

Homework

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Exercise 1: Self-Compassion Caring Practices

- This self-compassion mindfulness practice focuses on cultivating compassion to help care for oneself and others. Choose the ones that resonate and make them part of your daily rituals for wellbeing.

<https://self-compassion.org/category/exercises/>

Exercise 2: The Power of Collective Intention (podcast episode)

https://www.youtube.com/watch?v=lfmz_7RUguE

August 16, 2022 Episode #55 Guest: Lynne McTaggart

At this time in history, there is an amazing opportunity for groups of people to harness the power of collective intention to create sustainable change that can help humanity and our planet.

Currently, society is mired in many outdated paradigms that no longer fit today's world. Many societal structures are falling apart, polarization between groups and inflamed biases have become more intense.

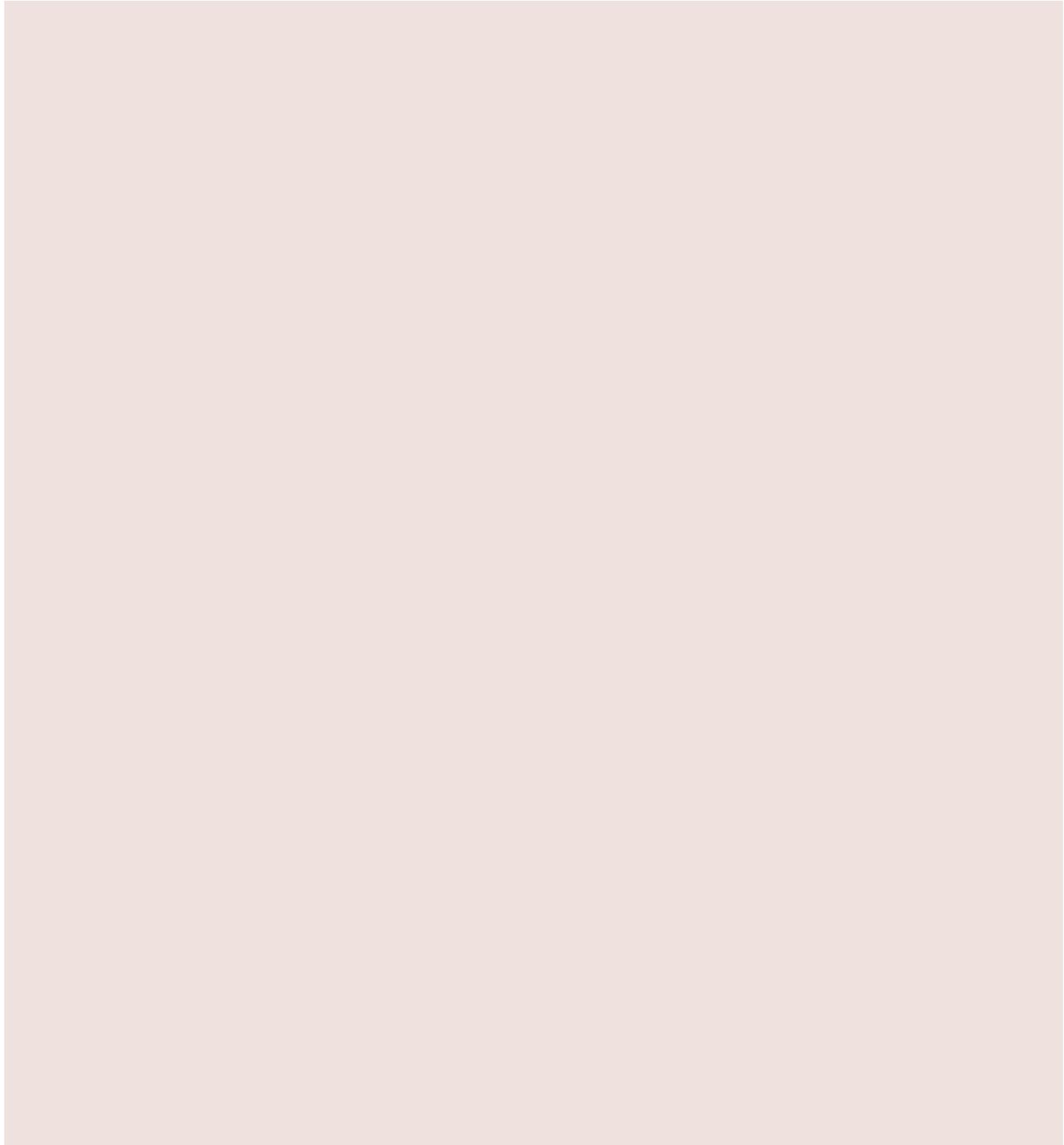
The power of collective intention is not a new concept, yet we are reminded through examples that Lynne shares of how small groups throughout history have created significant changes that helped to improve and heal people's lives.

In this episode award-winning journalist and author, Lynne McTaggart and our host, Deborah Rozman, talk about collective intention and Lynne's research in this area.

Lynne shares her transformative results from bringing small groups of people with different beliefs and opposing views together to hear each other more deeply and to focus on an altruistic collective intention they all can agree on. Deborah and Lynne discuss how the new paradigms needed now for humanity to learn to get along with each other could very well come from small groups empowering a collective altruistic intention.

This episode closes with a heart-focused meditation that walks listeners through HeartMath's Shift and Lift™ Technique. This heart-based practice facilitates groups and teams in deeper listening to the hearts of each other. This is an excellent way to sustain your own personal heart-practices. We also hope it will be a supportive tool for you to offer to your clients, patients and colleagues.

Notes & Key Takeaways



Resources

Suggested Literature/Readings/Books

- *It Didn't Start With You* by Mark Wolynn
- *A Theory of Justice* by John Rawls
- *Dare to Lead* by Brené Brown

Suggested Videos

Breaking Generational Cycles of Trauma – Tedx Talk
<https://www.youtube.com/watch?v=YXbq6e-A9V4>