

MODULE 01 OVERVIEW:

#1 The Appreciation Practice

#2 Becoming Present

#3 Creating Balance

MODULE 01:

#1 The Appreciation Practice

Why Appreciation?

Because we can't begin to appreciate who we are or what we bring unless we get into the being-ness of appreciation (by connecting to our hearts). After all, appreciation is about how we feel and how we make others feel, right?

Love your neighbor, as you love yourself.

- Mark 12:31

Why is this important for all areas of life?

When our hearts are open, we deepen our connection with who we really are, as well as with who others truly are. Through expressing appreciation for each other, we deepen our relationships, improve our health, connect authentically with our career. As well as attract abundance into our lives.

What struggles are we facing?

In this fast-paced modern world many of us seldom take time out to appreciate what we do have, where and who we are and hence appreciate those around us.

What is my personal experience of this?

I've often found myself in a space where the pace just overwhelms me and I regress into myself and forget to appreciate this beautiful life. What's often helped me when I feel as though I'm doing without love, I pause and take a short time-out to go through either my appreciation enquiry / list or practice. This can be while I'm walking in nature, writing in my journal, eating a delicious meal, or just sitting enjoying a beautiful view. Often by subtly shifting our focus and energy - our perspective shifts to become more expanded, more objective - which often results in us feeling much calmer.

What can you expect at the end of this module?

By the end of this mindfulness meditation and energy practice you will be able to access appreciation as a state. Feeling appreciated and appreciation for all that is in your life brings about opportunity and abundance.

Dos and Don'ts

- Ask your closest peeps to be absolutely honest with you.
- For your list and practice choose somewhere you feel calm, comfortable and relaxed.
- Sit as still as possible with an upright posture when going through your practice.
- Try your best to tune into your subtle sensations as you breathe through your heart center.
- Don't worry if you're in and out breath are not exactly equal (rather relax and enjoy than try to perfect it).
- Don't rush it. Take your time. Sink into your experience (this is not a deadline or a goal).
- Don't compare your experience with your expectations of what you think you should experience.

Resilience

To remain appreciative we must practice appreciation every day. Diarise it first thing in the morning every day. Then just do it. You've committed yourself – now follow through. You're busy creating a new habit. If you wake up feeling blah, quickly nudge yourself to remember what you are going to feel like after doing this short, easy-to-do practice. Schedule it – do it – everyday – first thing. And if you falter, pick yourself up and begin again from where you are.

Case Study

When I think back to when I was still formally employed – I had so many reasons to be bitter with what had and hadn't happened, what wasn't given to me, where I fell short, the lack of real leadership. Instead I consciously chose to acknowledge what was good and the lessons learned from the experience. I chose to focus on what was, how much I had grown, how I got back up every time I was knocked down and how I did my best with what I had at the time. And how everyone surrounding me also did their best. When I handed in my resignation (as a

leap of faith into the unknown) I did so with appreciation for what had been, what is and what was to come. Even though there was no next job lined up, I resigned peacefully. I resigned purposefully.

The attitude that transforms bitter into better is appreciation.

TOOL #1

Appreciation Enquiry. Appreciation List. Appreciation Practice.

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Tool

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Appreciation Enquiry:

Ask 3 of the closest people to you what characteristics they most appreciate about you.

Appreciation List:

Make a list of the things you most appreciate from small to great.

5 – 10 Minute Appreciation Practice:

Hold your hands in front of heart center / chest (palms facing toward one another but not touching) and feel the flow of your own life force energy. Breathe smoothly and deeply through your heart center (trying for equal in and out breaths of 5 secs in and 5 secs out). Hold in your heart one of the appreciated characteristics (from your

appreciation enquiry) and one thing from your appreciation list for approx 5 – 10 mins as you breathe deeply into your heart center. Record your experience briefly in the lines below.

Reverence. Recognition. Reward.

I want you to know that (in spite of not knowing you) I appreciate and care about you. I acknowledge your investment you are making in your personal, professional and spiritual growth. Please put your hand on your heart with me and whisper gently to yourself “I am Loved. I am Love. I Love.” You have taken the time out of your busy day to appreciate yourself – and by doing so you are far more likely to appreciate those around you and be grateful for what you DO have in your life.

In the next part of this module, we'll get present to who you are and what balance / imbalance actually looks like.