

Self-Connection Practice (SCP)

OFNR mindfulness, and for when triggered into the Fight-Flight-Freeze conflict 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, our human/mammalian nervous system has evolved to need self-regulation and co-regulation (i.e. connection based in feeling safety and trust) in order to function well individually and collectively.

The Self-Connection Practice (SCP) is mindfulness-based and uses the communication components of OFNR (from the work of Nonviolent Communication/NVC) to deepen and strengthen the experience of empathic connection within ourselves.

Self-Connection Practice (SCP)

Breath – *Awareness of Mind – mindfulness of thought/words*

- Observe the breath, following it in and out, being in the present moment.
- Observe thoughts – words and images within and without passing through the mind.
- Words tell stories. Notice storytelling and if there is good-bad, right-wrong thinking.

Body – *Presence in the Body – compassionate presence with feelings*

- Feel your body’s sensations and emotions, giving warm, soothing attention.
- Invite relaxation with each outbreath. Option to slow and deepen the breath.
- Feel the deeper, subtle aliveness, life force energy animating the body.

Need – *Awareness of The Universal – awareness of unity of consciousness*

- Focus on a “core need” that you currently find most helpful. Other needs may spontaneously flow into awareness.
- Expansion of the circle of needs consciousness/empathy:
 - *My needs and your needs* » *Our needs* » *The needs we all share.*
 - I want/need ___ and you want/need ___ » We [my group] all need ___ » We [all humans] need ___ » We [all life of the planet] need ___.
 - We *have* needs » We *share* needs » We *are connected* in needs.
- Imagine the subtle life energy/aliveness of the body as universal, ultimately the same energy animating everyone and everything.
- Become aware of the formless, infinite, boundless space of awareness within and around you. Expand, open, relax attention to the wholeness, totality of your field of perception. In this unity of perception all things are made of one consciousness.

JOHN KINYON
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www.JohnKinyon.com