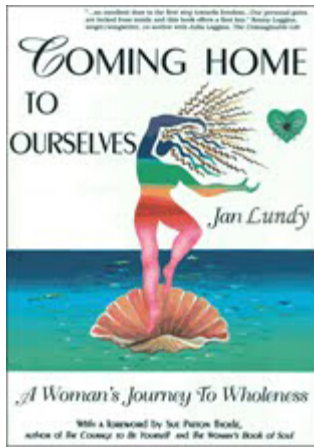


COMING HOME
TO
OURSELVES



The Course



Coming Home to Ourselves with Jan Lundy

Welcome, friend!
It's time to begin our journey into wholeness—together.

Be sure to download or print out your text, *Coming Home to Ourselves*.
The link to download it is here.

<http://awakenedliving.com/podcasts/ComingHome.pdf>

Lesson One: Beginning the Journey ~ Learning to Self-Nurture

"Wholeness"... Do you know the meaning of the word? Wholeness comes from the root word "hael" or "hal," the same source as the word "heal." Wholeness implies "a thing that is complete in itself; not fragmented; being in an unbroken or undamaged state." The premise of this course is that we are already whole. In fact, we always have been. The problem is we have not been taught this, nor may we believe it. Through this course you will come to a new understanding of your innate wholeness—and how to return to it, to embrace it as you. The real you!

And so we begin. In this first lesson, we'll uncover the reasons why we may feel as if we are not living as our true and whole selves. We'll explore the phenomena of nurturing and take the first steps toward creating a new life plan for ourselves; one that is rooted in "self-nurturing" so we can remember and embrace who we are meant to be.

Listen to the **Guided Teaching** to get started (6 min.)

<http://www.awakenedliving.com/podcasts/ComingHomeGuidedTeaching1.mp3>



READ the Foreword to *Coming Home*, "Beginning the Journey," and Chapter 1 (pgs. IX-18)

Take the "Self-Nurturing Assessment Survey" (pgs. 8-10)

Reflection Questions - "Homework"

Turn to page 46 in your text. This page, and those that follow, can serve as a place for you to write your answers to these reflection questions.

1. What is your response to the principle that women are "born nurturers"? Do you feel this is true for you? What ways does this play out in your life?
2. Tally the number of check marks you made in the Self-Nurturing Survey. What do you think this result says about you at this time in your life?
3. Do you experience feelings of selfishness or guilt when you take time for yourself?
4. If taking good care of yourself is an issue for you, what are your "excuses"? In other words, what prevents you from doing so?
5. This chapter presents the "4 Ps"—attitudes and skills we can cultivate to become more self-aware. (pgs. 12-17)
These are:

- ~ Giving Yourself Permission
- ~ Giving Up Perfection
- ~ Prioritizing for Personal Time
- ~ Being Passionate About "Me" Time

Write each of these down and make an assessment about how well you are currently able to access that particular "P." Consider doing some free-form journaling around the one that most challenges you.

6. What DO you do to self-nurture? How does that particular activity (or activities) make you feel? Congratulate yourself on this and set the intention to keep doing it—or set the intention to do it more often!
7. View the attachment "Fragmented." Reflect on the image and consider what it may be portraying. Do you ever feel like this woman and, if so, in what ways?

<http://awakenedliving.com/ComingHome/Fragmented.pdf>

8. View the attached cartoon, "Mom," especially if you are a mother of young children. Reflect on the feelings it brings up in you. Click here to read:

<http://www.awakenedliving.com/ComingHome/MOM.pdf>

9. Upon completion of this chapter, jot down your predominant feelings/noticings about what you have read so far.



READ Chapter 2: "Getting Started" (pgs. 19-24).

Consider beginning a "real" journaling practice with this course, especially if you have never journaled before. You may want to use a separate spiral notebook, especially if you feel the pages provided within the text, "Coming Home," are insufficient. However, if journaling feels unappealing or pressure-filled to you right now, consider something more simple, like jotting down your responses in a numbered list. Listing can actually be a good starting place for journaling to take root. If you feel hesitant or stuck in any way, ask for help. I'm here.

Listen to the recording, "How Does Your Garden Grow?" (40 min.)

<http://www.awakenedliving.com/podcasts/HowDoesYourGardenGrow.mp3>

This talk can be listened to any time during the course. It was recorded live at a Day Care Provider's Conference I spoke at then supplemented with studio recording. It was the presentation that led to the writing of the book, *Coming Home to Ourselves*. It covers the basic principles and practices presented here. It's also helpful for reviewing what you've read.

May this first lesson open up a new doorway of self-awareness for you.

Remember to be gentle with yourself and give yourself the same compassion and understanding you would another. May the words of the Buddha begin to guide you "home:"

"You could search the whole world over and never find anyone as deserving of your love as yourself."

Blessings of self-love and self-nurturing to you!

Jan

Coming Home to Ourselves with Jan Lundy

Lesson Two: Nurture Your Body

Welcome, again. It's time to cultivate a new and loving relationship with your body.



READ Chapter 3 in *Coming Home*. (Pgs. 25-44)

Reflection Questions:

There are many important (and emotion-laden) items to reflect on in this Lesson.

Take your time to mull them over and/or record your thoughts on the "Nurture Your Body" quotation/journaling pages in your text (pgs. 46-66).

1. How would you honestly describe your relationship with your body?
2. How would you like your relationship with your body to be different?
3. Reflect on the statement made by Doreen Virtue (pg. 27): "Your entire body, including your appetite, reflects the level of peace of mind in your life." How would you say this is true for you?
4. In light of the statements made on pg. 29 (1st paragraph), assess what kinds of messages you might currently be sending your body through your food choices.
5. What sorts of "self-talk" do you have around exercise? Could reframing exercise as "movement" change any of this?
6. How would movement fit into your understanding—and implementation of it—as "spiritual practice"?
7. Describe your current relationship with your breath? How does the section in the text, "Breathing for Life" align with that?
8. Reflect on Anne Morrow Lindbergh's explanation of "island time." Do you give yourself permission to take island time? And, if so, how—and how often?
9. What are your feelings around solitude and/or silence?
10. Do you have any self-nourishing rituals? How do they make you feel? If not, what rituals/practices would you like to create for yourself?
11. Is your living space a "healing space?" Do you have a space of your own where you can feel truly calm and at ease? If not, what would it take for you to create even a small one?

12. Have you ever had a massage? If so, what was your response to it? If you never have, what prevents you from doing so?

13. After reading this chapter, make some general observations about your current understanding of your unique body as sacred—worthy of your time, love and respect.

14. What "excuses" do you find yourself making to not care for your body as a "temple"—a container for your spirit/soul?

“Homework”:

1. Set aside 5 minutes each day to connect with your breath. Begin to create a new relationship with it—a "breath practice"—that you can depend on to relax and center you.

Read how in this article, "Just Breathe."

<http://www.awakenedliving.com/ComingHome/JustBreathe.pdf>

2. Listen to this Guided Meditation to help you forge a new relationship with your breath —and to relax!

<http://www.awakenedliving.com/ComingHome/GMedBreath.mp3>

3. Look at your daily schedule to see if you can find just five minutes to "move"? To create a small window for "exercise" in a way that is fun and nurturing? Then do it as many days of the week as you can.

3. Begin a "Transitional Eating" program for longevity. Eliminate one unhealthy food this week and introduce in its place a healthy one. Read how in this article.

<http://www.awakenedliving.com/ComingHome/TransitionalEating.pdf>

4. Create a new (or resurrect an old) self-nourishing (pampering) ritual and make time for it in your week. Do this for at least 5 minutes a day, for as many days of the week as you can.

5. Assess your living space and find a way to create a sacred space for yourself. Even a tabletop will do! Read how in this article.

<http://www.awakenedliving.com/ComingHome/CreatingSanctuary.pdf>

6. What would it take for you to create a "Sabbath Day" for yourself? And if not a full day off from the "tasks of daily life," then a half-day or even a few hours? Consider finding a way to regularly set time aside each week to just be with yourself, doing what you need to do for self-nurturing.

6. Begin to use the "**Weekly Minder**" (pg. 147 in your text) as a way to get in touch with all the good things you are doing for your body. Make a copy of it to hang on your refrigerator or carry in your day planner.

Here is a link to the pdf of the chart so you can make extra copies of it for ongoing use.

<http://AwakenedLiving.com/ComingHome/WeeklyMinder.pdf>

Do you see the "B" line for each day of the week? Record there an accounting of your 5 minutes of breathing, 5 minutes of movement, 5 minutes of pampering. You may also wish to notate anything else you did that nourished your body. (Healthy eating, for ex.)

In the next Lesson, we will be adding the "M"—Mind—component.

By the end of this Lesson, you will be dedicating 15 minutes (ideally) each day to nurturing your body. Wow! Great job!

This is big stuff here, but I know you're up to it. Time to reclaim your whole and holy self and the body is your gateway.

Blessings of self-love and self-nurturing to you, all along the way!

Jan

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Lesson Three: "Feed Your Mind"

It's time to cultivate a new and loving relationship with your mind!



READ Chapter 4 in *Coming Home*. (Pgs. 67-79)

Reflection Questions:

There are many important items to reflect on in this Lesson.

Take your time and mull them over and/or record your thoughts on the "Feed Your Mind" quotation/journaling pages in your text (pgs. 83-102).

1. How would you describe the current state of your thoughts?
2. Do you believe that your thoughts have power? What kind of power have you given them in the past? Would you like this to be different? In what ways?
3. Reflect upon the phrase (pg. 68): "As you think, so shall you be." What has been your personal experience with this?
4. Reflect upon what you allow into your mind on an average day and determine if there is GIGO (pg. 69). Identify what the negative input might be.
5. Reflect upon what you do in an average day and determine if you are "giving your mind bread." (pg. 70-71) If so, what are you feeding it?
6. Reflect upon the relationship between your self-talk and your current ability to nurture yourself. Do you see a connection?
7. What "mind-growing" activities do you currently engage in? How do they make you feel? Are there others you would like to incorporate into your life? What would it take for you to make that happen?
8. What other mind-flushing activities do you engage in, if any, other than meditation?
9. Do you have "excuses" for not taking time to "Fill Your Mind" or to "Flush Your Mind"? What are they?

“Homework”:

1. Imagine your mind to be an actual **garden**. You may want to draw your mental garden out on paper. What kinds of “flower thoughts” (positive) are planted there? What kinds of weed thoughts (negative) are there, too? Which is more prevalent? Is your mental garden well tended—fed, watered, fertilized—and weeded? Or is it overgrown, neglected or parched? Set a new intention for how you’d like your mental garden to grow.

2. Listen to this Guided Meditation for "Clearing Your Mind." (4 min.)

<http://www.awakenedliving.com/podcasts/MeditationClearingtheMind.mp3>

3. Read the article, "The 30-Minute Wake-Up Call."

<http://www.awakenedliving.com/ComingHome/Wake-UpCall.pdf>

Examine how you currently start your day and find ways that you can begin to program for a positive day. Begin with 5-10 minutes per day and build up to 30 minutes over time.

4. Read the article, "Evening Detox Routine."

<http://www.awakenedliving.com/ComingHome/EveningDetox.pdf>

Examine how you currently end your day and find ways that you can begin to incorporate detox time into your evening. Begin with 10-15 minutes per day and build up to 30 minutes over time.

5. Begin to pay more attention to your self-talk. Identify three of your most prominent (negative) self-talk phrases and set an intention to eliminate them. If they do filter through, vow to catch yourself and, in its place, offer a positive, affirming one.

6. Create 3-5 positive affirmation statements about your own self-care (pg. 75). Write these on an index card and read them often throughout the day. Make a copy to post on your refrigerator, carry in your purse, or place on your desk. You may want to read/recite your phrases during your “Wake-Up” or “Detox “time.

7. If you don’t already have one, create a personal meditation practice, using the guidelines in this chapter. Begin with just 5-10 minutes a day, simply sitting quietly and connecting with your breath. If you can’t set aside significant time every day, begin with Baby Steps. Try to meditate at least 3 times a week. Begin slow and build up to 15, 20 or 30 minutes.

8. Explore walking meditation, especially if you live in a temperate climate. It can be very enlivening, as well as calming.

9. Use your "Weekly Minder" (Lesson 2, pg. 147 in text) as a way to get in touch with all the good things you are doing for your mind.

Do you see the "M" line for each day of the week? Record there an accounting of how you "Filled Your Mind," writing what you did, and for how long. Do the same for "Flushing Your Mind" By the end of this Lesson, you could be dedicating 10-30 minutes each day to feeding and flushing your mind. Great job!

Continue with the "B" component for Body, from the last Lesson. In the next Lesson, we will be adding the "S" — Spirit — component. We're nearly halfway there to having a full Body-Mind-Spirit regimen!

Do you feel your mind expanding already? Do you feel it calming down? Oh, I hope so! To care for our minds as well as we do our bodies is very important. Because when the mind is calm and happy, the body is calm and happy, too—a sacred interplay of sensations that, in time, can lead to total well-being.

May this week be a new beginning for you. May you fill and flush to your heart's content!

Blessings,
Jan

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Lesson Four: “Enrich Your Spirit”



READ Chapter 5 in *Coming Home*. (Pgs. 103-117)

Reflection Questions:

There are many important items to reflect on in this Lesson.

Take your time to mull them over and/or record your thoughts on the "Enrich Your Spirit" quotation/journaling pages in your text (pgs.121-140).

1. Review the explanation of what “enrich your spirit” means on pg. 104. Does this coincide with or differ from your understanding of “spirit”? How?
2. What is your sense of time these days? Is it moving more quickly? Are *you* moving more quickly than in the past?
3. Consider how fast you actually move through your days. (Refer to pg. 105) Do you rush? Do you feel more like a “human-doing” than a “human-being”? Reflect upon how you feel when you think about each of these “labels.” Which do you identify with and why?
4. Consider the dilemma of the past and the future. Where do you most often find yourself in terms of your thoughts? Are you a forward thinker—“What’s next” or a worrier? Are you someone who often dwells in the past with regret, self-doubt, or reliving previous experiences? How does this seem to affect you and your life?
5. Consider the poem on the “Present” on pg. 106. What thoughts come to mind, what feelings come to your heart, upon reading this? Do you experience the present moment as a gift? If your answer is no, why not? If yes, in what ways?
6. Describe a recent experience in which you were profoundly aware of the present moment and how it made you feel?
7. How are you at being “sensorily aware” as described in this chapter (pg. 108-109)? Do you have a particular sense that is more heightened than others? Does this sense help you stay in the present moment? What senses might you need to cultivate so you can be in the present moment more often?
8. What is your relationship to nature? Does it have a sense of “divine connection”? When was the last time you spent significant time in nature and how did this make you feel?

9. What is your relationship with solitude? Do you have times of solitude in your day? Do you want more or less? How do you feel in general about being alone? Make note of how your body and mind feel when you experience solitude.

10. Explore your relationship with silence. Are you comfortable with silence? When you find yourself in silence, is it enjoyable, enriching? Or is it frustrating, filled with busy-mindedness?

11. Reflect on your understanding of “Source” or the “Divine” or God. Is this an understanding that nurtures you? Or is your understanding in flux, expanding? Do you see yourself as someone who has a higher purpose in life? Explain.

“Homework”:

1. Consider the dilemma of the past and the future. Where do you most often find yourself in terms of your thoughts? Are you a forward thinker—“What’s next?”—or a worrier? Or, are you someone who often dwells in the past with regret, self-doubt, or reliving previous experiences? How does this seem to affect you and your life?

View this cartoon, "Tomorrow," in support of this question.

<http://www.awakenedliving.com/ComingHome/Tomorrow.pdf>

2. Use the diagram, "Present Moment," provided here and plot where you find yourself most often.

<http://www.awakenedliving.com/ComingHome/PresentMoment.pdf>

- On the “Past” side of the diagram, list the kinds of thoughts that keep you in that past orientation. Note how having your attention focused in the past makes your body feel? Your mind feel?

- Do the same for the “Future” side of the diagram, paying special attention to how this type of thought orientation makes you feel.

3. Do this exercise in "turning up your senses." Read the directions here.

<http://www.awakenedliving.com/ComingHome/NatureNurture.pdf>

4. An exercise in mindfulness. Choose one activity you do regularly and often, like washing the dishes, talking on the phone, or eating a meal. Do that activity and that activity alone. No multitasking! Practice doing it mindfully—one focused movement at a time with complete present-centered awareness, and notice how you feel.

For example, when you wash the dishes, just wash the dishes and have a complete experience of that. Talking on the telephone? Just talk and listen. Don’t check your email or fold laundry. Eating dinner? Just taste, chew, savor, swallow, and enjoy. Don’t eat while watching TV or driving in the car.

Watch this brief You Tube video with Jon-Kabat Zinn offering a basic explanation of mindfulness.

<https://www.youtube.com/watch?v=xoLQ3qkh0w0>

5. Make a list of 7 activities that enrich your spirit. Next to each one, make a note of how engaging in this activity makes your body feel? Your mind feel? Next to each one, list the date when you last engaged in this activity.

Now, make a list of 7 more that you would like to do—like to add to your daily life. Keep both of these lists handy, in your planner or purse, or posted on your refrigerator. Refer to them often to remind yourself of how important these are for your daily well-being.

6. Solitude (alone time) is a cornerstone of our self-care regimen. Take an honest and transparent look at your daily schedule and locate when you could take 5-15 minutes of alone time.

7. Do this Gratitude exercise to deepen your connection to the "virtues of the Spirit."

<http://www.awakenedliving.com/ComingHome/Gratitude.pdf>

8. List your current "spiritual practices," activities, which regularly engaged in, connect with your spirit and/or a Higher Power.

9. Finally, use your "**Weekly Minder**" (found in Lesson 2) as a way to get in touch with all the good things you are doing for your spirit.

Do you see the "S" line for each day of the week? Record there an accounting of how you engaged in activities that enriched your spirit throughout the week. These may not have taken time, as you may have adopted a spirit-enriching mindset or incorporated certain practices into how you move through your day. Jot them down anyway.

We have now completed the "Weekly Minder" with all three components for Body, Mind, Spirit wellness. Congratulate yourself. Well done!

This week, may you tend carefully to your spirit. May you give yourself permission to slow down, stop and smell the roses, play, and en-Joy yourself and your life. May gratitude be yours. May wonder fill your heart!

Blessings,
Jan

Coming Home to Ourselves with Jan Lundy

Lesson Five: Overview and Summary of the “Coming Home” course

Begin by listening to this audio overview and summary of the course, and where you can go from here: (6 min)

<http://www.awakenedliving.com/ComingHome/Lesson5Summary.mp3>



READ: In your text pgs. 141-155

Reflection Questions and “Homework”:

1. Complete the exercise, “Where Will I Ever Find the Time” on pgs. 141-144.

Here is an extra copy of pg. 143 if you need it:

<http://www.awakenedliving.com/ComingHome/FindingTime.pdf>

Reflect on this experience and how it was for you. What did you notice about your day? About how you use time? Did you find spaces for yourself to nurture your body, feed your mind and enrich your spirit?

2. At the end of this course, what kinds of excuses do you still find yourself making about taking time to care for you, if any? What might you need to do to rectify this?

3. How are you doing using your Daily Minder? Did it help you keep track of your self-care activities? Did it inspire or hinder you?

Have you given yourself any nice rewards at the end of the week for doing a good job with the Weekly Minder?

4. Reflect on this notion, “There is nothing you can’t cancel.” Do you believe this to be true for you? How well do you assess the pace of your day? Are you able to cancel and postpone something if you feel overwhelmed?

5. Do you feel you are being more gentle with yourself these days? How and in what ways?

6. In what ways would you say you have grown/changed as a result of this course? Do you feel more in harmony with yourself and your life? Do you feel as if you have “come home to yourself”?

7. How have your loved ones been impacted by you doing the “good work of self” through this course?

Note: If you are a woman who, by chance, has been diagnosed with breast cancer, be sure to read pgs. 157-159 in the text.

Thank you for joining me for this course! I hope the material presented here has been helpful and, optimally, life changing for you. As the journey living as your true self continues to unfold, may you remember to be gentle and kind with yourself. May you also remember that this is a lifelong journey and we are not trying to get it “just right.” Step by gentle step we find our way home. May you go slowly, breathe and smile. And enjoy the journey!

Please do stay in touch. Let me know how this program has been for you and if you need any extra assistance. I'd enjoy hearing from you.

Blessings of deep peace to you,
Jan

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