

# Introduction to Mind-Body Medicine

## **Would you like to experience?** *(all of the following are scientifically supported)*

- A more manageable appetite, more balanced eating, more balanced weight
- A better working metabolism
- Feeling more organized
- More body acceptance and self-acceptance
- Better sleep, increased energy, less fatigue
- Improved mood; less anxiety/worry/panic, depression/hurt, anger/rage, shame/guilt
- More peace in your relationships
- More peace and less stress overall
- Better physical health in every organ, and less medical problems
- More freedom from medical visits, medications, tests, etc
- Better memory, focus, attention
- A better immune system (get sick less often)
- Less physical pain, or at least more ability to tolerate pain
- Less cravings for alcohol, cigarettes, drugs or other substances or harmful behaviors
- Increased life expectancy
- More balance in hormones, including male and female hormones.

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**Practice Awareness: Before leaving bed. After entering bed. And in between. Each time you remember or anytime you feel “off” (in your body, thoughts, feelings, interactions).**

### **Simply remember 543210, and return to Awareness**

Awareness itself has no thoughts, stories, words, opinions, judgments, ideas, concepts, preferences, etc.

- 5** Senses: See. Hear. Smell. Taste. Touch. Just simply notice what is present in the moment, that's it.
- 4** Body Sensations: Temperature (hot/cold). Energy (rested/tired). Sick or Pain. Organs (empty/full).
- 3** Breaths: Breathe in no particular way, just notice your breath for 3 breaths in a row.
- 2** Thoughts: Just name any 2 thoughts that are present in the moment. You are not the thoughts 😊
- 1** Emotion: Be the emotional weather reporter. Report if there is fear, anger, sadness, guilt, excitement.
- 😊 Aware of Awareness. The zero represents the being, presence, awareness, consciousness that is you.

From **Awareness** we respond consciously to life with new thoughts/words/actions rather than react unconsciously with old thoughts/words/actions.

**Recall AAA:** Aware. Accept. Adjust. = Think. Act. Speak.

Practice makes progress. In the Awareness is peace of mind that protects from piece of cake.

**1. Something that bothers me is (It is important to state the facts here, what actually happened, not your thoughts about it):**

**2. This bothers me because:**

**3. Circle the emotions that are present:**

Fear / Anxiety / Worry (a sense of future harm, real or imagined)

Anger / Rage / Mad / Resentment (a sense of someone or something harming you, real or imagined)

Sadness / Self-Pity (a sense of losing something, real or imagined)

Guilt / Shame (a sense of harming something, real or imagined)

**Now use the 543210 tool to contact the part of you that is Conscious, Aware, Present ~ Your Being.** From my conscious, aware, present, inner self, being (whatever you call it or experience it as):

**1. More true and more helpful thoughts about this are:**

**2. Helpful actions I can take are:**

**3. Words I could say to another person are:**

**4. Attitudes that would be helpful are (see attached list of qualities, virtues, attitudes):**