

Use EP to serve All, through Balance of Care  
in the Unified Field of Compassion

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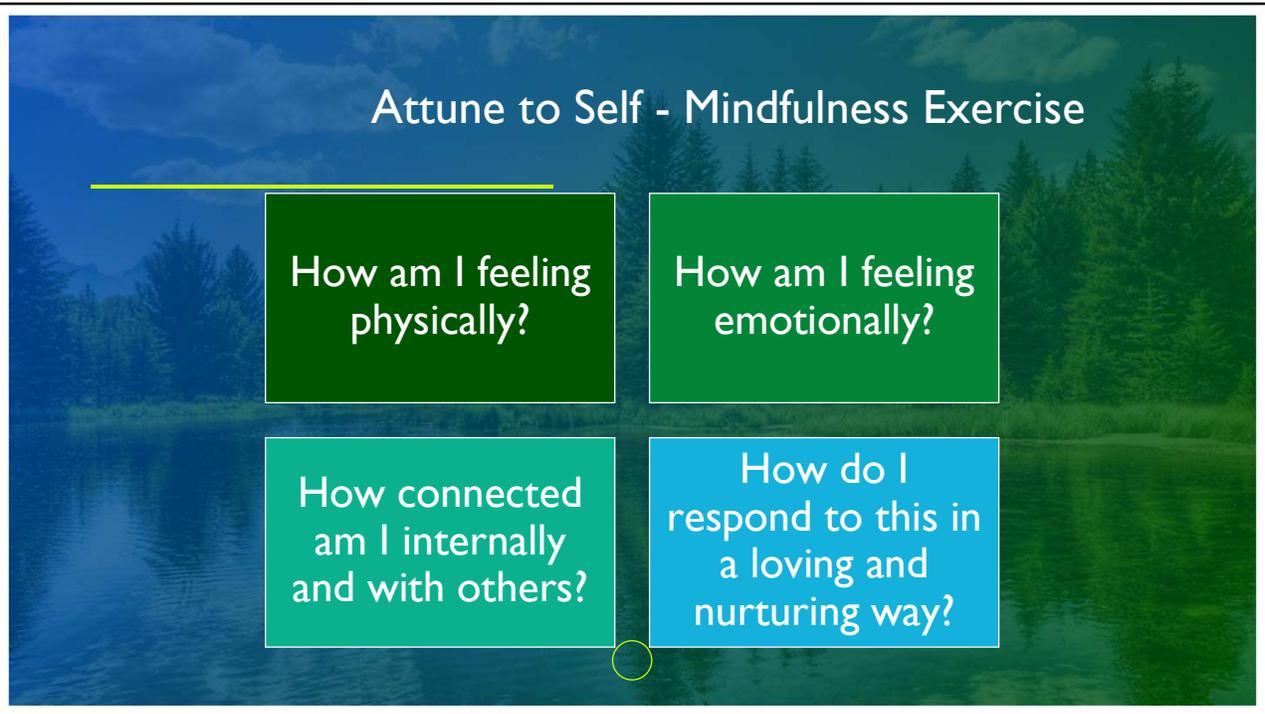
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## Course Objectives

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1. Describe the science behind creating a connection with the Unified Field of Compassion and how resonant fields can help people co-regulate.
2. Use resourced heart breathing, an augmentation of the evidenced based practice of HeartMath, to create a connection with the Unified Field of Compassion and simultaneously clear the field of distress that is arising with evidence based accu-tapping.
3. Define the balance of care and build an action plan to set up your own care circles that support you and others in using these skills processing through stress and trauma within this field of compassion.



## Attune to Self - Mindfulness Exercise

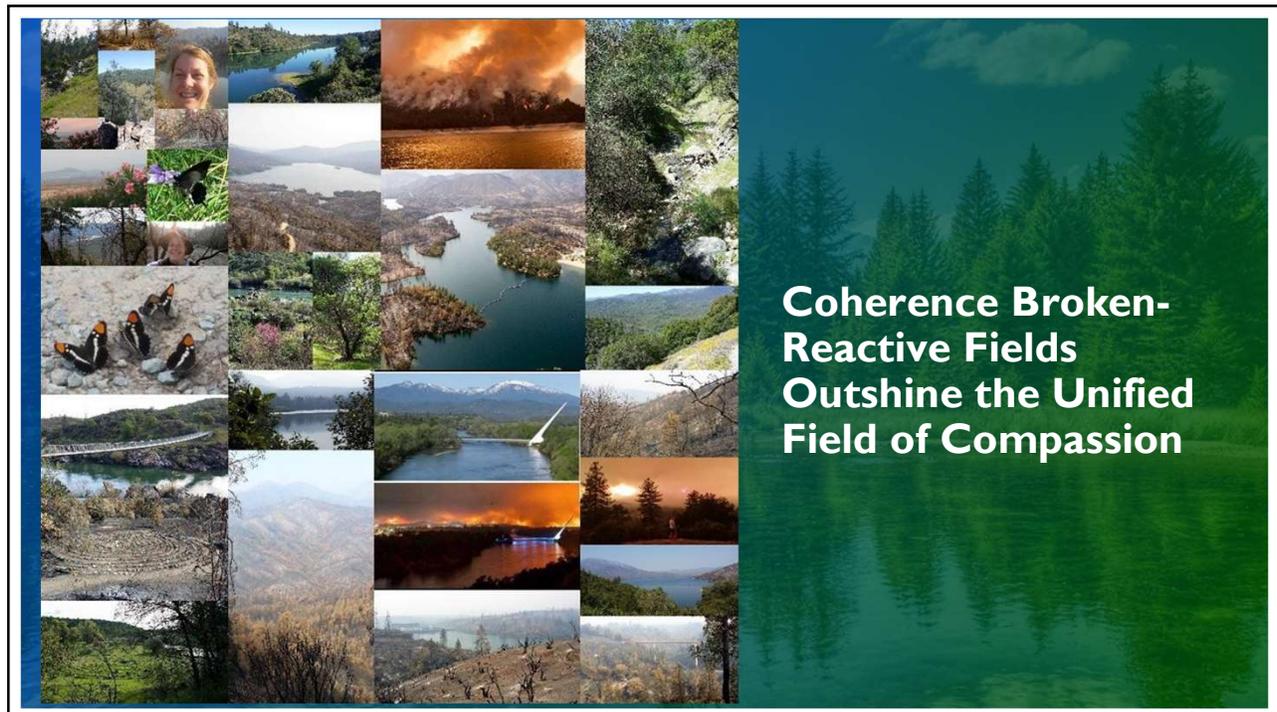
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How am I feeling physically?	How am I feeling emotionally?
How connected am I internally and with others?	How do I respond to this in a loving and nurturing way?



# Coherence:

- Each part of a system behaves in relationship to others and the whole
- Is a reflection of the positive cooperation within a system and between systems
- Individuals experience coherence as ease, organization and unity throughout the body
- We flow together and openly receive and give



## What will You Be Grounded In?

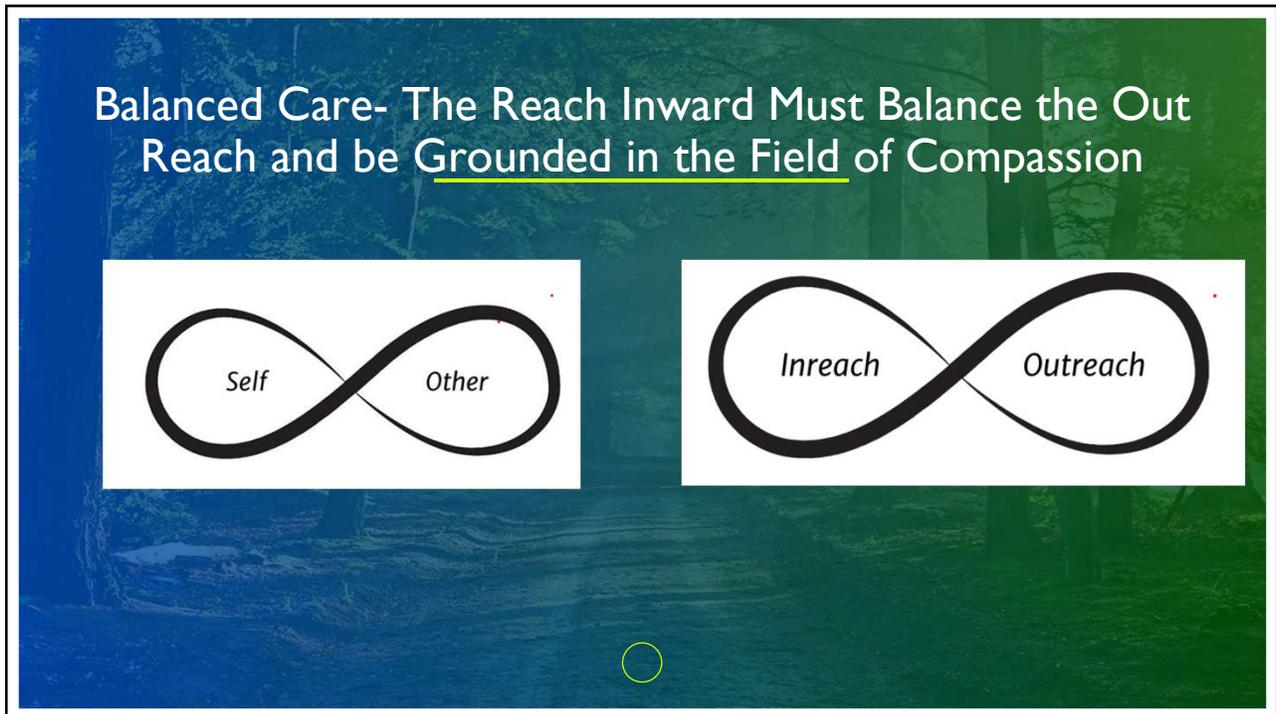


## What is it you are bringing to the world?

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**Our resonate state informs the person we are working with**



## PART MODEL - DANIEL SEIGEL, MD

### PRESENCE

- Open awareness of self and environment
- Relaxed felt sense of self in present moment

### ATTUNEMENT

- Felt sense of what is going on for self and other

### RESONANCE

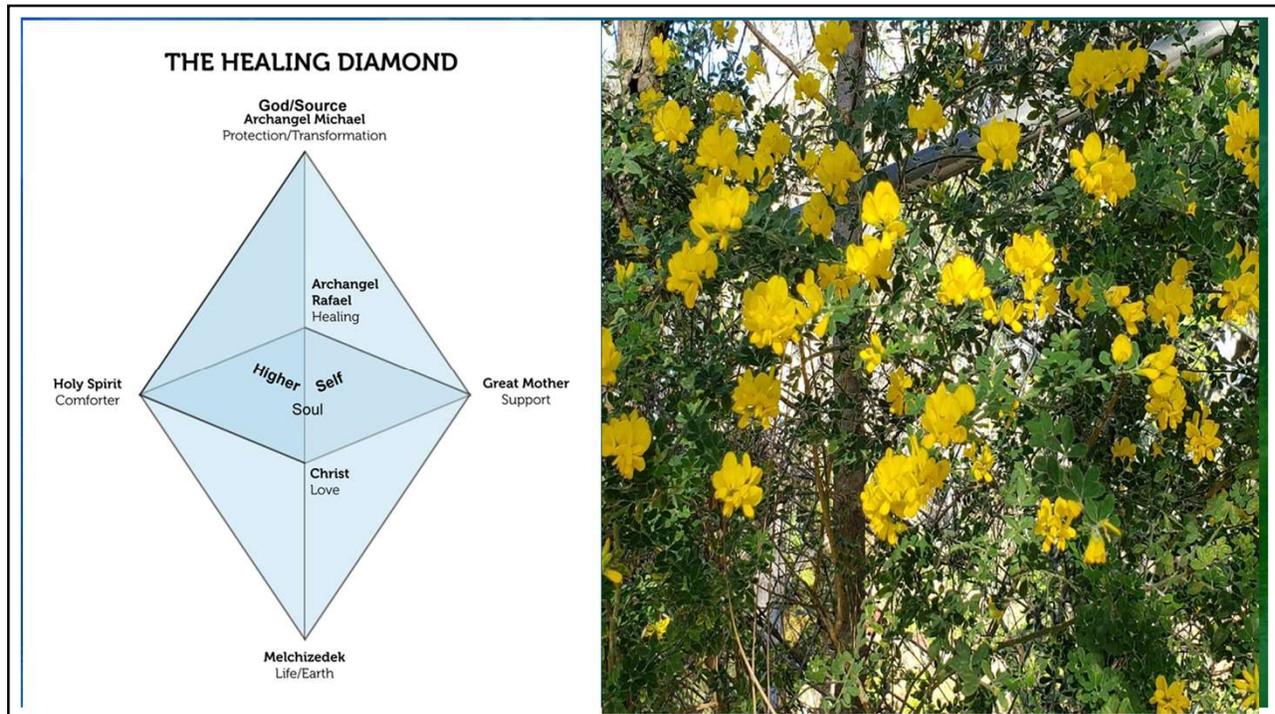
- Focus attention and alignment between two beings

### TRUST

- Open state of wondering about each other rather than reactive coercion



- **How do I make connection with the Unified Field of Compassion**
- **How do I feel compassion, love, support, joy and connection with earth and spirit?**
- **How do I connect with my own need and that of the others?**
- **How do I help to relieve suffering?**

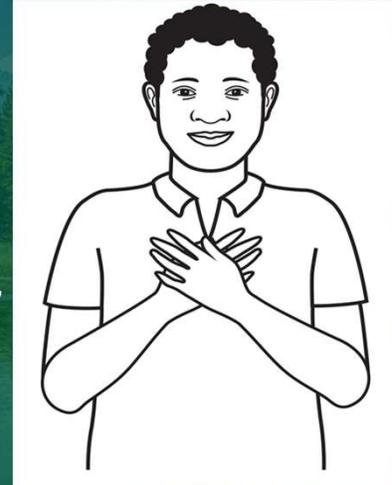


## Compassionate Healing Made Simple

- Ground in the Field of Compassion
- Connect with Self and Others
- Find the Need/Distress
- Experiment with a skill or a prayer
- If it works take it home with you and share it with your people
- Check Out the R4R Link to try some of the other tools at [www.r4r.support](http://www.r4r.support)

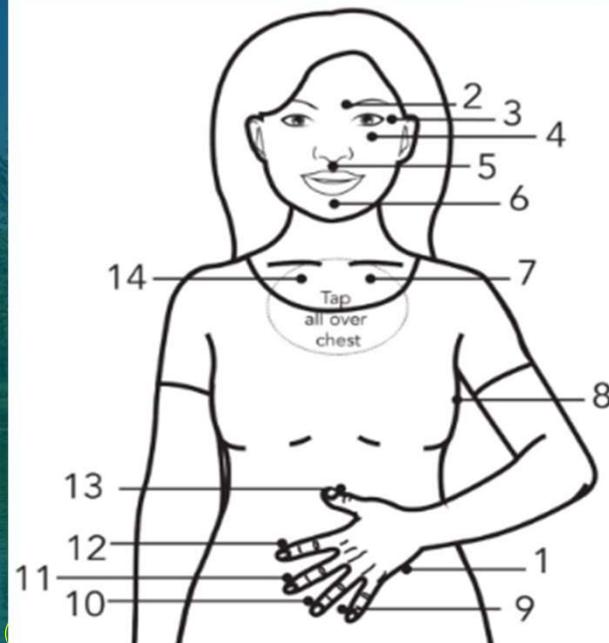
## Resourced Heart Breathing

- Put one hand on the middle heart chest and the other hand over it.
- Notice the felt sense of your breath coming in and out of your heart.
- Think of a person, animal, place, and or experience where you felt love, protection, support, or calm. If you have an experience with God, think of that.
- Breath in and out of the felt sense in your heart.



## TRAUMA TAPPING TECHNIQUE

- Connect lightly with upset
- Tap points 1-14
- Breathe deeply twice
- Repeat as needed
- Notice any changes and appreciate them





## What Happened!!!

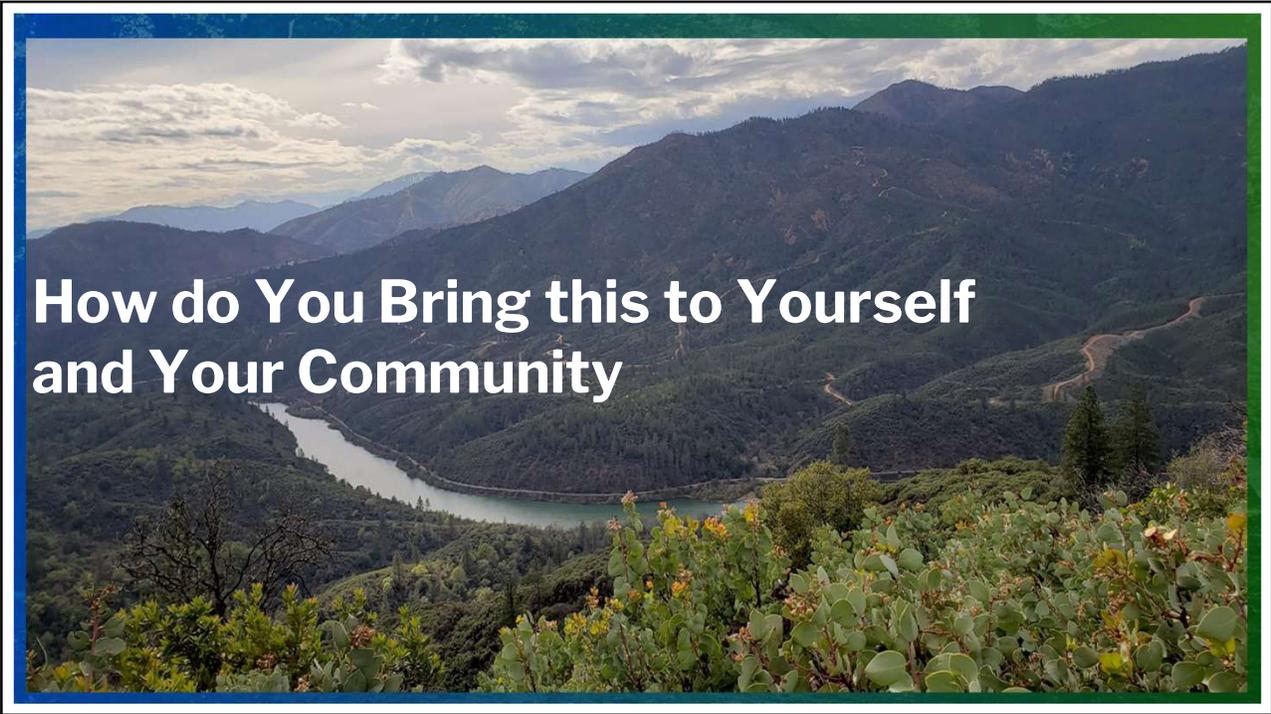
- Are you grounded in the Field of Compassion?
- Could you find the need/distress?
- Was the Distress released?
- If so, do you feel better?
- If your field flowing freely ?

## Angel Healing Calls

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Created to support people who support people  
 Got a bridgeline from [freeconferencecall.com](http://freeconferencecall.com)  
 How to run:

- Set a monthly day and time; send out email/text reminders
- One person is the facilitator and one the process leader
- Start by bringing circle of support together
- Ask each person to toss in what they are working on
- Do process
- Discuss
- Ending process
- Send out debrief email



**Do Good in Tandem**

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*Self*      *Other*

*Inreach*      *Outreach*

A small yellow circle is located at the bottom center of the slide.

## Community Connector Meetings

### What will you do?

What causes are important to you?

Which Energy Psychology techniques (breathing, tapping, prayer, journaling, visualization, etc. [www.energypsych.org/page/Resilience](http://www.energypsych.org/page/Resilience)) do you want to share?

Which groups, organizations and people are influencers for that cause/group?

What connections do you already have to that group?

What are some ways to get connected to these organizations/groups?

What are your next steps for bringing EP to your community?

- 1.
- 2.
- 3.

### Supporting the project and me

You may wish to share your responses to support questions as follows:

1. My greatest accomplishment since our last call is:
2. The commitment that I made to myself on our last call was:
3. What I was able to accomplish toward my commitment included:
4. My current challenges are:
5. Steps I can take to move through these challenges are:
6. The support I would like today is:
7. One step I will take this month towards my community project:
8. What I am doing to support myself and how you can support me:

## Amy and Kristin References

- ❖ Miller, K. and Frost, F (2020), *The Balance of Care: Inreach = Outreach*, International Journal for Healing and Caring, <https://www.ijhc.org/the-balance-of-care-inner-reach-outer-reach> September, 2020.
- ❖ Link into a short video at Kristin's Personal Peace Project and connect with compassion in the beauty of nature with me. <https://www.youtube.com/watch?v=gbprNBqt7f8&t=155s>

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