

Self-Connection Practice (SCP) Handout

OFNR Mindfulness, esp. when triggered into the Fight-Flight-Freeze stress reaction

From Fight-Flight-Freeze to Connection

From this approach, at the root of conflict, on the biological level, is the Fight-Flight-Freeze stress response, the fear-anger survival system in the primitive part of our brain (“reptile brain”), which meets needs for safety, security, and protection. On the anthropological level of human evolution, we have banded together in increasingly larger numbers to enhance survival and well-being through cooperation. Trust in the “circle of safety” of the group is crucial, and depends on a “triangle of connection:” empathy, authenticity, and compassion.

The Self-Connection Practice (SCP) is a mindfulness practice based in the empathic communication components of OFNR (from the work of Nonviolent Communication/NVC), that strengthens the experience of empathic connection through awareness of mind and body, and consciousness of universal need language, life energy, and formless, infinite spacious awareness.

Self-Connection Practice (SCP)

Breath *Awareness (in the present moment/now)*

- Observe the breath, following it in and out, open and accepting to what is
- Observe the inner arising of thoughts, words, self-talk, images.
- Observe the sense of “self,” the “I” or “me” thoughts. *Awareness of mind*

Body *Presence (compassionate acceptance of what is)*

- Feel your body, sensations and emotions, being present in/with your body.
- Slow and deepen the breath, relaxing with each out breath (relaxation response).
- Feel the animating energy, aliveness, life force in your body. *Awareness of body*

Need *Choice (emergence of creative possibility)*

- Focus on one “core need” that you currently find most helpful.
- Sense the subtle life energy/aliveness of the body, imagining it to be universal
- Be aware of the space that surrounds, holds, connects everything you perceive.
- Expand, open, relax attention to the whole of perception. *Awareness of awareness*

JOHN KINYON
EMPATHY • MINDFULNESS • COMMUNICATION

www.JohnKinyon.com