

DELTA DIALOG FOR RECOVERY FOR NOVEMBER 2009

Date: Sunday, November 01 @ 00:00:00 EDT

Topic: Posts from Jill

Now as we have developed the within, let's look to the application of belief with "Living Deeply" (The Art & Science of Transformation in Everyday Life.) by Marilyn Schlitz Ph.D. et al....

Sunday November 1, 2009

Consciousness is the quality of mind that includes your own reality. It includes self-awareness, your relationships to your environment, the people in your life and your world view.

Monday November 2, 2009

When our world view shifts, new possibilities emerge from the very same landscape we already inhabit. (Breathe and think for 2 minutes)

Tuesday November 3, 2009

Who you are NOW, and what you have NOW, contains all you need for a richer, fuller, and more joy - filled life.

Wednesday November 4, 2009

The possibilities inherent in each day will become clear when your world view allows you to see them.

Thursday November 5, 2009

Wholeness never actually goes away. We are born of the whole, and so even now, in our state of limited experience, we are still whole, still complete but we are just not aware of that! When we become aware, we simply lose limitedness and become whole again.

Friday November 6, 2009

Profound transformations are frequently triggered by intense suffering or crisis. (Have you changed due to a life event?)

Saturday November 7, 2009

Transformation often begins with a deep realization that your life has diverged from your values or purpose. (self evaluate your life values)

Sunday November 8, 2009

Noetic experiences - of direct knowing, intuitive insights, sudden revelations, moments of incredible synthesis, and break through of understanding - can all serve as triggers for transformation.

Monday November 9, 2009

Creative self-expression can transform your body and mind and support the healing of your whole being. (journal just 10 minutes a day and feel the release)

Tuesday November 10, 2009

The transformative process is about establishing a more equal balance between head and heart, intellect and intuition. (do you fell in balance?)

Wednesday November 11, 2009

The word "practice" is both a verb and a noun. You can practice something in order to learn it - "I am practicing being open and honest with others" - and something can become your practice - "It is my practice to be forth coming".

Thursday November 12, 2009

Transformative practices have four essential elements: intention, attention, repetition and guidance...Intention is the determination to act in a certain way.

Friday November 13, 2009

To transform we must recognize and surrender to our intention each moment of each day, to be in greater alignment with who you are at your core.

Saturday November 14, 2009

We begin to recognize the power of the mind and how the inner is after the cause of the outer instead of the other way around.

Sunday November 15, 2009

Through this greater self-awareness you develop the capacity to see more clearly into the minds, feeling, and intentions of others - let's call it mind-sight.

Monday November 16, 2009

Transformation may require that you break free from some pretty deeply ingrained patterns of thinking and behavior - many which may have become habitual. Habitual, unconscious thought patterns and assumptions can drive your behavior and cause suffering; they can also prime you for what you will and will not pay attention to in the course of your daily life.

Tuesday November 17, 2009

You can use many means to train your attention, from monitoring your breath to observing various bodily sensations, from concentrating intently or image or open your awareness without evaluation or judgment.

Wednesday November 18, 2009

Changing consciousness changer the actual foundation of your brain and body, the physiological structure. It can increase the cortical thickness and slow aging.

Thursday November 19, 2009

So now we have intention attention and the third would be repetition. There can be no change without practice. Take the practice as minutes not hours to integrate it into the fabric of your life.

Friday November 20, 2009

The last essential is guidance - ask 'what would Jesus do?' Use you own thoughts and wisdom from skilled teachers - share you thought practice as you find what works best for

you.

Saturday November 21, 2009

You will notice steady change in your life; new social networks and moving away from situations that generate stress. Your groups - like family will notice you are different and begin to evolve. Be patient.

Sunday November 22, 2009

Practicing teaches us many things: who am I, what am I and where am I going? Practice opens our eyes. It affords insights into personal identity and purpose.

Monday November 23, 2009

One of the primary functions of many transformative practices is to reestablish the internal balance between ego and soul, mind and body, self and other, doing and being.

Tuesday November 24, 2009

If you're like most people, you're not beginning a transformative practice because you want to be more present. In fact, you may want to escape from - or at least improve upon - your present circumstance. Consider what you are doing now and why.

Wednesday November 25, 2009

This change takes courage and commitment. Transformation is at least as much about letting and releasing effort as it is about working hard and making choices.

Thursday November 26, 2009

At some point in the transformation process, you recognize that there is no difference between who you are in the church pew or on the Aikido mat, and who you are in the grocery store, on the freeway or at the office. Think about you...your continuity of self.

Friday November 27, 2009

One of the most common elements of consciousness transformation is an experience of the trans-personal: An experience in which consciousness or self-awareness extends beyond the boundaries of the individual personality.

Saturday November 28, 2009

Draw on the Tonglen method, a compassion practice that originated in Tibetan Buddhism. Tonglen aims to awaken the compassion that is inherent in all of us, no matter how isolated or detached we might seem to be. Imagine something that causes you suffering. Feel compassion for yourself, knowing that every human deserves acceptance, forgiveness and love. After you have loved yourself; focus on others.

Sunday November 29, 2009

Many describe the transformative shift as moving from searching to finding, from trying to know through the intellect to directly knowing through the heart. Are you trying too hard? Let go. Be.

Monday November 30, 2009

Let's live ecology from the inside out. Cherish first and preservation will come naturally.

Through transformative experiences and practices, the motivation and commitment to live ecologically comes quite naturally, from the inside out.

This article comes from Delta Health Foundation

<http://www.deltahealthfoundation.com>

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