

# Exploring Self-Empathy

January 31, February 7, 14, 21, 28 & March 7, 2022

2:00-3:30pm Gratitude Café

Be who you are, right where you are.

Prepared by Annie Bumgarner, LUT, NVCC, CTRS

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A. Description:

Explore our consciousness; how we practice and experience self-empathy for ourselves. How safe are you? Do we know how to cultivate an inner learning that fosters tenderness, kindness, mindfulness and self-empathy or are we caught up and stuck in self-judgement and blame?

B. Instructor:

Annie is a Licensed Unity Teacher in addition to being a Certified Therapeutic Recreation Specialist inviting curiosity to our inner child that loves to play and thrives on nurturance. She continues with the process of training for NVC certification.

C. Are you open to explore?

1. Do you find yourself reacting to yourself and others?
2. Are your words connecting you or disconnecting you?
3. Are you practicing self-empathy on yourself?
4. Do you have any habits that leave you with self-blame?
5. Make friends with anger, depression, guilt and shame?
6. Do you have a conscious practice of self-care?
7. Do you forgive yourself readily?
8. Do you give your power away?
9. Are you exercising power with or power over?
10. Are you being or doing?
11. Do you connect with your body?
12. Do you have an inner space anchor?

“Teach this triple truth to all; A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.” The Buddha

#### D. Course Materials

Marshall Rosenberg, Nonviolent Communication: A Language of Life, Optional texts: Ellen Debenport, The Five Unity Principles, Gary Simmons, I of the Storm, suggest journaling, The Anatomy of Peace, Max and Where the Wild Things Are

#### E. Instructor’s Commitment

I will create a safe space. I intend to provide a variety of resources to ignite the passion of learning in each individual. I encourage discussion, questions and plenty of curiosity and wonder. I will initiate an email list to meet our needs of support and connection with our learning.

To nurture a commitment I am requesting \$60-\$90 for all 6 sessions. This supports your commitment, our Unity Community and the teacher’s engagement. May everyone experience spiritual feeding and substance as we have this opportunity to become curious about ourselves. Please make a commitment to attend all sessions, if unable to attend please email me so I can forward practice info.

(We need at least 8 participants, please register ASAP)

“Understanding human needs is half the job of meeting them.” Adlai Stevenson

[www.nonviolentcommunication.com](http://www.nonviolentcommunication.com)

“NVC requires us to be continually conscious of the beauty within ourselves and other people.”