

Modalities For Wholeness

- by Brian Baetz

1. Visualization and Feeling

- i** • Athletes do it, performers do it...they project forward to a future situation and they visualize in their mind's eye that they are a huge success. They play a future tape where they finish strong and take the gold at the line, or do an amazing job at acting or singing and they can see the audience applauding wildly. Visualization can be done for any situation, for anything you do in your life, and it is a very powerful modality. Visualization is based on thought and is tied directly to the functioning of your brain.
- To crank up the possibility of a positive future situation, consider going beyond visualization to feeling the outcome. Feeling is tied directly to your heart, and the heart as an organ is much stronger than the brain from an electrical and a magnetic energy perspective. The technique here is different than thinking through to a situation, instead you believe that the positive situation has already happened, and you experience the appreciation and gratitude that you would feel in your heart when it actually happens. By doing this in advance of the situation, you create a powerful electrical and magnetic field from your heart that then brings the positive situation into being. Individually, you can create the life you want through feeling it through your heart. Collectively, we can create the world we want by feeling it through our combined heart-based efforts.
- In summary, visualizing something is powerful. Feeling it through your heart, as if it were already reality, is even more powerful.

2. Day Review

- i** • The ancients practiced a modality called the day review. Before you go to sleep, quietly go backwards in time over the day you just passed. When you come to an event or occurrence that was less than ideal, imagine it happening again but this time through (with the benefit of hindsight), you say the right words or do the right thing or think the highest thought. Truly visualize the situation unfolding and ending in a positive way. By doing this, the emotional duress of the event or occurrence is healed to a degree, and a psychological pattern can be reversed.
- As you go back in time over your day, when you come to an event or occurrence that went well, review the part you played in making this happen and cue on things you did to achieve this. By doing this, you will reinforce your positive handling of the situation and learn how to repeat this effortlessly in similar situations in the future.

3. Journaling

- i** • Something deep can happen when you take a pen and put it to paper. The modality of journaling is connected to the time-tested practice of keeping a diary. In minimalist terms, you get a bound journal and record the date and the key aspects of your day. This can be useful for looking up later when things have happened, and is a key practice for many professionals to show when they worked on certain projects and when key milestones were met.
- But the minimalist practice can be expanded, so that you write down your feelings for that day, your perspectives on the related events and people, and your related goals and desires. This level of journaling can be informative to review at a later time, to see how your thinking and capacities have evolved, and to reflect on how your life has changed and become more fully developed from a wholeness perspective.

4. Creativity

- i** • Humans are meant to express their creativity. Whether you like to play music, dance, write poetry, write short stories or novels, paint, sculpt and/or make film, it is vitally important to allocate time on a regular basis to feed and sustain your creative impulses. In my family, I have been surrounded by artists. Whether it is through the paintings of my wife Rashne, our daughter Jasmine's socially analytical ceramic art, or our son Cyrus' film-making, I have been inspired by them to express my own creativity through my writing and sketching. Whatever you like to do as a creative outlet (and it can be non-conventional, such as bringing creativity into your cooking, or how you organize and run a meeting), make sure you schedule some time each week to do something creative. Start with five minutes of sketching or playing guitar, if that's all you can allocate. But observe how it positively changes you, how excited and fulfilled you feel afterwards, and you will be motivated to schedule more and more time for a range of creative pursuits.

5. Artist's Date

- i** • Julia Cameron, an award-winning author, strongly suggests we're all artists at heart. Perhaps not of the painter/sculptor/musician variety, but more in the sense of bringing creativity to our work and to our personal lives. She suggests that this creativity is fed by an inner "well", and this well gets depleted by our work and must be replenished on a regular basis to avoid burnout and to inspire our creativity. So here's her "artist's date" algorithm:
 - Each week, take yourself (solo) on an "artist's date", where you go off by yourself for an hour and do something fun that is outside your normal set of activities. The list is endless – going to a gallery or an art museum, looking at maps in a cartography library, baking a pie, reading poetry, watching hawks..... If you tell yourself you are too busy to do this, take it as a sign that it's something you really must do! Like meditation, the hour you spend on an artist's date will be paid back to you three or four times in deeper focus and increased productivity.

6. Heart Connection

- i** • Your heart is arguably what defines you as an individual. Not your physical heart (although thank goodness for this tireless pump), but your heart centre (that point in the middle of your chest that the yogis refer to as your heart chakra). This is where we emote from, this is where we determine if something is resonant with our purpose, this is where we create from. Given the importance of this centre, we need to be able to access it and connect with it in the blink of an eye. We all spend a lot of time in our heads, but not enough time in our hearts. So for at least a few moments each day, take your consciousness to your heart centre and deeply connect to it. Drop anchor so to speak, and listen to what your heart is telling you. Some say that the heart centre has innate intelligence, and you can pose any question to it and be guided well by its answers. When people say they make decisions “from their gut”, this is what they are referring to, as the heart centre resides just above and overlaps with our stomach. Practice this connection and you will be amazed by what will come to you.

7. Classical Music

- i** • Much has been made of the “Mozart Effect” and the potential impact of classical music on cognitive reasoning. So the next time you listen to some music, put on a classical FM station or listen to some cello or a baroque chamber group on Youtube, and simply sit and enjoy the music. Afterwards, reflect on how you feel and how potentially calming the listening experience was. It may be the music of your grandparents, and you don’t have to admit it to your friends, but if you inwardly enjoyed the classical music then repeat the experience as much as you like when you need to relax and attune yourself to some amazing artistic expression.

8. Mudras

- i** • Mudras are gestures of the hands or body which lock in a certain energy experience. The word is derived from two Sanskrit words => “mud” = delight and “dru” = to bring forth. Therefore, mudras bring out our inner bliss.
- Mudras are connected to a set of deep scientific principles that underlie the movement of energy within the body. The energy moves through energy channels called nadis, which run through to termination points in the fingers. Each finger is related to a different element and capacity.

Thumb - Fire (energy)

Index - Air (movement)

Middle - Space (openness)

Ring - Earth (groundedness)

Little - Water (mobility)

- The most powerful time for mudra practice is dawn and dusk, although any time yields benefits. Do a mudra for 5 – 10 breaths, and attempt to be aware of changes in your body that will be subtle but potentially powerful.
- There are scores of mudras, so we'll try the following basic ones:
 - 1) connect tips of little fingers – for stability in the lower abdomen
 - 2) connect tips of ring fingers – for warming and sense of well-being
 - 3) connect tips of middle fingers – for expanding respiration in lower lungs
 - 4) connect tips of index fingers – for expanding respiration in lower and middle lungs and to assist blood circulation
 - 5) connect tips of thumbs – for expanding respiration in upper lungs and opening the throat
 - 6) connect tips of all fingers to their counterpart – directs breath into and opens the entire body.
- Some others that might be useful:
 - 7) Invocation – Place hands together in front of chest, leaving a small space between the palms -> Invokes the spirit within ourselves and those we meet.
 - 8) Conch Shell – First four fingers of right hand around left thumb; right thumb extended to touch the index and middle fingers of the left hand -> Creates a sense of safety and security.
 - 9) Lotus Flower – Palms together, little fingers together, thumbs together, other fingers opened wide to form a flower -> Opens and integrates body, mind and spirit.

10) Wisdom – Curl the index finger so that its tip touches the base of the thumb, and extend other fingers -> Stimulates concentration and breaks circular thought patterns.

9. Attitude Shift – Kindness

- i** • At heart, we're all basically kind. But life has a way of altering our realities and our way of being, so we ever so slightly veer towards the me-first, dog-eat-dog philosophy of life. But what would our lives look like, and the resultant characteristics of our day-to-day existence become, if we shifted our attitude towards kindness? Kindness in every interaction we are involved with, kindness in every thought we think. Might we become less judgmental, less prone to attack another person's thoughts, words and actions? Might we go out of our ways to be more helpful, to think more broadly about the needs of others and the benefits to the collective good? I suspect the answer would be yes, or at least a qualified yes, and would ultimately lead to a great way to lead our lives. In kindness.

10. Radiating Inner Love

- i** • Inspired by John Lennon's lyrics, two Reiki masters from Hamilton came up with an idea to inspire their students. The Love Project, as conceptualized by Ellen Sutherland and Jane Vok, is based on a relatively simple practice. As you encounter anyone on your path in any given day, you take a second and move your consciousness to your heart, and then radiate your Inner Love out to the other person. Not romantic love, but brotherly/sisterly Love [Philos].
- No words need to be spoken (but certainly can be), no smile needs to be given (but certainly can be), just the radiation of the Love that is inside of you. This practice is very simple, but very powerful. And even more powerful, perhaps exponentially so, when done together by a group of people. The recipients will feel the outburst of Love being radiated towards them, so be prepared for an acknowledging smile. This is an absolutely great way to live, simply radiating your Inner Love out to all those individuals you encounter on your path.

11. 99% Silence- Iceberg

- i** • This modality relates to an analogy of an iceberg. Our active life, full of emotion and aspiration, is like the tip of an iceberg. The iceberg tip appears to be isolated, sticking out of the ocean. But just below the water surface lies the vast majority of the iceberg, immersed in a zone of quiet and calm. Think about how quiet things quickly become when you dive into water. That same calmness and quiet is always available to the vast majority of your consciousness, say 99% of your true essence. This knowing can be quite helpful to you when you are facing a challenging situation, if you can effortlessly recall in the middle of the challenge that 99% of you is already immersed in pure calm and absolute silence. This knowing can also be beneficial if you are attempting to mediate and are finding it hard to settle into a quiet zone. By simply realizing, or re-remembering, that the vast majority of you is always in a meditative zone, you can more readily quiet your active mind and then easily slip into that desired meditative state.

12. Loving Kindness

- i** • The sending of Loving Kindness is a meditation that comes to us from the Buddhist tradition of Metta meditation. Settling in to a meditative zone, you first wish yourself happiness, good health, peace and joy. You then go on, sending these same wishes to your family, to your friends, to your neighbours and colleagues. You progress to also sending these same wishes to people who may have provided challenges to you, and collectively to all sentient beings on the Earth.
- Loving Kindness meditation has been shown to reduce stress in its adherents, producing feelings of calmness and connection. What better way to realize your wholeness, than by projecting loving kindness to all humans, to those who you are inherently and deeply connected to?