



MINDFULLY RELATE TO YOUR BODY AND PAIN

A six week course on building a peaceful and loving relationship with your body so that you can listen to its wisdom and live as your healthiest, happiest, most balanced self. Learn how to stop fighting with pain and illness by nurturing the underlying needs of the mind, body, and spirit.

Session 1: Connect with sensation

- Become aware of physical sensation
- Connect with the body in non-judgement

Session 2: Accepting the body

- Notice how we talk to our body and relate to our ailment
- Accept the body seeing it as a miracle

Session 3: How we disconnect

- Recognize all the ways we turn away from the messages of our body
- Stay with the body

Session 4: Physical needs of the body

- Learn the underlying physical needs of the body
- Set intentions to nurture the body

Session 5: Our story of illness or pain

- Listen to the story we tell about illness or pain
- believe in the body's ability to heal

Session 6: Spiritual and emotional needs

- Recognize the emotional and spiritual needs accompanying our ailments

Session 1: Connect With Sensation

Teachings: We will learn why we usually tune out from our physical body, how much knowledge is contained within the body, and how to reconnect with it. We will explore how to be with our physical sensations in non-judgemental awareness

Meditations: Focusing on sensation hand meditation and body scan meditation

Homework: Perform one body scan per day and tune into your senses throughout the day.

Session 2: Accepting the Body

Teachings: We will learn how a negative attitude towards the body actually decreases healing. We will explore our own attitude towards our body and ailments and listen to how we talk to the body. We will start developing a loving and accepting relationship with the body.

Meditations: Observing our relationship to the body. Softening to pain and illness.

Homework: Maintain an accepting and loving relationship with the body throughout the day.

Session 3: How We Disconnect

Teachings: We will learn why we disconnect from the body and in what ways we do so. These may be substance abuse, over-eating, over-working, obsessive exercise, media, television, etc. We will set intentions to stay with the body instead of numbing out.

Meditations: Observing the ways we turn away from the body, remembering that we are safe to stay, and choosing to stay.

Homework: Notice when you want to numb out or turn away from the body. Recognize why you want to do it and before you do pause, breathe, and remember your intentions to stay.

Session 4: Physical Needs Of the Body

Teachings: We will learn how ailments usually manifest when the needs of the body haven't been met. We learn to listen to these underlying needs by observing the limitations caused by our ailment. We will explore different ways to meet these needs.

Meditations: Listening to the needs of the body and explore how to meet the needs of the body.

Homework: Set aside time each day to explore the needs of your body and how to meet them.

Session 5: Our Story of Illness Or Pain

Teachings: We will learn how the beliefs we have about our illness or pain and the story we tell about them may be keeping us trapped within them. We explore how to alter our story so that we start believing in the possibility of healing and trust our body.

Meditations: Listen to our story, notice how it affects our healing, focus on the belief that we can heal and on trusting our body's ability to heal.

Homework: Each day visualize your body healing and imagine what it would be like. Rewrite your ailment story.

Session 6: Our Emotional and Spiritual Needs

Teachings: We will learn how every ailment is accompanied by emotional and spiritual needs. Whether these needs were developed by the struggle and loss brought on by the ailment or if they were unmet needs present before, they need to be addressed and nurtured. We will explore how to identify them and how to nurture them.

Meditations: Reconnecting with our emotional and spiritual needs, recognizing our resources to meet those needs.

Homework: spend a moment listening to your emotional and spiritual needs and do one small thing to meet them