meaning out of each daily experience
- Dedicate Attention to Finding Purpose and Making a Difference in peoples lives

© PCKliger (2018) Power Your Heart, You Power Your Mind.



THE OBSERVING I

Ist

Core Self-Study
Transformational
Practice



TYPES OF MEDITATION

Breathwork ^(a, b, c)

Basic Meditation ^(a)

Mindfulness ^(b)

Visualization ^(a, b, c)

Prayer ^(c)

a. © Davis, Eshelman & McKay 2019

b. © Thich Nhat Hanh (2006)

© Kornfield (2008)

c. © Henry & Marriott (2002)

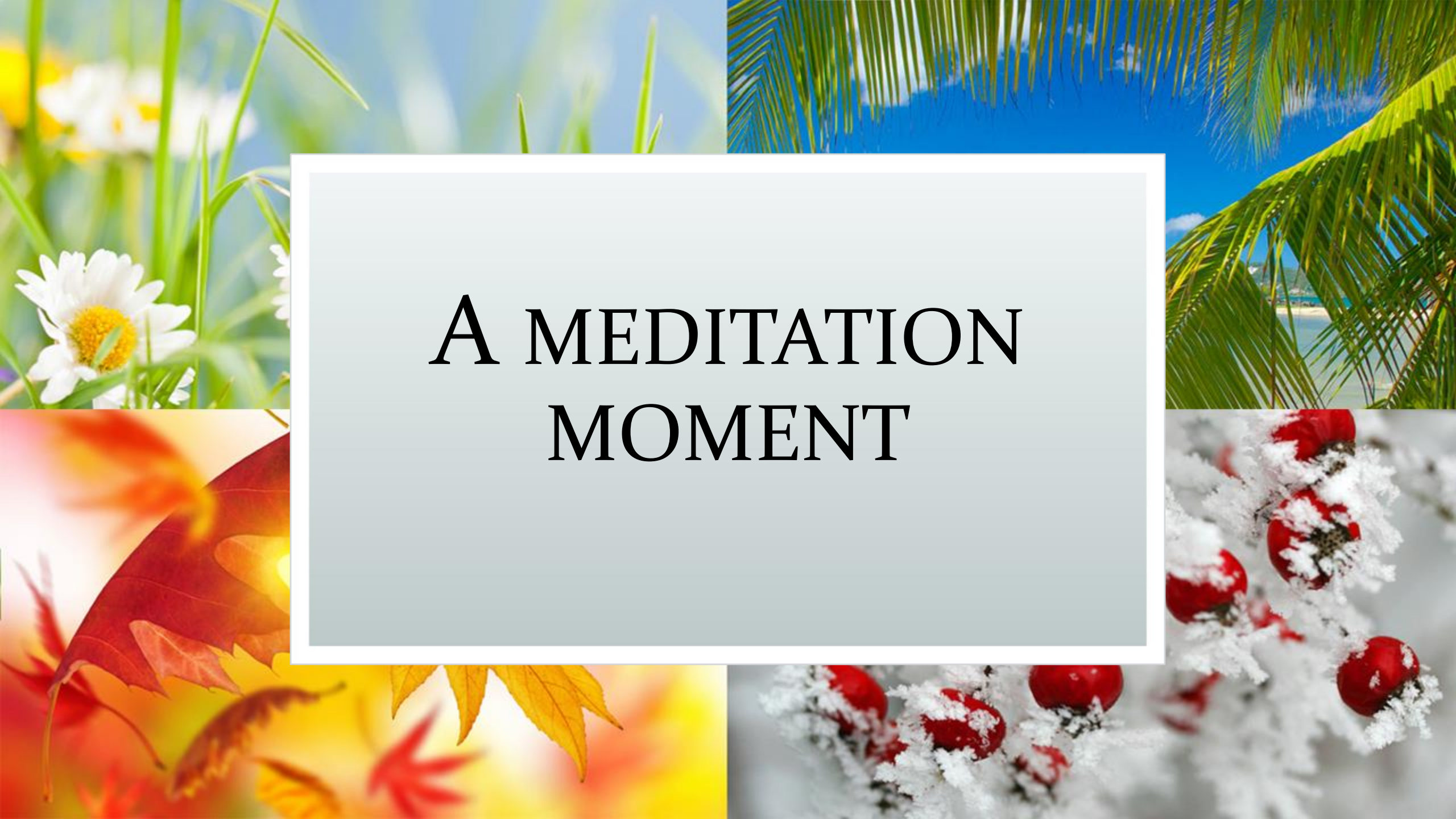


FOR THE SCIENCE OF MEDITATION AND MINDFULNESS

Sara Lazar, PhD

Massachusetts General Hospital,
(2005, 2009, 2011, 2013, 2015)

“Cultivation of mindfulness, the nonjudgmental awareness of experiences in the present moment, produces beneficial effects of on well-being and ameliorates psychiatric and stress-related symptoms... Mindfulness meditation ...” (2011)



A MEDITATION MOMENT



REFLECTIONS



MEDITATION WEBINAR PART 1 OBJECTIVES:

- I introduced the topic of a meditation and mindfulness practice:
Through the story of (a) how I discovered this practice and
(b) the psychology of *Self-Study*
- We explored why *a practice in self-study*, meditation and mindfulness are rooted in WELLNESS and looked at it from the origins of our human experience of pain and suffering.
- I introduced the different types of meditation.
- We did an exercise together in meditation mindfulness and explored your reactions.



MEDITATION PART 2 WEBINAR OBJECTIVES:

DEEPENING 4 AREAS OF SELF CARE & HEALING

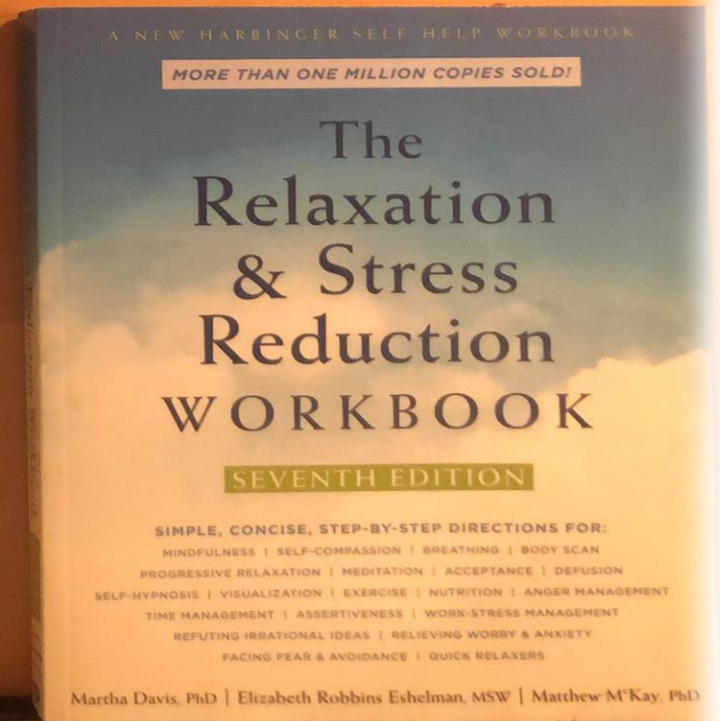
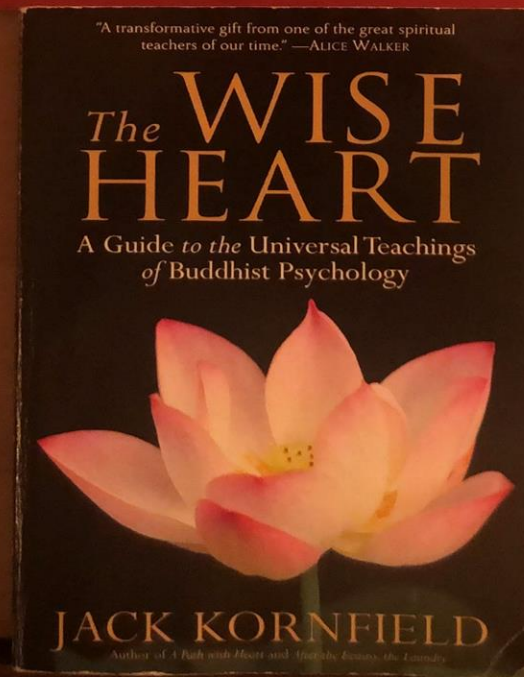
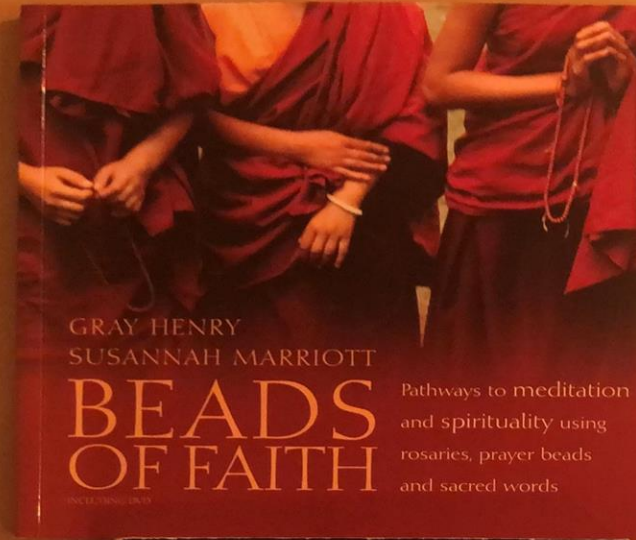
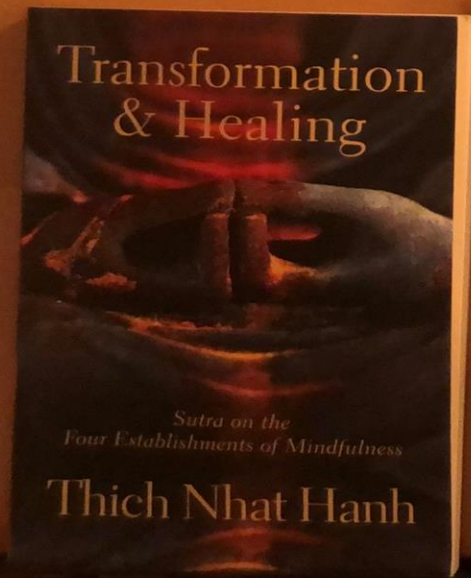
Mind Self-Care

Body Self-Care

Emotions Self-Care

Soul / Beliefs Self-Care

References



Power your Heart...
You power your Mind
Self-study then Build a Bridge to Someone



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