

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.

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):

I draw upon these intrinsic qualities of being, in my relationship with myself and with others. By focusing on being first (thinking, doing & speaking second),

I find peace of mind that protects from piece of cake

Acceptance	Decisiveness	Humility	Responsibility
Adaptability	Detachment	Initiative	Safety
Affection	Determination	Innocence	Satisfaction
Alertness	Diligence	Integrity	Security
Altruism	Discernment	Introspection	Self-Esteem
Appreciation	Discipline	Intuition	Self-Reflection
Attention	Discretion	Insight	Self-Control
Attentiveness	Efficiency	Joy	Sensitivity
Authenticity	Empathy	Justice	Serenity
Awareness	Endurance	Kindness	Silence
Balance	Enthusiasm	Letting Go	Simplicity
Being	Equanimity	Lightness	Sincerity
Bliss	Fairness	Love	Spontaneity
Calm	Faith	Meaningfulness	Stability
Caring	Flexibility	Mindfulness	Stillness
Centered	Forgiveness	Objectivity	Strength
Clarity	Freedom	Open-Mindedness	Surrender
Commitment	Friendliness	Organization	Sympathy
Compassion	Generosity	Patience	Tenderness
Confidence	Gentleness	Peace	Tolerance
Connectedness	Gratefulness	Perseverance	Tranquility
Consciousness	Gratitude	Power	Trust
Contentment	Grounded	Presence	Truthfulness
Cooperation	Harmony	Receptiveness	Wisdom
Courage	Helpfulness	Resourcefulness	Worthiness
Creativity	Hope	Respect	