

The power of choice: a program to deal with stress**Marco Ho****Abstract:**

As a corporate executive for 26 years I have experienced the hardship and joys of the profession. Dealing with stress is one of the foremost challenges in the increasing demanding corporate environment. My project aims at providing support for corporate executives to deal with stress within a program named “The choice of the heart”. The program is composed by a first part that has the objective to help the participants to decompress from their state of stress and begin to bring the awareness of contacting themselves and other participants. This awareness is enhanced by contact with nature, physical and energetic exercises, meditation and contact exercises. The second part aims at deepening the awareness of the participants to what are the core values and purpose of his or her life, in comparison to what drives them to the state of stress. The alignment of heart and intention to core values and purpose, help the participant to make choices that brings a more balanced and pleasurable life. I bring to this program my experience in the corporate world, my skills and what I have learned at the Barbara Brennan School of Healing.

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Stress has been pervasive in the corporate world and in society as a whole. A 2004 survey by Consulting Tools USA revealed that 40% of all employees report that stress and pressure are excessive in their jobs. According to the International Labor Organization stress costs exceed US\$200 billion for organizations.

My service project aims at helping corporate officers to better manage stress. Doing so, they will be less vulnerable to physical and emotional diseases and have a more balanced way of life. They are cleared to enjoy and appreciate life, and open to fulfill their longings.

In order to enhance personal, corporate and worldwide well being, I have the mission statement of: Providing broad support and resources for clients to make their choices to heal stress.

My intention is to build a program to help healing stress and provide a more balanced lifestyle for professionals who are subject to increasing work and life pressures. I intend to use energy work, bodywork, Tai-Chi, hands on healing, massage, psychological and spiritual skills that help participants in their journey to self-awareness and transformation, bring enhanced awareness to the physical, emotional, and spiritual facets, as well as to one's own intentionality and essence. All of that to help breaking the paradigm of old habits and beliefs, aiming to enhance the experience of the present moment so the client can actualize their longing and make their choices from the heart to deal with stress.

The program will be launched during 3 or 4 days in a quiet and energetic setting outside the city. This place is located in the mountains in a forest close to a river and waterfalls. This part of the program will help the participants to decompress from their state of stress, to be able to contact with nature, with themselves and others, to reenergize their auras and to do some physical and energetic exercises. They will be able to feel another experience rather than the pattern of accumulating stress, as well as begin to clear their adrenalin addiction.

The program will continue with a monthly encounter to deepen the work, to explore root causes, false beliefs, and develop resources, as well as find one's true longings. They will also meet with specialists such as nutritionists and medical doctors that can support participants in dealing with stress. This network of specialists can be hired by clients for one to one consultations.

The audience will initially be of executives and corporate officers and then the program will be extended to nurses and health workers. This is because my experience in the corporate world will facilitate addressing the most important issues that may cause stress. As I gain experience, and interview people from the health industry I will be able to extend the program to this other group of people very needy of a stress healing program.

Barbara Brennan teaches that there are four dimensions in each of us (four dimensions of humankind). The first dimension is the physical which we are used to in our day to day. We also have an auric dimension. This dimension is composed of various layers of energetic field surrounding our body. At the school we work with seven layers that become more subtle and with higher frequency as we go up in the layers.

The first layer is related with the physical functioning, the second with emotions, the third with linear thinking, the fourth with human love, the fifth with divine will, the sixth with celestial love and the seventh with the higher mind, or the whole integration of our spiritual and physical aspects.

The haric dimension is a deeper dimension associated with our intentionality and the connection in us of Heaven and Earth. The last dimension is the core essence, the bliss of God's reflection in our individuality. For further information about these Humankind Dimensions, please refer to Barbara Brennan's books *Hands of Light* and *Light Emerging* as referred in the Bibliography. The program deals with all the aforementioned, the physical, the auric, the hara and core star dimensions. There will be physical, haric and tai-chi exercises, massage, and hands on healings.

First auric level will be addressed with grounding, breathing exercises and Tai-Chi. Second level will be addressed with contact, self-awareness of emotions, working with beliefs and Witnessing, Asking and Experiencing to enhance the inner neutral observer. Third auric level is going to be worked with clearly understanding the stressors, their effects and strategies to manage them. Fourth level will be worked with contact, conflict management, heart centering meditation, unveiling the heart. Besides the learning from BBSH, I will also use the findings of the Heartmath organization that focuses the healing with heart. Fifth level will be worked with the experience of surrender, sounding and uncovering divine will. Sixth level will be worked with meditation, appreciation and unconditional love. Seventh level will be worked on aligning to the deep purpose in one's life.

Intentionality can be developed with tai-chi, with exercises that strengthen the dan-tien which is the well of inner strength in Chinese medicine, and with the alignment and centering of our vertical column which links Heaven and Earth that allows energy to run from one to the other. Once the auric field and intentionality are worked, the core essence, our Divine Being is able to shine.

Current practices to fight stress use cognitive processes, relaxation techniques and meditation in managing stress. The integration of the four dimensions of humankind taught at Barbara Brennan School of Healing in the program broadens the approach in dealing with stress.

The program will have an initial launching workshop followed by monthly meetings to deepen and sustain the process of the participants to make conscious choices in how they can deal with stress.

Before the program begins the participants will fill a questionnaire to list what are their sources of stress (list of stressors – stress conditions), what are the drives that move the person to the stress condition, what are his or her needs and desires. The questionnaire will be updated during the program to evaluate progress and help to prioritize the themes for the monthly meetings.

As the program begins we aim at the objectives of allowing the participants to practice grounding in the dan-tien, to open her or his heart for appreciation of the simple aspects of life, the pure air, the crystalline water, the smell of the forest, so that the experience can help bring awareness of harmony and balance. Then as the program unfolds the participants will be invited to find their inner values and real needs, challenging false beliefs. As the work progresses the increased awareness together with the unveiling of intention, the participants can begin to search for the meaning and purpose in life. With awareness of values, needs, intention and purpose each participant may begin to consider possible choices, to take decisions and act from the heart to

pursue their truth and longings. As the work deepens the participants will be able to meet their essence, the most profound level of their being.

Awareness, contact and choice are the keys to the program. Most of participants live a hectic life with little time to contact their inner values, desires and longing. We will challenge each participant to check whether the drivers for decisions and actions, that may be stress feeders, are influenced and imposed by external drivers such as fear, prestige, external power, money or just bad habits. We will invite the participants to bring awareness to what is hidden, what is behind the driver, what are the images and beliefs behind the driver.

We will also invite each participant to explore his or her core needs, inner values and purpose, so that he or she can check the compatibility of real needs and values with external stress drivers considering the 4 dimensions of humankind, as already defined above. This check and evaluation will serve as material for the participants to sense, reflect and make choices from the heart to bring possibilities for a less stressful way of living.

During the duration of the whole program the participant will be able to practice contact, energy exercises, grounding, alignment, heart centered meditation, and heart centered decision.

The purpose of the launching workshop is to allow the client to come out of his or her day to day experience and begin to open for contact with nature, with her and with others in a relaxed, welcoming and informal environment, so he or she can be less defended and begin to exercise perception and awareness moment to moment. In a relaxed environment in nature, the participant has favorable conditions to exercise appreciation and have the freedom to sense experiences outside of everyday life, to experience the heart and other aspects of his or her being besides the usual rational mind. At the end of the workshop we will introduce the contents and schedule of the monthly meetings.

The key success factors are that participants feel welcomed, that there is lightness, that the workshop is heart centered, that the participants feel continence and safety, and that they are not judged and have freedom of choice. These key factors serve as directives for workshop leaders and hotel staff. The participants will take home, skills that will help them to ground in the dan-tien and begin to have guidance from the heart.

The actual agenda for the program can be found at the appendix on page 12. The participant arrives on Thursday afternoon and a bath with herbs will be ready, to allow him or her to transition to a state of relaxation. Dinner of organic and lacto vegetarian will be served and no activities are programmed for the first night.

The program will begin in the morning with a guided meditation centered in the heart followed by the introduction of each participant who will state what are their motivations and longings for the program. We then will introduce ourselves and obtain an agreement of confidentiality so that we can begin to build a container of safety and trust. The morning will continue with self awareness of centering and grounding, followed by exercises of grounding and breathing. We will ask each one to sense their dan-tien, so we can begin to bring awareness to it. We will practice Tai-Chi and pushing hands, to demonstrate that winning can be attained without the use of force. The first morning will end with a short walk in the forest. During the walk we will ask the participants to focus their attention to sensations, and to what sensations can bring to their emotion. We will ask

for each one to perceive the contrast between the beginning and the ending of the activities, so they become aware of the clearing and shifting in their energy level.

On all other days, the program in the morning will address breathing and grounding exercises, strengthening the dan-tien, alignment of hara line and Tai-Chi, followed by a nature walk. There will be a different walk each day, in the trail, walking up the river, all ending with a bath in a waterfall. In these walks, we will continue inviting the participants to open all their senses for the appreciation of what is here in the present moment. We will also ask them to sense their energy, while walking in the forest, and the energy clearing that they can attain after the walk and after the bath in the waterfall.

During the afternoon the focus will be on heart centered meditation, self awareness and awareness of the other. At night we intend to bring awareness to the appreciation of mystery and silence. We will also teach self massage, a skill that can help them to relax, when they are back to their day to day life.

During the last morning we will have an open talk about what each person experienced in the program, the awareness that was raised, whether the program had accomplished their initial longings, and what they foresee for the monthly encounter. We will choose a Pathwork theme as an exercise for them to have a taste for the monthly encounters, and provide the initial themes and agenda for the monthly encounters.

During all the program hands on healing and massage will be available for participants.

The purpose of the monthly encounters is to bring deeper exploration to the stress process, to bring awareness to its causes and work the issues related. We are going to bring to consciousness the drivers of stress and compare them to the real needs, longings and values of the participant. We are going to work the impacts of stress, its effects in the 4 dimensions of the humankind, as well as to challenge the false beliefs and images behind the stress drivers. We are going to make an inventory of the inner and outer resources of the individual and ways to further develop these resources. Considering the drivers, inner values and needs as well as the resources to deal with stress, the participants will be invited to exercise healthy choices with the heart aiming at a more balanced and harmonious life, and thus formulate a plan to close the gap between the existing situation with the effects caused by stress to a new state where real longings and needs are fulfilled.

To succeed the participants need to develop openness, a positive intentionality and commitment to change. The encounter leaders must hold a heart centered and compassionate attitude so that both the participant and the leaders are able to surrender to their higher self. Most of all, the leaders need to assure a non judgmental and safe environment in which the participants can exercise their freedom of choice.

The monthly encounters address themes that are practical for participants in their everyday life at work and at home. All themes will be put into context within the work environment. My past experience indicates that the main sources of stress at work are: work overload, performance achievement, matrix hierarchy, relationship with boss, peers and subordinates, sense of unfairness and injustice, rapid change and transformations within the corporation, and most of all misalignment of values and purpose between the employee and the corporation. All these issues will be addressed during the themes. Work overload, and performance achievement will be addressed within the themes of feeling overwhelmed by stress, dealing with the basics, energy

accounting, building resilience and conflicts and confrontations, as detailed below.. Matrix hierarchy is a structural corporate stressing factor in which the employee has more than one boss, and is caught in double bind situations when different bosses aims at different objectives and are establishing conflicting orders to the employee. We will address this issue in the themes: conflicts and confrontations, building resilience and dealing with anxiety. Relationship with boss, peers and subordinates will be addressed in the themes of conflicts and confrontations, building resilience and dealing with anxiety. Sense of unfairness and injustice will be addressed in the themes: conflicts and confrontations, dealing with anxiety, building resilience, explore core values and longings and search for stress drivers and what is behind them. Change and transformation will be addressed by the themes feeling overwhelmed by stress, dealing with anxiety, energy accounting, building resilience and explore core needs and longings. Rapid changes will be addressed by the themes: feeling overwhelmed by stress, dealing with the basics, dealing with anxiety, energy accounting, explore core needs, values and longings, living in harmony and building resilience. Misalignment of values and purposes will be addressed in the themes of building resilience and explore core needs, values and longings and spiritual longings.

The subjects in the themes are approached using the process of:

- Identifying the stress situation or condition,
- Using Witnessing, Asking and Experiencing (WAE) to search the source of stress,
- Evaluating the meaning and significance of the source,
- Providing a healing response with the heart. The continuous practice will help the participant to make choices and better deal with stress.

Witnessing, Asking and Experiencing (WAE) is a skill taught at the Barbara Brennan school of Healing that develops the inner observer. As a stress situation develops, the observer detaches the situation from judgment and just witnesses the sensations in the body and in other dimensions that he and she is aware of, the observer curiously and openly asks what is there at the moment, and then he or she experiences the next moment in a continuous base. This process may help bring insights to the dynamics of the stress situation.

The themes for the monthly encounters are:

Conflicts and confrontations: Work the concepts and dynamics of emotional reaction and the use of WAE to enhance awareness during emotional reaction. Work awareness of limits and boundaries, establish healthy boundaries, do breathing exercises. Deal with anger, understand the physiology of anger, bring awareness to emotional triggers for anger, understand emotional projections, break the cycle of anger, work what is behind the anger, exercise daily recapitulation. Work with assertiveness and communication. Understand the meaning of compassion, learn the art of listening.

Feeling overwhelmed by stress: Through WAE, understand the emotional content triggered by the stress event or the structural stress condition. Evaluate the significance of the event in face of the emotional reaction. The unveiling of real significance weakens the image behind the emotion. Check the link between the emotional reaction with false beliefs and wounds. Work with exercises, center in the dan-tien, do breathing to discharge the emotional content and bring the healing to the heart. Identify root causes, eliminate fictitious causes. Work prioritization, evaluate relationship with work through scorings.

Dealing with the basics: Perform a check of physical discomfort, noise, annoyance, time pressure, stress generating habits, idealization and self-idealization on each one's daily life. Check where the stress is coming from. Is it possible to get rid of unnecessary stressors? If possible, take steps to eliminate them. Take steps to develop personal space, pleasure, comfort, well being and good habits such as healthy nutrition, movement and exercises.

Dealing with anxiety: Perform an anxiety checklist, check whether anxiety has become a habit, Identify attachment and over identification, information overload, and the emotions behind anxiety. Use WAE, breathing, grounding and heart response to release anxiety.

Search for stress drivers and what is behind them. Through WAE, work with emotional contents and constructs that move a person into stress. Explore incidence of negative and energy depleting feelings such as fear, anxiety, anger, frustration, worry, emptiness, hopelessness. See how they are generated by false beliefs and images, idealized self images, habitual behavior, dead end thoughts, and super-ego. Use healing response with core heart feelings of appreciation, non-judgment, compassion, patience, forgiveness and care.

Energy accounting: Stress depletes the energy bank. Bring to consciousness how stress is affecting energy. What situations the participant gains and loses energy. Bring practices that increase energy: grounding, hara exercises, enact heart core feelings. Manage situations that deplete energy. Evaluate existing inventory of inner and outer resources to deal with stress. Make a plan to increase resource inventory.

Explore what are core needs, values and longings: Separate the core from constructs that are externally imposed, that are brought about by false images. Align with truth and with purpose. Evaluate alignment of personal purpose and values with organizational purpose and values. Stress is amplified by split intentionality, double bind, and the dissonance created by actions that are split from inner values and truth. Using WAE, the heart and with positive intentionality work the split to bring wholeness.

Spiritual longings: Search for the meaning of life, quieting the mind, building a container for sacred space, practice meditation and contemplation. Use sound as a means to reach higher levels of the aura.

Living in Harmony: Check for physical, emotional, mental and spiritual balance. Expand the check to home, play, pleasure, nature contact, relations and work. Evaluate level of challenges and the flow. Check optimal functioning in the zone. Prepare for changes and respect harmony for each season in life

Long term plan: With compassion make choices and formulate a long term realistic plan in work, family, relations and society to move towards true longings and passion, in a more balanced and harmonious life.

Building resilience with attitudinal changes: Develop and bring awareness to loving kindness, gratitude, creativity, compassion and surrender: Outcomes may not happen as we wish, or we may not always be fairly treated. We may decrease stress and increase resilience by cultivating and developing attitudinal changes.

During each encounter we will continue practicing grounding, breathing, energy and physical exercises, hara and heart centered meditation to help healing stress.

The monthly encounters can help to build a sense of community and support for the participants to talk, express their feelings and be listened to. Just being listened without judgment or criticism is already a healing vehicle. Besides addressing the themes in the monthly encounters, we will bring for each encounter people that can be a resource for the participants, such as physicians, nutritionists, psychotherapists and spiritual leaders.

As the clients learn to better manage stress, they will be able to make lifestyle choices and be less vulnerable to physical and emotional diseases. They are able to enjoy and appreciate life, and be open to fulfill their longings.

Once they go back to their companies, they will be able to influence their peers and employees to have a better work environment.

Once they go back to home they may have conditions to have a better balance between work and home, and be less stressed to live in society. I believe that a society with less stressed people can bring more tolerance and peace to our planet.

The best definition I found for stress was stated by Robert A. Dato ¹ in the site of the International Stress Management Institute – USA branch. “Stress is the difference between pressure and adaptability”, or in other words, a person suffers stress when the internal and or external pressures overcome internal and or external resources to deal with pressure.

According to Dato, “Stress is manifested in physical, psychological and emotional symptoms such as headache, muscle tension, fatigue, overeating, loss of appetite, constipation, diarrhea, insomnia, inattentiveness, forgetfulness, poor concentration, irritability, restlessness, hyperactivity, anxiety, frustration, anger and depression.

When stress occurs, a set of autonomic reactions to prepare the body for the flight or fight begins to happen. Adrenaline, cortisol and ACTH are released in the body triggering effects such as accelerating heartbeat, increase blood pressure, tightening of muscles, increase HCl in stomach, difficulty in digestion and increase in thoracic breathing.”

There is a large quantity of research that indicates that stress decreases the body immunological response and increase the likelihood of physical and psychological diseases such as anxiety, depression, hypertension, heart disease, ulcers, decrease nutrient absorption, headache, allergies, arthritis, osteoporosis, diabetes, lumbar pain and cancer.

Present literature brings a series of traditional ways to deal with stress. They were categorized by the envision consulting group ² as:

- Modify the stressor
- Change reaction to stressor
- Change perception or belief about stressor
- Practice stress inoculation behaviors

To modify the stressor one can appraise the root causes of stress and envision strategies such as negotiation and time management to mitigate stress.

To change reaction to stressor one can learn and practice cognitive appraisal to change from reaction to response on stress.

To change perception one can review and change negative and false belief systems to better respond to stress.

To practice stress inoculation a person can use and develop internal and external resources to deal with stress.

There are also common stress relief practices such as massage, yoga, relaxation techniques, biofeedback, visualization, meditation.

A novel approach embraced by the Heartmath organization is consistent with our BBSH energetic view. It considers that people with stress sense living within a toxic cloud that envelops them and people around them. Heartmath found in its research that a measurable electromagnetic field surrounds each person and that the heart's electromagnetic field is the most powerful within our body. According to Heartmath³, "negative or stress emotional states such as anger, frustration, worry and anxiety create jagged, disordered heart rhythm patterns in an incoherent waveform. The disturbed feeling is what incoherence feels like". So in order to overcome incoherence Heartmath aims at bringing our heart to coherence, a deep state of increased order and harmony in the physical, mental and emotional systems through the feeling of positive emotions such as sincere appreciation, compassion, forgiveness and care. This is attained by various techniques centered in the heart.

In order for a person to heal stress, one has to want to deal with it. There is strong denial of corporate executives about their own stress levels, and a fear of contact with their vulnerabilities, because they unconsciously believe that if they do so, they could crash as a castle of cards. Besides denying, they consciously or unconsciously build walls against any awareness of vulnerabilities, and actively refuse any type of help. They cut their feelings against pain, against any feelings that could bring any doubt that they are able to deal with any challenge or situation. Underlying there is a fear of not being valuable, the fear of losing esteem if they do not perform, a fear of being tagged as incompetents and as failures. Therefore they remain in this chronic resistance stress level before going to the burn out phase. My challenge is to bring these executives before they burn out, and to put in check their paradigm of functioning by will and reason.

There are no major logistic issues for the implementation of the program. I have already found both the location for the initial launching of the program as well as the place for the monthly meeting. There is no need for special equipments or financing. I have also obtained a tentative cost schedule for the hotel staying. There is no need for licensing, or any legal issues to be handled.

I will be working with a friend and his wife in the program. He is a Pathwork helper and owns a human resource company, and she is graduated in core energetics. We will put together an internet site, but I am not planning to have marketing besides relying in mine as well as in his network of corporate executives to divulge the program. As the program unfolds, word of mouth will be our main marketing too. I have a friend and a acquaintance that are medical doctors that can help to bring potential patients that are already in the burn out stage of stress as well as help to establish a network of other health professionals that can provide support for clients with stress. Furthermore they can help us to adapt the program to also attend to nurses and health care professionals who are suffering from stress.

To further develop the program I plan to deepen my knowledge of the Heartmath tools as well as to increase knowledge of healing with sounds. As the program progresses, if needed, I will rely on my supervisor at BBSH.

The main external challenge is to deal with the belief corporate executives have that problems should be addressed by reason and will and that they do not need a stress healing program because otherwise they would expose their own vulnerability.

We can draw a program that potential clients can find attractive by listening, contacting and understanding the defenses as well as the needs and beliefs of corporate officers. We can put together a program that besides dealing with stress, works for their personal growth in direction to their higher self and that deepens their contact and understanding of other dimensions besides the mind, always emphasizing the sense of safety and security.

By using positive intentionality and resonance from the heart, participants will be attracted to the program. As we bring focus in appreciation and pleasure the client will perceive that there is alternative to his or her stress habits. By bringing out of box possibilities, the clients will be able think, sense and feel beyond their present set of beliefs.

To address external challenges as per healing science skills, I intend to use: states of being holding unconditional love as well as trust and wisdom when contacting potential clients, hold a strong hara line to bring intentionality to reality, and expand core essence to bring about essence to all iterations.

After many years of processing I have uncovered false images that I still am working on. These include: Love and intimacy are painful. I might be hurt by people if I am open to contact. I am not good enough if I do not do it perfectly. I am entitled to be special and I can succeed in any challenge by will and reason. The false beliefs brought about the fears of intimacy, of contact, of being rejected and criticized. They also brought about pride and self will as a defense against the feeling of being controlled and humiliated. Most of all the false beliefs brought the fear of being a failure.

Besides the constellation of these false images and beliefs, a cultural and lineage background influenced in another negative image: Both my grandfather and my father had a high sense of ethics and sense of sacrifice. Their recurring theme was that we should first think and care for others rather than for ourselves. This background played an important role in my tendency of trying to fulfill the needs of others rather than mine. But as I give more than I receive, I become resentful and unconsciously demand and discount in others.

Within the constellation of the above images and beliefs I am aware that the following are important to be dealt with for the successful implementation of the stress management program because otherwise they can hinder the program:

- Intimacy and contact are painful,
- Tendency to perfectionism,
- Be driven mainly by reason and will,
- To care for others before myself.

The way to deal with these images is to contact myself, bring awareness to the shadow using WAE. Be in contact with higher self to develop and implement the program with effortless intention. Use positive intentionality to bring people to the program. Be present in the heart and in

surrender while leading the program. Be aware and accept the phases of life pulse and all feelings while leading the program. As per healing science skills to meet internal challenges, I will be using four dimensions of humankind, hara line, core star expansion, sacred space and states of being.

Once the program is implemented and accepted, my following step will be to evaluate the feasibility to approach corporations to adopt the program on an ongoing basis. However in order to obtain better effects, the program has to run together with a change process in the organization so that corporate stressors are managed within the organization. These changes include:

- Review management structure
- 360 degrees for evaluation of superiors, peers and subordinates
- Emotional intelligence for managers and subordinates
- Accountability and delegation
- Performance and reward management
- Communication process and training
- Corporate values and purpose
- Policy review for harassment and diversity

My mission is to empathetically use my experience as a corporate officer together with my skills and what I have learned at BBSH to support clients in their journey to well being. The program aims at increasing the awareness of participants to clear their beliefs and pre-conceptions so he or she can actualize and pursue their longings from the heart. Each client will be welcomed and listened to. Any choice by the client is welcomed.

Quotation References

1. Articles by Richard A. Dato at the International Stress Management Association website. www.isma-usa.com.
2. Powerpoint presentation about stress management and measurement, at the envisia learning website. www.stressinventory.com
3. Childre, Doc and Martin, Howard. The heartmath solution. Harper One, 1999

Appendix

Agenda: Thursday night to Sunday afternoon

- Arrival night: Immersion bath with herbal essences
- First morning
 - Guided meditation / sharing
 - Orientation, brief presentation
 - Tea
 - Physical, grounding and energetic exercises
 - Short walk in forest
- Everyday
 - Morning
 - Breakfast at 9:00 am
 - Meditation focusing the heart
 - Tai-Chi, physical, grounding, breathing and energetic exercises, self perception, exercise Dan-tien, perceive hara line
 - Walks in trails and in the river – focus in sensations, smell, sound, vision and kinesthetic sense. Choice less awareness – multicore awareness
 - Lunch 13:00 to 14: 30 – one lunch in silence
 - 16h: 00 - Work awareness and contact.
 - Self awareness – taste a tangerine as if at first time, tea in the herb garden
 - Self massage
 - Walking meditation
 - Contact and Witnessing, Asking and Experiencing exercise – 3 people, one theme, one experience, one listen and one observe.
 - Contact – group, listening from the whole group modeled at the BBSH men's group
 - Dinner 20:00 to 21:00
 - 21:30: Appreciation of the night, mystery, silence
 - Ritual at the fire wheel
 - Night walking to the waterfall
 - Watching stars and shooting stars.
 - Immersion bath with herbal essence during last night
- Closing after Lunch
 - Pathwork theme
 - Sharing the experience of the stay
 - Agenda for the monthly encounters.

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