

DAILY READING

DAY 11

Mental Aspect

The Mental aspect of our lives may include skills and sensitivities that involve our Intellectual and Cognitive abilities, our Mental clarity when thinking and working on a project, our ability to concentrate and focus on the work we are doing, our ability to read and comprehend the subject at hand.

In this program, it may also include issues related to our Career, our Finances and our Educational history.

Most of our education has focused on the mental and cognitive.

Most personal and spiritual growth work therefore emphasizes developing awareness and skills around our physical senses, our emotions and our subtle spiritual development.

It is also important to develop our cognitive awareness to grow along with these other aspects.

Indeed, our mental training can go a long way towards empowering growth in these other areas.

The following reading is one example of how we can mentally complement our physical, emotional and spiritual growth by researching the different models and systems developed to empower our overall development and growth.

The following reading is optional and may help deepen our understanding of the PEMS model and how we can use it to optimize our self-awareness.

Optional Reading on PEMS

The following reading on PEMS is optional and is offered as a resource for those who may want to learn more about PEMS.

Examples of how these 4 categories are used by other authors and disciplines:



Stephen Covey

In his best-selling book: *The 7 Habits of Highly Effective People*, Stephen Covey divides everything into the Physical, Emotional, Mental and Spiritual. His 4-theme model looks like this:

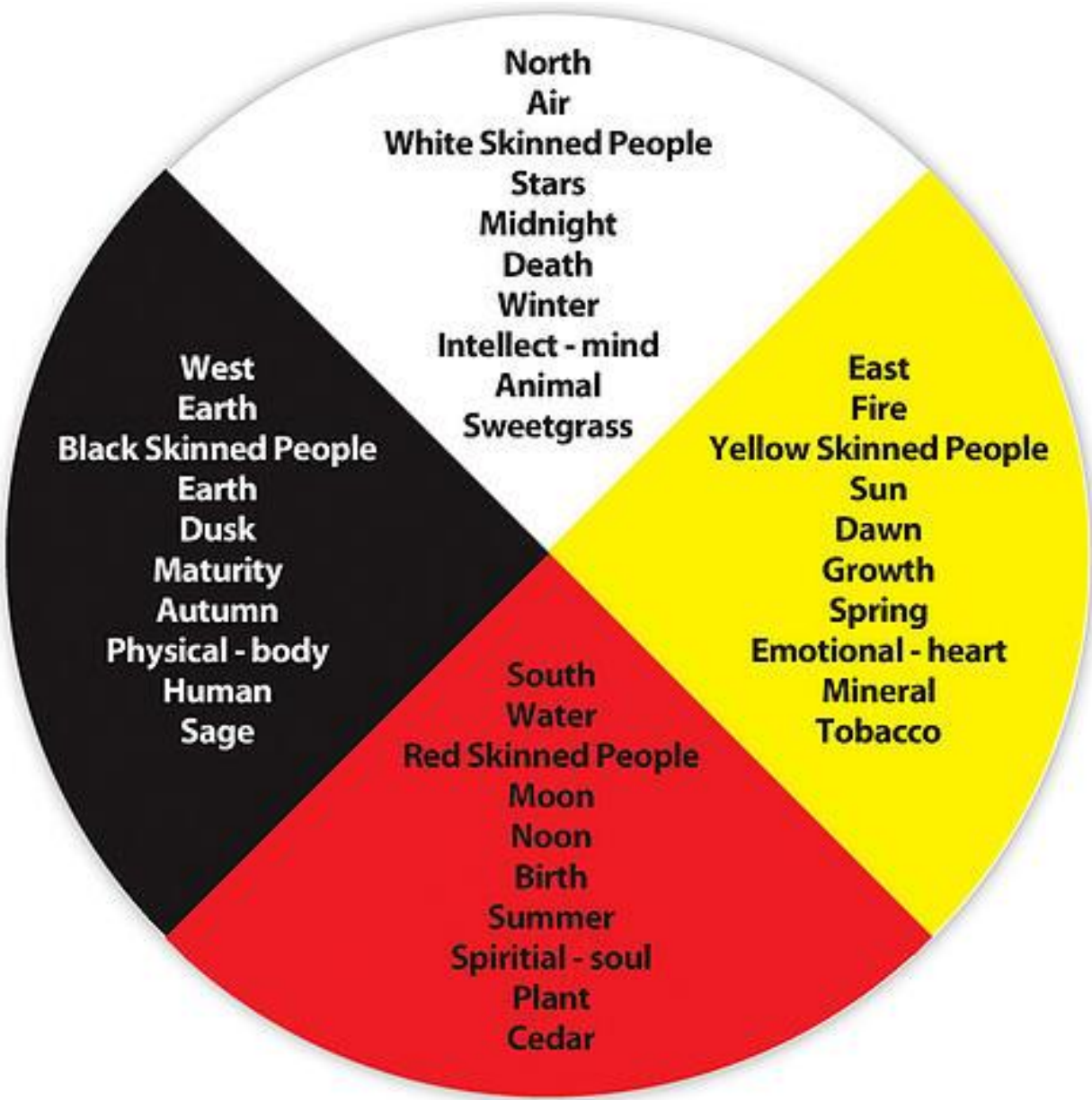
Whole Person	Needs	Intelligences	Attributes
Body	To Live	Physical Intelligence	Discipline
Heart	To Love	Emotional Intelligence	Passion
Mind	To Learn	Mental Intelligence	Vision
Spirit	To Leave a Legacy	Spiritual Intelligence	Conscience

From what we've seen already, there does seem to be a natural sequence to these 4 "themes".

It would also make sense that a person would best deal with these areas in their life in a logical sequence as well, i.e. – work on physical health before being capable of successfully dealing with his emotional and mental health.

THE MEDICINE WHEEL

Medicine wheels come in more than one form, and their significance and use is culture-specific. **There is, however, one fundamental similarity besides the shape - medicine wheels represent the alignment and continuous interaction of the physical, emotional, mental, and spiritual realities.** The circle shape represents the interconnectivity of all aspects of one's being, including the connection with the natural world. Medicine wheels are frequently believed to be the circle of awareness of the individual self; the circle of knowledge that provides the power we each have over our own lives.



The Four Components of Energy

Jim Loehr and Tony Schwartz's *The Power of Full Engagement* is an excellent book on energy management (as opposed to time management) that shows how your physical health increases your ability to make things happen in other areas of your life. Its central objective is to help you "build the necessary capacity to sustain high performance in the face of increasing demand." On the surface it's a business book, but it illustrates better than the entire fitness section of a bookstore why getting in shape is so damned important.

Kicking ass and making things happen in life is perhaps the greatest metric for how self-fulfilled you are at the end of your life. And this can only be accomplished if you are physically energized, emotionally connected, mentally focused, and spiritually aligned.

The central conclusion of the book is this: Energy is the fundamental currency of high performance.

Capacity is a function of one's ability to expend and recover energy.

Every thought, feeling, and action has an energy consequence.

Energy is the most important individual and organizational resource.

And according to Loehr and Schwartz, we all have four sources of energy, defined as follows:

Physical capacity is defined by *quantity* of energy.

Emotional capacity is defined by *quality* of energy.

Mental capacity is defined by *focus* of energy.

Spiritual capacity is defined by *force* of energy.



www.practical-wellness-guide.com

Virtual Relating by Thomas Hübl (excerpt)

To move beyond communicating just with our minds, we need to learn virtual relating. This is also important to prevent the virtual experience from becoming draining. We can learn to create warm and close spaces.

Recommended three-step practice for Zoom meetings:

- Self-contact
- Conscious attunement to the other
- Group coherence

Relation always starts with myself. Relation means a felt connection. **Can I feel my body? What are the areas of my body that I feel well?** Those are the areas of my nervous system that are open, flowing, perceptive, and where I am aware of myself. I can drop into my body using the power of my breath. My breath, which began moments after my birth, is a deeply wired function in the body and nervous system. If I slow down my exhalation and exhale longer, I can use the wave of my breath to drop into my body. I can do this with multiple breaths, dropping deeper into the body. This process creates a feeling of relaxation. Now I can connect to parts of my body that I feel well. The resourced parts of my body help me to become more aware of my entire body. Once I know what those are I can use them as a fast track to connect to myself.

Once I am connected to the energized parts of my body, I can deepen this seeing into a higher resolution. I may have sensations of an inner flow, streaming, pulsing. After staying with that for some time and not reacting to the mental distractions of my mind, I can expand my awareness from the resourced parts to the more stressed, tense, or tight parts of my body. I also might become aware of parts of my body that I can't feel at all. I remain present with all that arises. If I do that for several minutes (before starting a Zoom call, for example), I can become well centered in my body.

My body is the cup, the vessel for **my emotions**. Now I can expand my awareness into my current emotional experience. I can become aware of a core emotion or maybe sense that I am numb.

Once I feel this, I continue presencing my **mental activity** – is my mind racing or calm? Is my mind open, inspired, spacious, or tight and stressed? I can feel my mind.

Then I can have a look at which part of me is aware of all these perceptions. What is the conscious awareness that is aware of my body, emotions, thinking? I can stay with the exploration for a few moments.

Now I've established the self-contact. **Only once I feel myself, I can reach out to others and feel them.** Virtual relating requires felt awareness of each other. Since our nervous

systems naturally receive relational cues from people while in the same room (movement, gestures, body posture), while we are online we need to consciously bridge that virtual relational gap.

Now I am ready to do the same with people I see on my screen. I can take a moment to tune in with one or many people on my screen and do the same process. I look through and with my whole body. **My body senses your body.** Our bodies are very intelligent, and we receive a lot of information through our bodies, especially where we are open and receptive.

I can resonate with the people on my screen emotionally and get a sense of their emotional experience. I can feel how relationally open or closed people appear to feel. The focus of this practice is not to make an ideal experience happen with one another, but to find out and actively feel the current state of all participants.

When I attune to other people, which means that our nervous systems move into a **state of coherence**, we strengthen the data flow of our relating together. Ultimately, there is no fixed relation but only the process and experience of relating. It's a constant process. **It's a streaming, not a downloaded, movie.**

When we sync our nervous systems, we create a field that is wholly present and alive. This field becomes a solid foundation for collaboration and meeting that is alive and true.

For those who work as coaches or therapists, we can go a step further and sense even deeper into how people attune to each other. Can we feel how we sense one another? Can we feel how our nervous systems attune to each other? To do this requires a very fine perception, which we learned as part of our foundational development starting at birth.

“I feel you feeling me” is the basic building block of relational intelligence.

Now we can go to step 3, which is to feel the group coherence that we have built together through the relational attunement to each person on the screen. Through the relational coherence we create a field together, which is like weaving a carpet. Now we can feel the whole system that is created by all of us being present together. There is a group resonance body and there is a group presence. That **group presence is a very powerful resource.** The higher it is, the more intelligent is the network. When every participant of a group feels the whole group, the group is represented in the inner perception of everyone. If we do that consciously and with awareness of our feeling, it intensifies the coherence of the group field.

<https://thomashuebl.com/virtual-relating-how-we-can-deepen-our-video-calls/>

May 2020

MENTORS SESSION GUIDE

DAY 11

INTENTION

- To practice Active Listening and share Mental history
- B is Mentor as A shares, Switch

CHECK-IN

Mentor B:

I (Mentor B) will take us through today's session.

Let's check-in.

Please share how you are feeling physically as well as emotionally today.

Remember to confirm that you have done the Reading for today. I'll start.

[both partners check in]

INTRODUCTION

Today, I will practice Active Listening as you do an extended check-in, on your Mental History.

After about 10 minutes, I'll ask you for feedback on my listening and then we will switch and you'll practice Active Listening while I share.

Any questions?

EXTENDED CHECK-IN

Mentor B: (A after switch)

Now, please tell me about your Mental life.

Please include your Intellectual/Cognitive abilities, Mental clarity, Career/Financial issues, Education, etc.

Please use I-statements and the 5 feelings.

[A shares, B uses active listening for 10 minutes]

CLOSURE & FEEDBACK

Mentor B: (A after switch)

Thank you.

The essence of what I heard you say is

Are you complete for now?

Is there anything else you need before we continue?

How was that for you?

I'd also like to hear your feedback on my listening:

What did I do that worked for you, and

What did I do that may not have worked for you?

SWITCH

Mentor B: (mentor A skips this section, starts check-out)

Thank you.

Let's switch roles.

You (A) can start with the Extended Check-in section above.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK