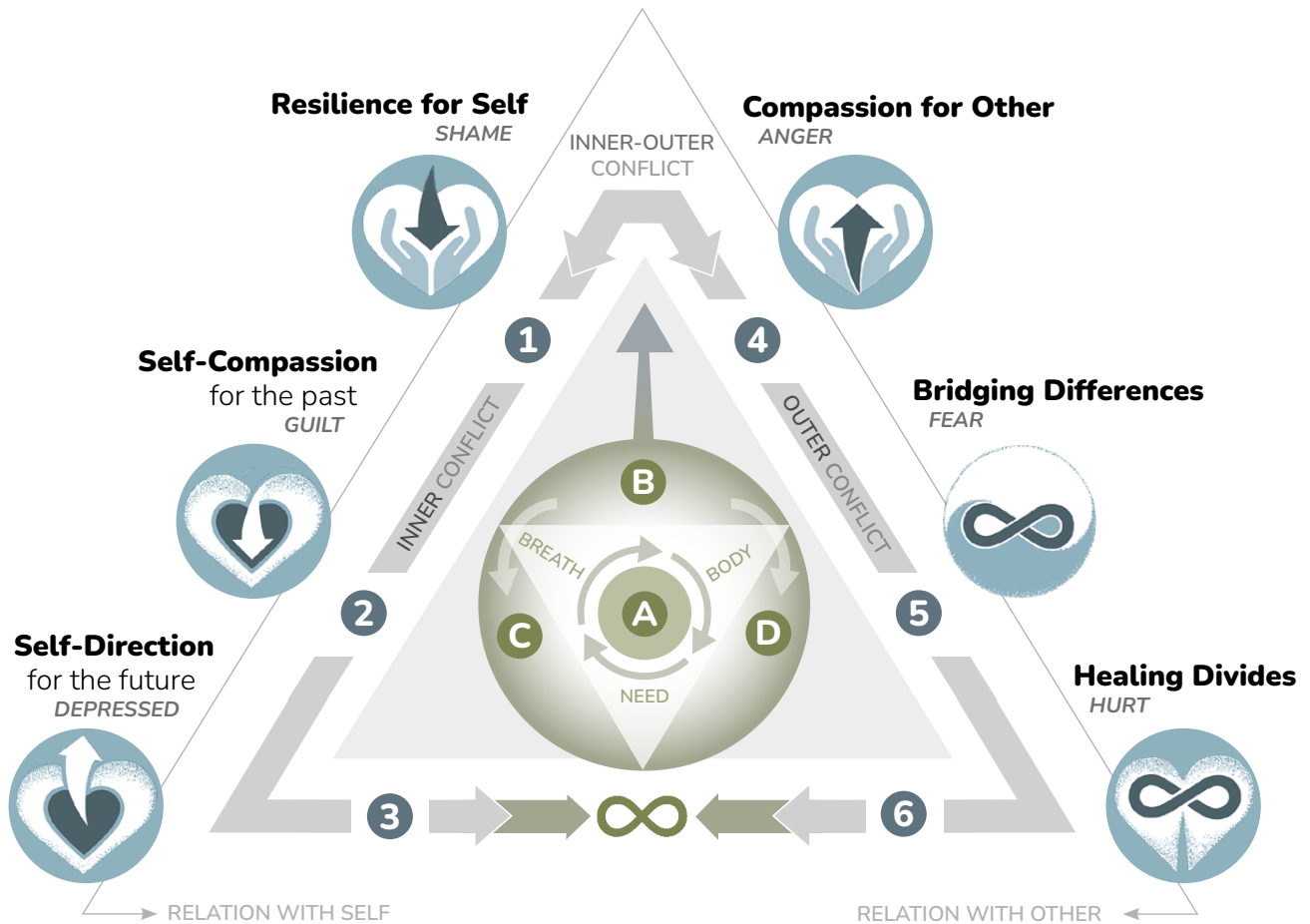


Mediate Your Life Maps Overview

Conflict Maps



Foundation Maps

A

Self-Connection

[SELF-CONNECTION PRACTICE]

WELLBEING // OFNR mindfulness, moving to the inner 3rd chair, responding to the Fight-Flight-Freeze stress reaction

B

Empathy in Speaking & Listening

[ELEMENTS OF EMPATHY]

LOVING // Supporting empathic connection in conversation between listener & speaker, based in OFNR

C

Safety in Conflict

[INTENSITY PRACTICE]

PEACEFUL // Consciously responding to triggering stimuli coming toward you

D

Freedom with No and Yes

[NEED BEHIND THE NO]

JOYFUL // Hearing and saying no with empathy and compassion

