

RESTORING RESOURCEFULNESS PROGRAM GUIDE

Program Introduction

This program is intended to support a global shift in our ability to effectively move out of the fear trance and to experience access to choice, connection, and collaboration. The modules in Restoring Resourcefulness expand your ability to meet challenges and create new structures that support getting real, wondering and creating caring communities.

- The Presencing Module shows you how to be fully with a feeling, another person, an unexpected event. When you move from fear to here you can meet life and create by choice.
- The Whole-Body Listening Module shows you how to bridge and appreciate difference, to try on another's point of view to expand the possibility of co-creating together rather than recycling us vs. them.
- The Breathing Module shows you the quickest way to locate yourself here and now and to decrease stress and increase vitality.
- The Fear Melters® module shows you how to move from fear to here by using simple, powerful body moves that shift you into agency and choice.
- The F.A.C.T. module shows you how to use our premier transformation process, a body intelligence practice that has been honed over several decades and can be used in a wide variety of situations.
- The Matching Module shows you a way to create congruence between your inner experience and your outer expression. Matching makes use of whole-body thinking and expressing which expands creativity and vitality.

We'll be continuing to add to the video programs with applications, suggested combinations, advanced videos, and more, so keep checking back for the latest advances.

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Module 1: Introduction to Presencing

Presencing is an integrative, body-mind tool that helps you welcome feelings, sensations, thoughts, and any other experiences into the wholeness of yourself. It is choicefully using your attention to focus on what is happening in the present moment. Presencing invites you to use your attention with curiosity, rather than from a critical or 'what's wrong' point of view. Presencing activates creativity and ease within you. It eliminates drama and replaces adrenaline with a deeper sense of being 'here' and available. It is the opposite of what goes on when your body is there, but your heart and mind are elsewhere.

Steps:

1. Turn your attention fully towards what is happening in the present moment.
2. Open your body posture (arms and legs uncrossed, face and body relaxed)
3. Breathe fully and easily into your belly

Additional Information:

- Notice physical sensations in your body
e.g., tightness in chest, sweaty hands.
- Take three breaths and change body posture.
- Follow any impulses to move.
- Move at your comfortable pace.
- Get curious with a Hmmm sound.
- Appreciate yourself and another.
- Shift your attention from yourself to another person and then shift back to yourself (repeating frequently with an easy rhythm)

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Resources

At the Speed of Life, Gay and Kathlyn Hendricks Chapter 5, “The Presencing Principle: The Starting Point of Mindbody healing”.

Conscious Loving Ever After, Gay and Kathlyn Hendricks, Chapter Three, “Full Spectrum Presencing”.

Conscious Loving Ever After, Gay and Kathlyn Hendricks, Chapter Three, “Full Spectrum Presencing”.

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Module 2: Introduction to Whole Body Listening

Whole Body Listening is a reliable way to fully connect with, and receive communication from another person. The process first offers steps that make you available to listen and then provides tips for accurately receiving the message. This form of listening is unique as it uses a whole body approach, offering many benefits to both the speaker and the listener.

Prepare to Listen

- Check-in with yourself. Are you willing and available to listen? How do you know?
- Does your physical posture create an opening for connection?
- Is your breathing signaling safety to your body?

Steps

1. Turn fully toward the speaker.
2. Open your body posture, while breathing easily.
3. Acknowledge the communication.
4. Clarify and confirm what you have heard.

Additional Information

- Demonstrate engaged attention through open posture, turning fully towards the person you're listening to, and breathing easily and regularly.
- Add curiosity and appreciation.
- Circulate your attention: Listen to another, then bring your attention back to you and then back to them
- Demonstrate that you are hearing the message being sent. Some examples of that would be nodding, verbal gestures, etc. Your nonverbal communication is also powerful.
- Show that you are understanding by confirming and clarifying. Check with the person to confirm you heard them accurately.
- Remember the person is communicating both content (the words being said), and also context (the environment within which the content exists). Both content and context are valuable.
- Offer your sense of the feelings this person might be expressing. For example "It sounds like you feel sad. Is that accurate?"
- If you sense the person is ready and willing, begin to ask what they really want.

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Module 3: Introduction to Centering Breath

When we are in stressful situations healthy breathing is interrupted. We experience an increase in our heart rate, our abdominal muscles contract and tighten, and our breathing moves up into our chests. The Centering Breath is designed to quickly locate our breathing back in our abdomen which relaxes our nervous system and allows us to presence anywhere.

Steps

1. First, gently squeeze both of your hands into a fist and then let go.
2. Repeat the squeezing and releasing, noticing what releasing and tension feels like in your body.
3. Bring your attention to the center of your body around your belly button. Now squeeze your hands in fists as you tighten up your belly, hold for a few seconds and then let go.
4. Repeat squeezing your belly muscles, holding for a few seconds and releasing as you breathe in.

Adding Breath:

5. Now we will add breathing. When you breathe out, tense your belly a little bit and squeeze your hands into fists. Release as you breathe in.
6. Repeat squeezing your belly muscles, pulling your belly button towards your spine as you breathe out, and then release as you take a breath in.
7. Take a few easy deep breaths

Additional Information

- On your outbreath, as you tighten your belly, imagine you are slowly blowing out a candle that is across the room, hold for a second or two, and then release your belly muscles as you breathe in.
- Repeat step number one, and then take a few easy breaths.

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Resources

The Breathing Box, Gay Hendricks. <https://www.soundstrue.com/store/the-breathing-box-3892.html>

Coming Home to Yourself Through Breathing

https://foundationforconsciousliving.org/big_leap_home/coming-home-to-yourself-through-breathing/

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Module 4: Introduction to Fear Melters®

Fear is pervasive currently and can stop us from living a full and abundant life. When we get scared, we disconnect from others and ourselves. Our fight or flight response keeps us in our reptilian brain. Fear Melters® is a technique developed by Kathlyn Hendricks to shift our state and get unstuck. Fear Melters® restore presence and allow choice.

There Are Four Types of Fear

❑ FIGHT

❑ FLEE

❑ FREEZE

❑ FAINT

Steps

1. We recommend watching the Fear Melters® Animation [Click Here](#)
2. Try on the Four Types of Fear
 - a. **FIGHT:** Chin comes up and out; weight is forward; a person's arms get tight, hands may form into fists; action speeds up, talking is faster, louder, shriller. This type of fear can be confused with anger.
 - b. **FLEE:** Part or all of you leave the vicinity; the first movement may be one shoulder coming back, or a person's weight moving backward; this can be accompanied by feet beginning to move and a nervous laugh. A person may flee the situation mentally without even moving--like when eyes glaze over. People may use the consumption of drugs, alcohol, technology or food to flee.
 - c. **FREEZE:** a person's body becomes tight and stiff, may be accompanied by a nervous smile. A startle response is a freeze move. Thoughts begin to recycle like a hamster wheel. The person may be replaying the last thing that they heard and trying on different responses in their mind, but are not usually talking.
 - d. **FAINT:** thinking becomes foggy, confused, the person feels drained, sleepy; may even faint or fall asleep. Your jaw may hang open. Often people feel or act "stupid". Imagine energy is draining out of the soles of the feet, that there's no anchor, "feeling adrift".

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3. Try on the Fear Melters®
 - a. **OOZE:** Begin to move slowly as if you are warm chocolate oozing off a spoon. Ooze your arms, shoulders, and hips and even your jaw; slow your words down and change your tone of voice.
 - b. **SUMO:** Widen your stance, ground your feet firmly into the floor, bend your knees, and put your hands on your knees as if you are a sumo wrestler. Be a mountain; feel your weight, push down with your feet. Engage and connect with others through your eyes. In your mind, say “I am here, I am present.”
 - c. **WIGGLE:** Begin to wiggle your fingers and toes, eventually wiggle your hips and shoulders; to unfreeze fully you will eventually need to wiggle your core
 - d. **LOVE SCOOPS:** Reach your arms out around you as if you are gathering energy and love towards you. Bring your hands towards you, touching your head, chest, belly or wherever love is needed. Focus on accessing your resources.
4. Notice the shifts in your body. **Science has shown that doing two minutes of Fear Melters® achieves the best results.**

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Resources

For more resources about Fear Melters® such as Fear Melters® Animation and Dr. Vandana Verma's article and video on the Four Types of Fear:

https://foundationforconsciousliving.org/big_leap_home/unlocking-the-fear-code-and-accessing-essence-power/

Coming Home to Yourself with Fear Melters®

https://foundationforconsciousliving.org/big_leap_home/coming-home-to-yourself-through-fear-melters/

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Module 5: Introduction to F.A.C.T.

F.A.C.T. is a roadmap for moving from stress to ease.

There are 4 steps including: **FACING**, **ACCEPTING**, **CHOOSING** and **TAKING ACTION**.

This tool integrates all of the other modules.

Steps

1. FACING

- Pick a place in the **space around** you where the question or issue seems located.
- **Turn your body towards** the issue so that you are facing it.
- Now, for a couple of minutes use your whole body to explore how you can and do **turn towards and away from the issue**
- Then turn and **face** the issue directly
- **Open your body posture**, sounding a pleasant Hmmm on your outbreath and ask:
- *“Hmmm...What about this question/issue have I not fully faced directly?”*

2. ACCEPTING

- Take a moment to **relax your breath**, by tightening your belly on the exhale, then letting it open and fill like a balloon with each inhale.
- As your breath slows and opens, **ask**, *“Hmmm...What’s the hardest thing for me to accept about this?”*
- Then, **holding out a hand to one side**, say *“I want to accept this.”*
- And, **holding out a hand to the other side**, say *“Hmmm...and I don’t want to,”* or *“I feel scared.”*
- **Continue going back and forth** between these statements. making sure you add the *“and...”*
- **Notice what shifts.**

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3. CHOOSING

- Continuing to sound a pleasurable “Hmmm...” with your outbreaths
- Create **small, friendly movements** with your hands, arms and whole body as you ask, “Hmmm...What do I really want?”
- **Emphasize different words**, use different **tones** of voice as you continue asking.
- When you feel an **increase in ease and energy**, you are ready for the next step.

4. TAKING ACTION

- Let yourself Hmmm easily as you move around the room and ask, “Hmmm...
What is one simple, pleasurable action step that will lead me to what I really want?”
- **Jot** down your answer
- **What** is your action?
- **When** do you agree to do this?
- **Appreciate yourself** for doing F.A.C.T.

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Module 6: Introduction to Matching

Matching is a way of bringing congruence between our inner experience and our outer expression. Matching helps us feel centered, gives us a way to increase our inner awareness, and expresses coherently when we may not have the words. As we match our experience, we feel more connected with our emotions and with others.

Steps

1. With gentle curiosity, turn your attention to your inner experience, saying *“Hmmm...”* either out loud or inside.
2. Notice any of the following:
 - a. Breath
 - b. Body Sensations
 - c. Words
 - d. Sounds
 - e. Speed of Thoughts
 - f. Emotions
3. Begin to move your hands and arms to sculpt or paint what you notice inside. As an example, you might notice that the speed of your thoughts is fast and jagged, that could be expressed through fast, jagged movements of your hands and arms.
4. Continue to allow your body to move until you feel complete. The end result of matching is a natural settling of your breath and a sense of being more connected to yourself.

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Additional Information

- Matching with body

With your attention on your chosen focus (breath, sensations, emotions, pattern of thoughts) ask yourself how you would use your hands to match what you're noticing. For example, maybe you feel like your mind is scattered, so you wiggle your arms and legs all over the place.

- Matching with sound

What sound would match how you feel inside? Anger might be matched with growling. Joy might be matched with high pitched bubbly sounds. If emotions arise, there's nothing more needed than to continue feeling, breathing and matching.

- Matching with words

Maybe you give voice to your inner experience by saying out loud any images you see, descriptions of sensations that you feel, or thoughts that are running through your head. These do not need to be complete sentences, nor do they need to make sense. They can just be whatever comes into your mind.

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