

Living from the Whole Self: An Introduction to Intentional Presence

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Intentional presence offers principles and practices for building deeper relationships with yourself and others—relationships that not only provide comfort and companionship, but also skillfully support your psychological and spiritual growth. This inspiring new possibility—which some people call "spiritual friendship" or "soul friendship"--requires letting go of unhelpful helping habits and developing a whole new set of friendship and support skills. These are precisely the skills that intentional presence teaches.

The first step in building relationships that support deeper learning and growth is cultivating a more conscious and supportive relationship with yourself. Unseen beliefs that we pick up from family, friends, and society at large can make this challenging to do. Many of us have been taught to label some parts of ourselves as good, higher or spiritual and other parts as negative, lower or egotistical, which leaves us feeling like a house divided. As we repress or ignore the parts of us that we've labeled as bad or wrong, we no longer feel like we're living from our whole and authentic selves. This, in turn, makes it hard to be fully ourselves with others.

In this six-week tele-class, you'll learn skills informed by spiritual disciplines, psychology and neuroscience for getting to know the inner energies that some psychologists call "parts"--some of the most creative and powerful elements within the human psyche. Instead of numbing out, judging, or rising above emotionally charged parts of you, you'll learn to work with them in ways that help you to live more true to yourself and your unique potential. These skills have changed our lives and our relationships in powerful and unexpected ways, and we're excited to share them with you!

Class #1: Parts: The Source of Your Unique Potential

It's an every day occurrence to experience the inner energies that some psychologists call "parts" -- for example, the part of you that wants to find a new job and the part that doesn't. But few of us have been taught the vital role that parts play in shaping both our most unconscious and self-defeating behavior and our most inspired actions. In this class, you'll learn how to listen to the inner information that different parts of you communicate, a skill that can help you to act with greater awareness and realize more of your unique potential.

Class #2: Emotions, Needs and Desires: The Creative Force in Every Part of You

Behind every emotional reaction—and within every emotionally charged part of you—are immensely creative energies, including emotions, needs and desires. In this class, you'll learn to get clear on the deeper needs and desires behind your emotions and work with these powerful energies in enlivening and forward moving ways.

Class #3: The Anatomy of an Emotional Reaction: Why Intense Feelings Take You Over and What You Can Do About It

There's a little-known reason that emotionally charged parts of you can sometimes take you over and turn you into your evil twin, and part of it lies in the way your brain is wired. In this class you'll learn why emotional reactions can drive you to do things that are hurtful or unsupportive to yourself or others. You'll also learn principles and practices for working with intense emotional reactions in more conscious and co-supportive ways.

Class #4: The Art of State Shifting: Building a More Supportive Relationship with Yourself

To support the unique potential in yourself and others to unfold, it's essential to relate to emotionally charged parts of yourself in a compassionate and supportive way. In this class, you'll learn how to shift into mindfulness--a state of calm detachment--and *presence*, a state of warm, appreciative connection. Learning to intentionally shift into these two states is an important key to building more conscious relationships with ourselves and others. State shifting also supports your spiritual development by cultivating qualities like compassion, non-judgment, inclusivity, authenticity and balanced perspective.

Class #5: The Structure of Stuck: Supporting Conflicted Parts of Yourself

When we experience action blocks, procrastination or stuck points in our lives, it's often because there's a group of parts inside of us with differing needs and desires that need our attention and support. These stuck parts of ourselves often appear in a specific inner configuration that we call "the structure of stuck." In this class, you'll learn how to identify your own unique "structure of stuck" and work with conflicted parts to break up the inner log jams in your life.

Class #6: Working with Parts in Daily Life: The Power of Speaking Disconnects

Emotionally charged parts of us continually arise in our daily lives, full of information to help us feel safe, supported, and fulfilled. Unfortunately, the emotions, needs, judgments and beliefs that parts activate can sometimes cause us to feel disconnected from ourselves and others. In this class, we'll practice noticing disconnects as they arise in our class interactions and find the courage and conviction to let others know that we're feeling disconnected. We'll also explore the parts behind a real-life disconnect, and work with them in ways that help us to get reconnected again.