



Sacred Rhythms™

Your Journey into Deeper Connection with
the Natural Cycles of Life starts here

Sacred Rhythms

Homework Week 1:

Introduction to the Sacred Rhythms & Re-wiring Outdated Survival Messages

This week's session and homework are all about Re-Wiring old Neural Pathways from survival messaging that is not always helpful or aligned for us. It is about bringing into your everyday awareness more and more when you are making decisions and taking action from reactivity versus from a deeper inner wisdom response.

This is the first step towards living in tune with the Sacred Rhythms: being willing and able to shift when you have veered into dis-rhythm.

The more you practice re-wiring the old messages and neural pathways, the easier it will be to step into more rhythm.

Here are some homework assignments to assist with all of this. (If you are applying the Sacred Rhythms process to your client work, you can also share one or more of these homework assignments with your clients after you've worked with them to identify and understand their outdated Survival Mechanisms).

ASSIGNMENT 1:

Journal from the HIGHEST WISDOM voice of your Outdated Survival Mechanism

Just like we did in class, spend 3-5 minutes writing from the Highest Wisdom voice of the outdated survival mechanism. In order to start writing, take a few moments to connect in to your body, feel as grounded and centered as you can, and connect in with the Highest Wisdom

of the outdated messaging and mechanism - the part of it that actually knows better, that can see a higher perspective and truth.

You can simply ask it to tell you what it wants you to know, and you can also ask it specific questions. For example:

- How can we be better friends?
- What do you need to know from me in order for me to be more attuned to the sacred rhythms?
- How can I know when to listen to you and when not to?

After you're done writing, read over what you've written and notice the most important points.

***Coaching Technique Note 1: The more you intentionally engage with the highest wisdom of your outdated survival mechanism, the more you will learn from it, have the where-with-all to call it out as it gets activated unintentionally, and harness it. This writing practice is most effective when you are able to do it multiple times - not just once.

***Coaching Technique Note 2: It is not ineffective or unproductive if the wisdom that comes through is similar to wisdom that came through in an earlier writing session with the survival mechanism. This is part of the re-wiring process - to reinforce new, more helpful, messages.

ASSIGNMENT 2:

Notice and track when you feel in Rhythm and Dis-Rhythm this week

Another powerful way to re-wire and start to move more into Rhythm is to notice and track when, throughout your day, you've moved into dis-rhythm. The more you notice, the more choice you have to shift back into rhythms.

So, the invitation is to be like a detective: Be aware as you move throughout your day, and make note of:

When are you in rhythm or dis-rhythm?

What's the environment like when you are in rhythm or dis-rhythms?

What are the things, conversations, events and beliefs that trigger dis-rhythm?

What are the thoughts and feelings that get activated for you?

What is a more helpful belief you can remember in that very moment?

What can you do in the moment to pause and re-set?

**Coaching Technique Note: The more you track your Rhythm and Dis-Rhythm, the more you'll be able to catch yourself in Dis-Rhythm and consciously change course

ASSIGNMENT 3

Listen to the Connect to the Rhythms Visualization in the Member Center

This is a short recording that is similar to the visualization we did in class together. If you want to work on connecting in more easily with your rhythms, this is a good way to spend a few minutes.

ASSIGNMENT 4

If you're working with clients: Assess which overarching phase of the cycle each client is in

Do some assessing and make note if which clients are currently in an overarching Winter, Spring, Summer or Autumn phase. It will help you understand more about their current needs, their current pace, how to set goals with them right now, and how to strategize.

RESOURCE

EXAMPLES OF MISALIGNED PATRIARCHAL MESSAGES THAT TRIGGER MISALIGNED SURVIVAL REACTIONS

- o We always need more and to accumulate more things
- o We are here to produce more and strive for more and need to be more than who we are
- o There is no time for rest
- o There is no value in pausing
- o There is no real place for grief
- o We always need full mastery in order to move forward
- o Myth of Perfection
- o We are not whole and complete as we are
- o It was a failure if the goals weren't hit
- o Learning should be quick and seamless
- o Achievement should be quick and seamless, and if it's not – let it go and move on to the next hopefully easy thing
- o Bottom line over everything else
- o Someone is always better, farther ahead, and doing more, and therefore that person is more valuable
- o Life should always look good
- o The light is way more valuable than the dark