



Meditation & Self-Cultivation Online Individual Session Information

Ethos: In your own wisdom, be healed.

About: Meditation is essentially the conscious act of changing your state of consciousness. We change our state of consciousness all the time - when we dance or daydream, when we sit watching a painting or beautiful landscape, when we sit down with the family, when we have that first hot cup of coffee in the quiet, when we get 'lost' in a moment. That is to say, meditation can be anything and everything can be a meditation – it's about intention and allowing the mind to rest in a natural and soft yet directed manner. Meditation is just willfully, consciously, attempting to change how we feel or our state of being. How you do that is myriad. There are 1000 ways and each individual will have their own way of doing it.

In these sessions you will be exploring ways, through discussion and practice, an individual may learn, enhance and refine meditation practice to promote their own healing as they engage deeply with themselves. We will be using some theory from Chinese Medicine as it is an excellent tool for reintegrating ourselves as we learn about our bodies, where stagnation may reside, how it is affecting the system, and importantly, how to meet inner needs.

Aims:

- To learn and practice meditation.
- To critically discuss and share ideas and insights in a supportive 1-2-1 setting.
- To explore concepts of Mind, Body & Spirit, mindfulness, integration, balance, autonomy/self-direction, reframing and releasing past events/future anxieties, and stagnation through meditation.
- To use Chinese Medicine concepts in the assessment of our bodies and lifestyles, applying self-care advice as appropriate to bring ourselves, as individuals, further into balance. Chinese Medicine tells us that all physical and mental systems are interconnected and all emotions and feelings are valid - it's the depth/intensity, duration and the way we react that can cause stagnation in the Mind and body. If we keep ourselves grounded, allow ourselves to feel and keep things flowing - in terms of how we react, stagnation can be mitigated.

Basic meditation techniques will be learnt to calm and focus the mind, deepen the breathing, listen to and relax the body - all of which helps integrate the body-mind, thereby promoting

flow through the system. Increased flow enables deeper insights, a shifting of physical and emotional stagnation and, as a result, a vibrational shift allowing the person to feel lighter and unconstrained. Individuals will learn how to ground and centre, body scan to recognise and dispel tension as well as improve posture, and visualisations to strengthen our creativity and connection with ourselves. The techniques learnt will empower individuals to critically explore how they feel with an attitude of compassion and non-judgement, set realistic goals, and increase feelings of positive self-regard and mindfulness.

Learning:

- Techniques to promote self-awareness in the moment (state of being) and to do something about it by meeting physical and mental needs in the moment – helps to regulate the state throughout the day. Examples, listening to the body and eating, drinking and resting as necessary, keeping warm, regulating work-life balance, doing something comforting like having a long warm bath, exercise = think: **self-care**.
- Compassionate discerning positive self-regard, doing what you can when you can and not meeting tension and stress with more of the same which creates a negative feedback loop.
- To meditate, ground and centre, relax and breathe, to accept the present moment.

Core Principles: Be A Tree Meditation - Basic grounding and centring; Basic self-care - according to the Seasons; cultivating a discerning compassionate awareness of self and a spirit of self-enquiry; intentions, affirmations and boundary setting.

Good for: beginners and those experienced at meditation/doing inner work; increased and balanced self-awareness; anxiety, depression, feelings of disquiet, lack of focus and clarity. A good introduction if you've never tried meditation before or are assimilating new techniques. Be A Tree Meditation is the starting point, *a foundational tool*, for any spiritual/energetic/inner work.

Outcomes: Feeling more grounded and centred within; more present, flowing, expanded, focused, clarity of perception. Able to regulate state of being with increased ease over time. Able to sustain a regular and fluid meditation practice. Meeting inner needs and able to flow/manifest with individual highest wisdom.

Handouts: Self-Care/Self-Massage; Flowing with the Seasons; Be A Tree Infographic.

Each session is tailored to the individuals' needs/state/feeling of the Mind-Body on the day.

Basic Run Down of Each 1-2-1 Session:

- The first session - General introduction, getting to know one another and building a rapport; a general history is taken to understand your context; medical history; lifestyle; wants, needs and perspectives assessment. In the first session I explain how I work and the theoretical perspectives I use, such as Chinese Medicine, mindfulness, body psychotherapeutic principles. Discussion around meditation - how it works and its uses, what your thoughts and experiences around it are.
- Guided visualisation meditation – **Be Tree Meditation** (recording available on request to use at your leisure). Be A Tree meditation (literally imagining you are a tree) incorporates mindfulness, body scanning and deep breathing with visualisations using nature concepts (such as basking in warm compassionate and nourishing sunlight, breathing deeply and rooting down through the feet into the nurturing and abundant earth, etc.) to promote a state of relaxed compassionate non-judgemental positive self-regard. It also allows the mind to concentrate and focus on things other than the low vibrational thoughts and feelings for a period and thus rest. After the meditation we have a discussion about how it went, how you felt during it, any strong imagery or body sensations noticed, how to know a meditation has worked. Discussion around mind and body awareness and meeting inner and physical needs. Using the meditation anytime and anywhere to promote a grounded and centred state, awareness of self. Lots of self-care advice given.
- Subsequent sessions build upon the first. Discussion as to how you have been feeling after the previous session, how the week has been, if you have anything in particular you have noticed about yourself, how you are flowing with the techniques and self-care advice that resonated. Enquiry into how you are feeling in your mind and body today – what your current state is, what you feel you need/want, what the intention of the meditation will be today. After the meditation, generally as above. Feedback is encouraged, positive reinforcement given and a constant compassionate discerning spirit of self-enquiry promoted.
- The themes/intentions requested for past meditations: peace and calmness, rain, freedom, to feel stronger and more stable within, brighter, deep breathing - the client recognised their feelings of anxiety are centred in the chest area making the breathing high and tight when triggered.

Angelo Frederick

- Session timings:
 - o One hour session: 10 minute discussion/40 minute meditation/10 minute reflection/discussion = 60 minutes. These timings are flexible but there to give a general outline.

IMPORTANT NOTE: Expect to practice to expect results. Practice meditation and the breathing, self-awareness and self-care techniques *between* sessions. Integrate them into your routine. This is how *change* occurs. You are retraining your consciousness – this takes compassion, time, effort and PRACTICE!

About Me:

My name is Angelo Frederick. I have been a qualified and registered Chinese Medicine Practitioner for the last twelve years. I specialise in the body work form of Chinese Medicine called Qi Gong Tuina, as well as facilitating personalised guided visualisation meditations and self-cultivation/self-care practices. The way I work is to help the client become more aware of how their bodies and consciousness are flowing in the present moment (how they feel) and explore ways in which they can induce a change in their state by applying self-awareness, body scanning, visualisation, self-care practices and breath work techniques.

I have been practising meditation as part of my own spiritual and developmental journey for the last 30 years. As such I have attended retreats in Peru, the Himalayas and Vipassana (Buddhist silent meditation).

From 2015-2020, whilst working at Better Lives, Islington (an NHS Drug & Alcohol service) I ran a well-attended weekly meditation and self-cultivation group - principally focussing on self-awareness, grounding and centring techniques. Since June 2020, I have been working with Community Massage London providing one to one bespoke meditation sessions and welfare calls to patients with mental health needs (anxiety and depression) referred via their GP and Social Prescribing Link Worker.