

**SOUL OF WELLNESS**  
**WHO ARE YOU AND WHAT DO YOU WANT?**  
**SESSION 3**

- CHECK IN
- BUDDHAS DOGS
- SESSION WITH BREAKOUT TIME
- TIRED OF SPEAKING SWEETLY



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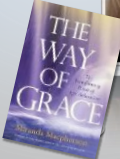

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**HOLISTIC SPIRITUAL  
 INQUIRY**  
 GRATITUDE TO MIRANDA  
 MACPHERSON

MARLIS BEIER MD  
 SOUL OF WELLNESS TRACK

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**WELCOME EVERYTHING**  
**– PUSH NOTHING AWAY**



- IT'S ALL LEARNING
- REACTIVITY TELLS US ABOUT OUR RESISTANCE
- EVERYTHING IS A PORTAL FOR LEARNING AND LETTING GO

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WE BEGIN AND  
END AS ONE



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## STAGES OF TRANSITION



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## HEALING

- Coming to peace with "What Is"
- A lifelong journey into wholeness
- An instant of transcendence
- Embracing what is feared and resisted
- Welcoming all the members of the committee (masculine/feminine, persona/shadow, hero/villain)
- Learning to trust life (access resilience)



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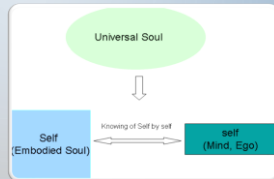
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## IT'S A PROCESS OF REMEMBERING



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## SEPARATION IS INEVITABLE

- PARENTS REPRESENT RELATIONSHIP TO THE WORLD
- NO PERFECT PARENTS – PART OF THE PLAN
- FEEL SEPARATE SO DEVELOP PERSONALITY TO SURVIVE
- CREATES OUR BASIC REACTIVITY

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## EGO CREATION

- BABY – COMPLETELY VULNERABLE - CAN'T DO ANY SELF CARE
- IMPOSSIBLE AS MOTHER TO BE ALL, ALWAYS
- CREATES TERROR OF VULNERABILITY
- MISTRUST COMES FROM "EARLY BETRAYAL"
- EGO NATURE: DISSATISFIED, ANGRY, ANXIOUS, INSECURE, ? GOOD ENOUGH, MUST PROVE YOURSELF, ALWAYS WANTING ACKNOWLEDGEMENT
- GRASPING AT ANY ATTACHMENT – SOOTHING (BLANKIE, FOOD, ALCOHOL, WORK, RELIGION)
- FEELS LIKE THE "DOER" – DRIVEN
- SOURCE OF COMPETITION AND ENTITLEMENT



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### 3 OBSTACLES TO FULFILLMENT

- SENSE OF LACK SO WE SEARCH FOR MORE OUTSIDE OURSELVES
- RESIST ALLOWING NURTURING, NOURISHMENT
- SUPEREGO HAS RULES ABOUT JOY, WORTHY, BLESSINGS
- **INQUIRY LOOKS AT OBSTACLES**



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### FLAVORS OF I'M SEPARATE

- I FEEL SEPARATE FROM LOVE, NURTURING ACKNOWLEDGEMENT
- I'M ON MY OWN
- NO ONE SEES ME, NO ONE CARES ABOUT ME
- I'LL EARN WORTHINESS BY COMPETENCE – CARING FOR MYSELF
- IT'S ALL ABOUT ME – AND "THAT'S" NOT HAPPENING
- I'M WEAK AND NOT CAPABLE – I MUST WORK TO CHANGE THAT
- I'LL NEVER BE WEAK AND VULNERABLE AGAIN
- I'M SO MAD - I'LL NEVER LET THAT HAPPEN AGAIN
- I'M WORTHLESS – DEFICIENT- AGITATED



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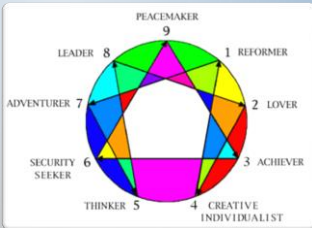
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### ENNEAGRAM – WHO YOU ARE NOT

- FEAR NOT PERFECT
- FEAR UNLOVABLE
- FEAR YOU HAVE NO VALUE
- FEAR THAT YOU'RE A FRAUD



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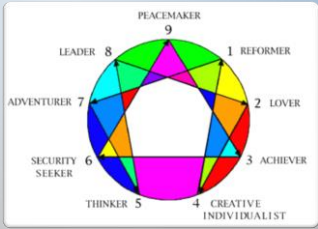
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### ENNEAGRAM – WHO YOU ARE NOT

- FEAR THAT YOU'RE SOMEHOW FUNDAMENTALLY LACKING OR DEFICIENT
- FEAR THAT YOU'RE NOT GOOD ENOUGH
- FEAR OF BEING SWALLOWED BY PAIN
- FEAR OF BEING WEAK IN TOUGH WORLD
- FEAR OF BEING LOST



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### COW TRAILS – RUTTED NEURAL PATHWAYS

- BEGINS WITH SELF CENTEREDNESS – I WANT IT ALL NOW
- FEEL SEPARATE AND LOOKING OUTSIDE MYSELF
- REACTION TO SENSE OF POWERLESSNESS, VULNERABLE
- EXTERNALIZE – PROJECT
- SWALLOW/SUPPRESS – LESS VITALITY
- AWARENESS = COMPASSION
- RELIGION - KINDNESS



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### WORLD IN TRANSITION DIE BEFORE YOU DIE



- EGO – I CAN FIX THE PROBLEM OF MYSELF
- SEPARATE – SENSE OF DEPRIVATION
- REQUIRES DISCIPLINE TO WAKE UP- GROW UP
- CORONAVIRUS IS WORLD IN LABOR – MESSY, PAIN, BROUGHT TO EDGE OF OURSELVES
- TIME TO LET GO OF ATTACHMENTS, HISTORICAL VIEW OF FINANCIAL SECURITY, SAFETY
- BE PRESENT, OPEN HEARTED, UNDEFENDED AND LET GO
- ALL OF US AS "HAPPY LEARNERS"

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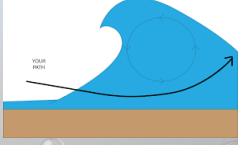
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## HEALING

- WILLING TO DIVE UNDER THE WAVE –  
UNDERNEATH IS GRACE – INNER QUIET
- SAME CURVE AS COMA COMMUNICATION

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## EGO RELAXATION

- COMPASSION
- COURAGE
- CURIOSITY
- GRACE CAN BE FIERCE,  
POWERFUL, TRANSFORMATIVE



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### FINTAN'S BLESSING

MAY YOU HAVE THE  
COMMITMENT TO  
KNOW WHAT HAS HURT  
YOU, BRING IT CLOSE  
TO YOU AND IN THE  
END BECOME ONE WITH  
YOU.

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### FINTAN'S BLESSING

- MUST LEAN INTO THE PAIN TO WAKE UP – TRANSFORM SPIRITUAL PAIN
- NOTICE REACTIVITY
- REQUIRES VULNERABILITY
- SPIRITUAL INQUIRY – HOW OLD DO YOU FEEL?
- THEN REMEMBER SUPPORT, LOVE, NURTURING AVAILABLE TO YOU



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### EGO EFFORTING

- IT IS EGO/PERSONALITY SEEKING CONTROL
- GRASPING, REJECTING, NUMBING IS ALL EGO/PERSONALITY WORK
- RELAX BODY – BRINGS US PRESENT TO THIS MOMENT
- RELAX EGO – ALLOWS US TO FIND COMPASSION AND SPACIOUSNESS
- OPEN HEART – LIVE FROM HEART INSTEAD OF CONSTANT RUTTED THINKING



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### EGO PATTERNS THAT STILL CATCH YOU

- EFFORTING TO BECOME "WORTHY"
- FEAR – NOT SAFE
- JUDGEMENT OF SELF/OTHERS  
WHAT'S DIFFICULT TO FEEL
- CONTROLLING
- BUSYNESS
- DISTRACTED
- NEED TO BE RIGHT
- INSECURITY – NOT LOVED



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## ESSENTIAL SPIRITUAL INQUIRY

- WHAT IS HERE – REVIEW THE SITUATION/MOMENT AS OBJECTIVELY AS POSSIBLE
  - TRY TO NOTICE ASSUMPTIONS, BELIEFS, PRECONCEIVED NOTIONS
- WHO IS HERE
  - BODY, MIND AND EMOTIONS
  - HOW OLD DO YOU FEEL?
  - AM I LOOKING OUTSIDE OR INSIDE?



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## "GRACE MEETS US WHERE IT FINDS US AND LEAVES US SOMEWHERE ELSE"

ANN LAMOTT



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## BREAKOUT SESSION



- YOU HAVE 50 MINUTES FOR PROCESS – WE’LL WARN YOU AND END THE SESSION
- DECIDE WHEN (5) MINUTE BREAK IS
- TAKE 3 DEEP BREATHS TO BRING YOURSELF PRESENT
- TIMING
  - FIRST SECTION OF QUESTIONS—15 (30 TOTAL) MINUTES EACH PERSON ASKING SAME SET OF QUESTIONS OVER AND OVER
  - LOOPING QUESTION—15 MINUTES TOTAL SWITCHING BACK AND FORTH
- ANSWER EACH TIME – THANK YOU – NO COMMENTING, REACTING, JUST OPEN SUPPORT AND NEXT QUESTION

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### BREAKOUT SPIRITUAL INQUIRY



- FIRST SET OF QUESTIONS:
  1. TELL ME A NEED YOU COULD NEVER QUITE GET FILLED? (THANK YOU AND CONTINUE)
  2. IN THIS UN-MET NEED, WHO ARE YOU? (HOW OLD DO YOU FEEL?-THE YOUNGEST) (THANK YOU AND CONTINUE)
  3. WHO IS THE ORIGINAL "OTHER"? (HOW DO THEY SEEM TO YOU?) (THANK YOU AND CONTINUE)
  4. WHAT DO YOU CONCLUDE WHEN YOU DON'T GET IT? (THANK YOU...)
- LOOPING QUESTION
  - WHAT'S IT LIKE IN BODY, HEART AND MIND IF YOU OPEN YOUR HEART TO YOUR CHILD WITHIN AND THE ADULT TODAY?

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### INTENTION

- PRESENCE
- HEALING
- LEAN INTO THE PAIN
- NOTHING TO FIX
- ALLOW GRACE TO HOLD YOU
- REMEMBER YOUR BREATH AS SOURCE OF NURTURANCE



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### RETURN TO CLASS

- ONE HOUR FROM NOW

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**WELCOME BACK**

- WHAT DID YOU NOTICE?
- WHERE DID YOU GET STUCK AND WHERE DID YOU LET GO?

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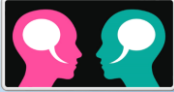
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**MONTH ASSIGNMENT**

- USE SPIRITUAL INQUIRY WHEN REACTIVE THROUGH THE DAY
- JOURNAL AT THE END OF THE DAY NEW INSIGHTS
- MEET ONCE WITH A SKYPE PARTNER (BREAKOUT PARTNER IF IT WORKS) FOR A PRACTICE OF SPIRITUAL INQUIRY
- SEND A REFLECTION PAPER ON THE IMPACT THE MONTH'S LEARNING

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**IN MONTH ASSIGNMENT SPIRITUAL INQUIRY**

DIVIDE TIME BETWEEN YOU – 10 MINUTES EACH

AGAIN – NO FIXING, COMMENTING – JUST THANK YOU AND NEXT QUESTION.

- TELL ME SOMETHING THAT YOU REJECT AS BAD OR WRONG?
- WHAT IS DIFFICULT TO STAY PRESENT AND FEEL?
- WHAT IS LIKE RIGHT NOW IF YOU OPEN YOUR HEART TOWARDS YOUR AVERSIONS?

THEN I WOULD ENCOURAGE YOU TO JOURNAL A BIT AND SHARE YOUR EXPERIENCE

THIS IS TO REMIND YOU OF THE USEFULNESS OF INQUIRY IN YOUR LIFE

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### CONNECTION WITH MENTORS/CLASS

PLEASE KEEP IN TOUCH SOMEWAY, SOMEHOW :

1. IT LETS US KNOW IF YOU'RE ALIVE AND WHAT'S HAPPENING
2. WE LEARN FROM YOU
3. WE WANT TO KNOW THE IMPACT OF THE TRACK ON YOU

- REFLECTION PAPER (OR SOME CONTACT ) ON IMPACT OF SPIRITUAL INQUIRY : NOTICING REACTIVITY AND YOUR ABILITY TO FIND SUPPORT/ HOLDING UNDERNEATH
- DUE WEEKEND OF DECEMBER 3 (GIVES US TIME TO RESPOND BEFORE NEXT SESSION ON DECEMBER 10) JUST SOMETHING...ANYTHING... HELLO?

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### TIRED OF SPEAKING SWEETLY

- HAVE A GOOD MONTH
- BE KIND TO YOURSELF
- YOU HAVE A COMMUNITY THAT IS HOLDING YOU

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