

Kernel OF Wisdom

YOUR CUSTOMIZED PROGRAM

Let's face it, stress sucks. Yet it plays a large role in our lives today, affecting our relationships, our sanity and our health. In fact, in 2012, 23% of Canadians aged 15 and older reported that most days were 'quite a bit or extremely stressful' - that's 6.4 MILLION PEOPLE! My objective with this program is to give you the tools to ensure that you're no longer one of them. You'll walk away with a package of 14+ meditations, tips on technique, a few tools to aid your practice in the future and a new best friend - yourself!

LET ME BREAK IT DOWN FOR YA

Session One - What The Heck is This Mindfulness Stuff Anyway?

Ever heard (or said) this one before: "I've tried to meditate, but I find it too hard to empty my mind of my thoughts..." Here's a secret - so does the Dalai Lama! Luckily, ridding yourself of thought isn't actually the 'goal' of meditation, especially mindfulness meditation. In this session, we chat a bit about the myths of mindfulness and give you two new, basic practices that will establish the foundations for what lies ahead.

Session Two - I Feel A Tingling Down There...

Fact: you can't meditate properly unless you can feel what's going on in your body. Your brain may be in your head, but your mind isn't. Your mind moves all through that fine physique of yours. In this session, I'll prove it to you as we spend some time exploring the embodied mind, vertically integrating musculature and mind while giving you the last of the basics needed to really start advancing your practice.

Session Three - You're Grounded!

The next two sessions are all about cultivating presence, helping to bring you into the moment so you can escape your mental movie and keep it real throughout any situation. In this session we're bringing in the drums! We'll use rhythm to help you discover what grounds you. By the end you'll be able to create a 'safe-space' within yourself that you can tap into any time you need to find your balance when feeling off-kilter.

Session Four - Straight Trippin'

Here we will be doing a bit of space travel, but without the LSD. This session is all about turning presence on its head, shifting your awareness so you can put even the most stressful situations into perspective. First you will immerse yourself of the moment, delving into the details and experiencing it fully. Then, you will do the opposite and expand your awareness to take in the fullness of each moment, including the instances you yourself aren't directly a part of. The drums may make a second-appearance for this one too!



Session Five - Hey You, Are You Listening!?

We've all had times where someone is pouring their heart out and our mind starts to wander. All we hear is our inner dialogue saying things like "I need to remember to call mom back," or "I'm hungry, where's that waiter?" Then we tune back in only to realize that our friend had just asked us a question so we PRAY it was a yes or no answer because we are now nodding away like a buffoon. In this session, you'll learn to listen - REALLY listen, helping you to cope with the stress of social situations or difficult conversations.

Session Six - You Deserve It

"You can search the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You, yourself, as much as anybody in the entire universe, deserve your love and affection." - The Buddha. Would you EVER say to someone else the mean things that you say to yourself at times? I sure hope not! It's no wonder that it's so hard to free ourselves from stress when we travel everywhere with our own biggest bullies. In this session, you will learn how to cultivate love, forgiveness and kindness for the person you spend the most time with - you!

Session Seven - Let It Go

This one's simple - right?!? There are things we all hold onto - people, moments, feelings, stories, aspects of who we are. But, when we know something really isn't serving us anymore why is it so hard to just let it go? Why do we allow it to cause us more heartache and stress? In this session we will explore what it takes to let go - digging deeper into our meditations, finding even bigger answers and starting to re-wire old patterns.

Session Eight - Give A Little Love

You may not believe it when you first read this, but the ultimate key to dealing with stress is giving love to others. ESPECIALLY those you are having difficulty with. What?!? How is giving some love to my pain-in-the-butt boss going to help with my family stress? Or that ex-person, that someone who crossed me and I can't stand anymore, showing them love is going to help with the stress of starting a new business? Yup! And in this session I will show you how.

GIMMIE MORE, GIMMIE MORE!

No problem! All the components of this program are capable of extending into multi-hour sessions or even full-day retreats. Or, if you're keen to keep expanding your quiver of meditations, additional one-hour sessions also can be added upon request. Sample topics might include: tapping into your intuition, mindful eating, walking meditation, meditative inquiry to help you dig deeper within, meditative problem-solving, more on meditation and rhythm, or the Tibetan 16 Guidelines (full-day recommended for 16 Guidelines). Fully customized goals can also be accommodated in many cases.

Interested? All you have to do is ask! Just grab Joelle at the end of a session or email her at joelle@kernelofwisdom.ca to discuss.

