



# Self-Connection and Wellbeing

[SELF-CONNECTION PROCESS]

OFNR mindfulness, moving to the inner 3rd chair, responding to 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-and-to-Please stress response, the fear-anger safety-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.

## Self-Connection Process (SCP)

A mindfulness-based form of the communication components of OFNR (from the work of Nonviolent Communication/NVC) to deepen and strengthen the experience of empathic connection within ourselves.

### Breath *Awareness of Mind – perception and thought*

- Observe the breath, following it in and out, an anchor for present moment awareness.
- Observe the mind's ever-changing perceptions of the world and inner flow of thoughts – words and images.
- Observe the sense of "self," thoughts of "I" and "me".

### Body *Presence in Body – sensations and emotions*

- Feel your ever-changing body feelings with warm, soothing, compassionate attention.
- Slow and deepen the breath, relaxing with each outbreath.
- Feel the deeper aliveness and life force energy animating the body.

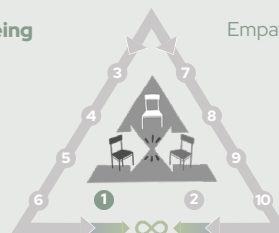
### Need *Consciousness as Unity/Oneness – awareness of awareness & conscious choice*

- Focus on a "core need" that soothes and calms your nervous system.
- Expand the circle of needs consciousness to the needs we all share, all people and life of the planet.
- Imagine the life energy and aliveness of your body to be universal, as needs are universal, animating everyone and everything.
- Be aware of formless, infinite space within and without. Expand, open, and relax your attention to the wholeness/totally of your field of perception, one field of consciousness, a relational field of "We-Thou" awareness – community and communion, unconditional wellbeing and universal benevolence – and the ability to choose new thoughts, beliefs, emotions, actions – infinite potential and unlimited resourcefulness.



### Self-Connection and Wellbeing

- Compassion for Other
- Resilience with Feedback
- Self-Compassion for the Past
- Self-Direction for the Future



- Empathy in Speaking and Listening
- Peace in Intensity
- Freedom with No and Yes
- Bridging Differences
- Healing Hurt and Divides