



Global Citizenship Passport

By Desmond D. Green

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www.GlobalBAY.org

Other Websites

www.themoodschannel.com

www.globalbreathconsciousnessinstitute.com

www.ruralinnovationinstitute.com

www.visionexcelerator.com

www.breathosphere.com

www.breatheconsciously.com

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The Practice

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INTRODUCTION—THE PRACTICE & THE 1ST R YOUR GLOBAL CITIZEN PASSPORT

The Practice is a template for successful living. To be effective, it must become a daily standard of living. Its benefits are self confidence, clarity of vision, freedom from anxiety, a lasting sense of security and true abundance.

Practitioners of this model are more in touch with themselves and those around them. They are able to move from a brain-focused approach to life, to a breath-based relationship with all of life.

The Practice encourages openness, truthfulness and a willingness to trust yourself. Success depends on a commitment to growth as well as complete honesty and integrity.

You can talk but *The Practice* supports the walk.

Imagine accepting yourself as a founding Faculty/ Student of our: "Global Breath Consciousness Institute (GBCI) and Reverence for University and Community"

With a byline reading something like the following;

"Growing ourselves consciously, into Passionate World Citizens Playfully, through Conscious Deep Breathing"

Imagine our GBCI team all over the Planet wearing our T-shirts, Caps, Totes, jewelry, and displayed on Sportswear and other garments - that you helped to design!?

Or, Imagine all people who are ready to accept themselves completely being coached to do so by us.

No one is really stopping us! We are on!!

Feel! See! Hear! Taste! Smell! the rest of the world signing up as new Global Team NOW! The first stage of our Jamaica Reverence for Life University, already. Love and Gratitude for all of us in these magical times!!!

ABOUT THE AUTHOR

Desmond Green is a Research Psychologist with over 35 years of experience. After graduate studies in Psychology, Philosophy and Theology he spent the next 25 years doing post graduate work with Prof. Ross Mooney of Ohio State University and Milton Senn M.D., Founder of the Yale Child Study Clinic.

Founder of the Reverence For Life Foundation (RFLF) in Jamaica, W. I., Green successfully implemented this program in Jamaican penal institutions in 1994. Positive effects of the RFLF model is evidenced in the rate of recidivism, which was reduced from 90% in 1995 to 30 % in 2000 as well as the dramatic reduction in prison violence that continues to be the report from all institutions.

In 1981 he founded the Family Recognition Committee in Washington D. C. This organization hosts a week of family celebrations annually in August. Now headed by Gracie

Rollings, the Family Recognition Committee continues to uphold family values through its community outreach programs in Washington D. C.

Desmond Green resides in Hartford, Connecticut where he lectures on the 'The Practice,' his 7-point principles, which he describes as the life-time practice of Reverence For Life.

Recent books by the author:

Full Circle Cameo

Living Psalms

Eyeology

The Oasis

Apple Seeds

Forget Me Not

Wrap Your Consciousness Around Your Potentials

Visions Of Jamaica

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THE PRACTICE

The Practice defines a body and process of core principles that when applied set the stage for life affirming demonstrations. The value of these core principles have all been well documented. For the most part the principles are presented with focus on their applications scripting new behavior patterns for productive living.

Conscious Deep Breathing

All the movements of the body and within the body are continuously taking place due to the mild, slow burning taking place in the body. Any action of the body or in the body directly affects both blood circulation and breathing.

This burning is a result of breathing and blood circulation. This ensures adequate oxygen supply for movements and is a critical necessity for creative thought processes and rational thinking.

- Conscious deep breathing helps to burn away disempowering thought patterns.
- Conscious deep breathing helps you to stay emotionally grounded and rids the body of toxic wastes. It is also an effective way of reducing stress of any kind.

Core Principles Supplementary Principles

- Conscious Deep Breathing
- Self Talk
- Healthy Nutrition
- Exercise
- Unconditional Self-Acceptance
- Vision
- A Spirit of Generosity
- Trust
- Awareness
- Integrity
- Sensory Attunement
- Challenging Belief Systems

Self Talk

Self Talk is all internal messages that we feed ourselves by way of words, thoughts, emotions and feelings that build our unique belief systems which in turn define who we are. These messages that we feed ourselves daily determine how we experience our lives. They are critical to every aspect and every experience of daily living.

Messaging creates changes and maintains ALL belief systems through constant repetition.

Healthy Nutrition

Poor eating habits, especially in young people, result in low academic performances, hyperactivity, irrational behavior and an inability to make beneficial choices for their lives.

Exercise

- Exercise reduces depression, anxiety and low self-esteem
- Improves mental and emotional well-being
- Builds and maintains healthy muscles, bones, and joints
- Enhances work, recreation, and sport performance
- Exercise burns excess energy that comes from anxiety or nervousness

Unconditional Self-Acceptance

- Transforms difficult emotions into sources of strength
- Heightens self-aware
- Harmonizes and heals the dysfunctional psyche
- Positively colors every single aspect of life and living

Vision

- Strategize a vision and purpose for your life
- Learn to depend on your creative instincts every day
- Discover new levels of happiness, fulfillment and effectiveness for your life.
- Live your purpose, by choice and not by chance.

A Spirit of Generosity

Learning the qualities of noble-mindedness and the prospering power of generosity

SUPPLEMENTARY PRINCIPLES:

Trust

Trust is a vital element of our daily practice. It is by accepting ourselves and the rest of our universe as our only reality and support. Learning to trust yourself completely gives you the foundation to stand and interact with the rest of life from a position of strength.

By trusting ourselves implicitly we establish the basis from which all of our needs are met.

Awareness

Trust leads to the most vital aspect in our journey of consciousness and to the conscious realization of ourselves as physical spirits. Most importantly, it reveals the entire universe as a physical spirit driven process.

We can now begin to feel, see, taste, smell and hear ourselves as integral aspects of our whole universe. We are able to accept all of life as extensions of ourselves.

As our awareness increases we feel more secure in every aspect of our lives and in our relationships with others.

Integrity

- Be true to yourself
- Be honest with yourself
- Take responsibility for your words, thoughts, feelings, emotions and actions

Sensory Attunement

Irrational behavior often stems from shallow breathing, lack of intuitive attunement and a damaged social network. Likewise attitudinal disorders consist of conflicting messages in the individual's structure of values and beliefs and a distrust of the SELF as an

authentic source.

Challenging Belief Systems

- Challenging beliefs back to their source
- All beliefs carry a corresponding negative or positive energy attractor pattern
- In order to change any belief system it is necessary to identify their source and their empowering or disempowering effects.



THE PRACTICE DAILY TEMPLATE

Conscious Deep Breathing (CDB)

10 minutes morning and evening

Breathe through a wide open mouth. Fill the lungs to capacity. Hold for the count of ten then slowly and easily let the breath out. During this practice let your mind rest in a peaceful place alone with nature.

Results - There will be less stress build-up and things around you will seem to move easier.

Self Talk

Use five minutes each morning and evening after CDB exercise for your self talk. Think of and list all your positive qualities. Begin to describe yourself in self-affirming tones. Fake it till you feel it.

Results - You will begin to build a positive ID, replacing all non-productive core beliefs.

Healthy Nutrition

Eat plenty of fresh fruits and vegetables and their juices.

Proper combination is important and uses less energy for the digestive process. 1. Combine fruit or vegetable with starches 2. Combine protein (fish, seafood, chicken, turkey etc.) with vegetables.

Consume less sodas, greasy foods, salt, sweets, junk foods. Drink plenty of water (8 glasses a day is recommended).

Results - You will feel an immediate increase in your energy and performance levels. Eliminates hyperactivity.

Exercise

Develop a regular exercise pattern, morning or evening.

This routine should be at least 30 minutes. Walking, running, jogging, weight training, dancing, aerobics, push-ups are all great.

Results - An immediate sense of emotional well being, mental clarity, an increase in energy and performance levels. For those who want to lose weight—exercise is a great fat burner.

Unconditional Self Acceptance

Ties in with all the above.

Results - You will begin to make better life choices and reap their productive benefits.

Vision

Use 15 minutes per day to dream and affirm your grandest potential. Do not permit any doubts to encroach on these sessions.

Results - Life will begin to bring opportunities your way. Inner peace and prosperity.

A Spirit of Generosity

Make giving a habit. You always have something to give or to share - time, goodwill, love etc.

Results - Immediate increases in prosperity and well being.

Practice With A Purpose. Many practitioners worry about whether their practices - such as Deep Conscious Breathing, Self Talk, or Nutrition – can really make a difference in their lives. What we encourage is to fake it until it manifests. Life is all about pre-tending – tending things before they happen. Your first step is to identify a valid purpose for creating a new model of increased self-awareness. If you cannot identify why and for whom you are creating this new model then why are you bothering to work on it AT all? With increased respect for your life, you develop increased respect for all lives.

Your project stakeholder is SELF and you are investing time and energy in self to meet the desires of self. You deserve to have optimum results and you will if you give it your best shot. The amount of time you spend on The Practice will be the exact equivalent of the benefits you reap as you go along.

The Practice must become a life long companion tool kit. Whenever you drop it, you will also forfeit its benefits of prosperity and goodwill.



Everything you create and see its benefits, will need to be maintained over time through The Practice. You will need to consider the impact of these changes on your life and then act accordingly. If you decide to keep these new models then you clearly have less work to perform to support the same changes, making you more agile because you are a happier traveler.

Communication within your team will be important especially in the early days of building the new awareness. Writing down your thoughts, your goals and your successes will give you something to look back on in difficult times.

Rapid Feedback. The time between an action and the feedback on that action varies according to the individual and the strength of his or her convictions, beliefs and practices.

Spend time to analyze results, or to tweak your unique practice to meet your own needs. Identify even small changes in the process.

Assume Simplicity. As you develop you should assume that the simplest solution is the best solution.

Don't over intellectualize, don't criticize yourself. Keep your mind on your goals.

Embrace Change. Requirements evolve over time.

Changes that may take place as you develop your new self awareness might not always feel comfortable but trust that they will always be for the best in the long run.

Example: You might lose a job that was causing you a lot of stress. However, if you stay true to The Practice and your goals, you will find that other more suitable opportunities open to you, reflecting changes in response to your new self awareness.

Incremental Change. An important concept to understand with respect to modeling the true YOU, is that you don't need to get it right the first time. Dig in the ground, practice, practice, practice and evolve it over time in an incremental manner.

Quality Practices. You reap what you sow.

Prosperity through self awareness is Your Primary Goal. Any activity that does not directly contribute to this goal should be questioned and avoided if it cannot be justified in this light. Factors that you need to consider include your selection of friends, the places you frequent, and the nature of your effort itself.

The Practice cannot fail. In short, when you are working on your new model you need to keep an eye on inner goals.

Some negative beliefs, behaviors, attitudes and practices have been adopted over time through eXtreme programming and life experiences, which in turn must be supplanted by positive daily practices. These practices will in time set new beliefs resulting in positive behavior patterns.

Open and honest communication enables people to make better decisions because the quality of the information that they are basing them on is experiential and more accurate.



NOTES



CONSCIOUS DEEP BREATHING

The art of Conscious Deep Breathing begins with an awareness of what the breath is doing. To do this one must become an inner-world explorer. Develop enough curiosity with how breath works and allow yourself to wander around inside your being to observe the way in which breath functions and its benefits to you.

Conscious deep breathing is the first of seven principles under-girding The Practice. Breath is life. You are living because you are breathing.

A "shallow breathing practice" is the root of scarcity, greed, insecurity, anxiety, fear and the cause of all violence. The more diligently we practice the art of conscious deep breathing the easier it will be for us to achieve those goals which we set ourselves in life.

As we see our breath as spiritual fuel and RECOGNISE, ACCEPT, APPRECIATE and EMBRACE it, it becomes our lifeline to love happiness, health, wealth, inner peace and lasting security.

10 ideal occasions for practicing deep breathing

1. During heated conversations, to avert arguments
2. When stuck in bumper to bumper traffic
3. When awaiting news of an emergency nature
4. While waiting to address a public gathering
5. When facing the unknown
6. To diffuse boiling anger or pent up rage
7. When facing critical choices
8. When you want to create positive results
9. When you want to overcome haunting fears
10. WHEN YOU WANT TO FEEL CENTERED

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BREATH VIEWS

Behind every expression is its breath. Whatever I am looking at is its breath. The breath behind all manifestation is its essence, which is the infinite, universal LIFE supporting all life. It is infused in all life and expresses itself through all things, animate and inanimate.

To surrender to your breath is to give permission to the infinite wisdom, LIFE, to express through you. At this point, the little human gives way to his/her Universal nature. At the level of the Divine, life is an effortless, joyful, loving expression of itself.

The Divine has no problems, because It, by its very nature, is the solution. The Divine has no lack, because It is everything that was, is and will ever be created. The Divine sees only its overflowing abundance. The Divine cannot be lonely or unloved because Its essence is love and It lives through all of Its unique expressions. The Divine does not understand disease or illness because It is LIFE.

THIS IS WHO I AM. THIS IS WHO YOU ARE. THIS IS WHO WE ALL ARE; the Universal nature expressing through the individual; Experiencing itself in all of its myriad aspects and views. We never question our breaths, we simply breathe. Where does it come from?

Who keeps it going? The intelligence of the universe has each of us in place and will support each one according to his belief and trust in it. There is no other authority other than that of your breath. This is your connection to the SOURCE. This is your point of influence. This is your liberation from the illusion of poverty, disease, low self-esteem, loneliness, lack or limitation of any kind. Your Divinity envelopes everything you feel, think, see or touch. You are Divine breath in flesh; a full co-creator with the essence of YOUR SOURCE.



YOUR BREATH BANK

Neither wealth nor poverty exists as realities. Both are illusionary states created in 3D for my experience; the experience of myself as a creator. Life simply IS its breath. It breathes its potential into every area of influence through my unique breath perspective and I have the joy or sorrow to name it what I WILL. But it is always AT MY WILL that everything that I see comes into being. Jesus said, 'nothing comes into being but by me.' And so it is with us. We breathe our potential into everything and everything we see springs from our breath based reality.

Think of your breath as your energy potential bank account. You draw on it every moment of every day and consciously or unconsciously spend it according to your thought/feeling/belief patterns of yesterday. The fact that on every breath intake you take in oxygen to supply vital nutrients to the body and exhale toxins is secondary.

The primary fact is that every intake contains latent possibilities for the unique creation of your world... persons, places, experiences and things. With every inhale you take in raw material for the creation of your masterpiece and on the exhale you give it its reality. With every exhale you authorize a formation, construction or destruction of magnificent proportion. IT can only exist by means of YOU, the creator. IT has no other life apart from the one you give it. It has no other meaning but the meaning that you ascribe to it.

Creating thought/feeling/belief patterns

Creating new thought/feeling/belief patterns is as easy as taking your next breath. It is your next breath, fused with the energy of your desire that will create your new pattern...IF YOU DON'T BREAK THE MOLD.

What mold? The mold that you create as you send out your desire! To wonder, ponder, doubt, fear or even hope that a thing will or will not happen will break a positive mold every time.

With purpose, clarity and the full authority of a creator cast the die and let it be. None of your thoughts/feelings/beliefs can come back to you void. Your harvest will be exactly as you have sown. The universe has a precise blueprint. It cannot alter or change

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your design. It cannot play favorites because it doesn't care what you create. It only knows HOW TO create using your unique breath patterns, formation, construction or destruction of magnificent proportion. IT can only exist by means of YOU, the creator. IT has no other life apart from the one you give it. It has no other meaning but the meaning that you ascribe to it.

Thought/feeling/belief patterns took time to set in and therefore may take time to be replaced. However, with undiluted clarity you can make changes which appear instantly. As a matter of fact all changes happen instantly but are perceived according to our thought/feeling/belief patterns about time and reality and about how long a thing should take.

In this new energy of BreathFusion everything is NOW.

Key words and phrases to note in your new creation: Knowing, Practice, Patience, Understanding, Clarity, Unconditional Self-Acceptance or Love, Forgiveness, Acceptance of what is, Willingness to change, Balance, Beauty, Trust yourself, integrity. Honestly explore your thoughts, feelings and beliefs. Own them. They are your creations. But change them if they don't serve you.

Breathe life into your finances, your relationships, your body, and your surroundings. Breathe peace into war, abundance into poverty, health into illness. Breathe life on the illusion of death. Breathe for those around you who have forgotten who they are. Spend your next breath wisely. BreathFusion is your Kingdom of Heaven.



LIVING GEMS

Listen to others
but follow yourself
and you will never be lost

Appreciate your own insights
they are Divine gems
which help you to value life more

Hiding your talents
is the biggest waste of your energies

The more you can help others
without making them feel helpless,
the more they will be inspired
to help themselves

The only way to get rid of fears
is to follow them to their source

It is the little things that we do
and the kind words we share
that go to prepare our paths ahead

How I live my life and the choices I make today
determine what my experiences will be tomorrow

What I give out
Returns to me with interest

Appreciation is the bread of life
which everyone and everything everywhere
Thrives on

I am always in the best place
To learn what life has to teach me

All experiences are my lessons
which assist my growth and development.
Only by finding and appreciating the lesson
can I overcome the experience.

Invest your thoughts and feelings
in actions which you and others can enjoy
and life will reward you
with inner satisfaction

Enjoy your own company
and you will never be lonely

Feed you mind on thoughts which lift you
above the things that would disturb your peace of mind
and you will also find the keys to Heaven and its delights

Take time to laugh
It is a Divine expression
You are in Heaven
when you are having a good laugh

Every smile does wonders
for all who experience it

Turn every disappointment
into a good luck charm

Treat each one as your personal guide
to safe haven

If you spend your energies on regret
you are missing out on valuable life lessons

Define yourself by your deeds
Not by other people's expectations

Include the rest of life
and you will be complete

Seek only after those things you are willing to create
and watch life match every effort you make
with amazing support

Trust your nature
stand on what is inside of you
not what is passing outside

Live as if your life is yours
to cultivate, express and enjoy

Do the best you can
at whatever you put your mind or hand to

The satisfaction of achievement
is life's greatest reward

Give others the credit they deserve
And they will share the interest with you

Take time to think before you act
but do not use thinking
as a substitute for action

Learn from your experiences
there are no mistakes in life
only trials and errors
which lead you to know how life really works

Count your blessings
and they will chase your heartaches away





SELF TALK

Our self talk determines our identity. I become what I think and say about myself and others. What I feel about my enemies affects me far more deeply than it will ever affect them. My words create images, which give birth to my actions and experiences. There is always a direct connection between my actions and my innermost thoughts.

My internal dialogue of self talk includes my feelings and emotions which construct my belief systems. All my actions flow out of my current belief system which then determines my unique life views and experiences.

As we take full responsibility for our self talk, we consciously determine how we will experience our lives.

Ultimately, our self talk becomes the blue print for our lifestyles. Our breathing patterns regulate our thinking—what I say, what I feel and how I act. Besides Conscious Deep Breathing, self talk has the greatest influence over the quality and outcome of our daily activities.

Our minds are always chattering, feeding on memories, images, feelings, emotions and moods. If we allow ourselves to dwell on past hurts, disappointments or fears we can expect to repeat those experiences. But we can change the current template by aligning our self talk to what is real. What is real is that each of us is a spark of Divine Life. We are all one with Source. We never were and cannot be separate from what created us. In this knowledge we must build our new identity template. We are all eternal life already, breathing consciously forever.

CREATE A NEW EXPERIENCE

You and I are at cause of every experience, personal and global. You and I through our internal and external dialogue create the world as we see, feel and experience it. You and I have creative license to be who we want to be, express ourselves fully and live our grandest dreams.

Will our dreams spark benefits for others also? Remembering that we are one in spiritual reality, you cannot create something that will harm another, without harming yourself first.

The fusion of your breath with your internal and external dialogue (thoughts, feelings, emotions, words) creates your experience. You are always creating. To create consciously use life affirming self talk.

10 Positive Affirmations

1. I AM breath, light, intelligence, feelings and energies
2. I AM a positive channel through which life expresses
3. I AM in the right place, at the right time to experience my total fulfillment
4. I AM a channel of Infinite wisdom
5. I trust my nature completely to secure me
6. I AM a storehouse of abundance and prosperity now
7. I AM unlimited potential
8. I AM a perfect whole and complete expression of my Creator
9. I AM the genius of the universe in physical form
10. I AM a creative spark

Because you are one with the creative process (LIFE) you can say these with conviction and passion.

WHERE IS YOUR FOCUS?

Did your Ex drop a bomb on you again? Do you want to name your boss idiot of the year? Are those nosy neighbors up in your face again? Your family is all up in your business, right? So many things to stew about, so little time in which to do it; it makes you so mad you could bust, or kick the dog, or break a vase, the Swarovski crystal

STOP!!! Get over it! Life happens! Next, do you want revenge or do you want to change the experience?

Have you ever noticed that without all of this sludge your life is great? Without the Ex! Why doesn't he just get on with his life? Why don't you? The more focus you give to the situation, the more you bind it to yourself and the more of same you can expect.

Your boss is infuriating! So get a new job. Easier said than done eh? The point is you are never stuck but you are inextricably bound to the situation by your resentment, anger, emotionally embroiled soup. This is the immutable law of creation. Look through a new window and view new panoramic scenery. The landscape changes with YOUR focus.

So what if you don't feel it? Pretend until it feels real. You have had joy spots in your life before, bring back those tracks to mind. Treat yourself to something nice, you deserve it. It doesn't have to cost you an arm or a leg. A luxurious hot bath, listen to your favorite music, put on some snappy dance music, take yourself out to lunch, take a bus trip to another part of the city, look through an old scrap book, invite a friend over to share a meal, or just BREATHE, this doesn't cost a cent.

Create a new experience of joy

Your focus cannot be in two places at the same time. BREATHE DEEPLY and consciously choose to experience joy by bringing to mind a joyful thought, the feelings and emotions will follow. Bring the mind back to your joy spot if it wanders. It will want revenge, it will want to stay focused on the unpleasant event, don't let it. Gently bring it back on track. The mind is like a lady, it doesn't take kindly to bullying. But it can be won over easily if you say, "not so, here is my new focus, feast on this".

Breathe in a new mood

Once you are out of the immediate feeling of desperation, frustration and anger, you can begin to change your mood. New moods are anchored by deep breathing patterns along with new sights, new sounds, new images, new tastes and even new smells. Art, music, food, water, flowers, perfume are only a few of the myriad mood enhancers. Our favorite is DEEP CONSCIOUS BREATHING. Sit in a comfortable chair, close your eyes - you can be transported immediately. Spend the next 10 minutes breathing in a new soothing mood, use your imagination, the experience will always follow. At best you will feel more centered and less aggravated.

Create freedom

You have the freedom and the authority as a Creator to experience anything you want in your life as long you are committed to the change. Change need not be tiresome or frustrating. In this new millennium energy is simply a breath and a thought away. If you are struggling, you are working against yourself.

Give up the struggle. Approach everything in your life with a playful attitude. Take the action which is in your best interest to change the situation and leave the rest to the universe.

The universe gives lovingly to its children. All the serious adults who rigidly conformed to old patterns of hate, anger or resentment are quickly recycled. You are a creator whether or not you consciously acknowledge it. You now have the freedom to create whatever you want. YES you do! If you believe! We are in a magical realm where dreams do come true for those who take the childlike approach to dream, trust and play.



NOTES



HEALTHY NUTRITION

We are what we eat and drink. It is therefore crystal clear that the kinds of foods that we eat influence both our physical constitution and our emotional wellbeing.

Enough has been written and said about healthy eating to satisfy all of the concerns and questions anyone may have about the issue. Suffice it is to say that healthy eating and healthy lifestyles go hand in hand. Our interest in eating beneficially is another one of the corner stones of The Practice.

Eating For Good Health

Eat plenty of raw fruits and vegetables - whole wheat products - brown, unpolished rice - honey, molasses - cereals from banana, plantain, corn, etc. - herbal teas - fresh fruit and vegetable juices - soybean, coconut, goat's milk - fresh herbs and spices - fish, chicken, turkey (baked, broiled or steamed is best) - nuts (raw, unsalted) - sun dried fruits e.g. raisins, prunes - tubers and root crops (yams, potatoes, cassavas) - not more than 3 eggs per week.

CUT DOWN on Sodas (diet or regular) - Alcoholic beverages (rum, wine, beer, stout malt etc.) Salt - Condiments (black pepper, MSG, white vinegar, meat seasonings) - Fats (margarine, shortening, lard, fats from meats) - Beef, beef organs, pork products - roasted nuts (especially peanuts). Raw nuts are great. Eat smaller portions of - Dairy milk (regular, skimmed, powdered milk, condensed, evaporated) - Cheese, yogurt, ice cream.

When preparing foods, combine as suggested following the Fit For Life method. With proper combinations the body performs more efficiently and you will have more energy.

Have 2 of your daily meals raw. If this is difficult, try it for 2 or 3 days of the week until you are comfortable.

(Fruits are cleansers of the body while vegetables are builders).

Breakfast: 3 or more fruits; allow 3-4 hours for digestion.

Lunch: vegetables and 1 starch; allow 4-5 hours for digestion.

Dinner: vegetable, (raw, stir fried or steamed) and 1 type of protein (e.g. chicken or fish) Do not mix starch with this combination. Allow 8 hours for digestion.

Chew your food properly, especially starches. This helps to activate the enzymes needed for proper digestion.

Do not drink liquids while eating. This will dilute your digestive juices and interfere with proper digestion.

Eat only when hungry and do not overeat. Do not add salt, black pepper or sugar to your foods. Do not eat fried or fatty foods. Drink at least 8 glasses of pure fluids per day. Water, fruit juice or vegetable juice to which no sugar or milk has been added.

Eat watermelon as a meal by itself. Do not add other fruits or foods. It has an alkaline effect on the body, flushes the kidneys and is easily digested.

EXERCISE

Anything we have and do not use we are sure to lose. This statement applies equally to our physical bodies as well as our mental faculties.

A regular exercise program is essential for everyone because the more you challenge your mind and body, the better they will serve you. We simply function better if we exercise regularly and pay attention to our body, mind, soul and spirit.

Select the exercise activities best suited to your situation and make a habit of doing them. Repetition is the key and fun is the name of the game.

If walking is your choice, make it a time of pleasure and renewal. Do what comes naturally. If swimming is your choice, enjoy it. If the gym satisfies your needs, go to the gym.

Take pleasure in doing stress free activities around the house. Be up and about for the sheer joy of it.



UNCONDITIONAL SELF-ACCEPTANCE

Self-appreciation is the most important practice to develop. Know that you are the best physical, emotional and spiritual person that life is expressing right now.

Accept yourself as the direct offspring of a perfect Creator and as such, you are perfect and whole. Take full responsibility for what you feel, think, say, believe and accept about yourself. Build your self-image on your spiritual foundation alone and anchor yourself fully in your Creator as your only source.

As you decide to become conscious of how you breathe, how you talk to yourself, what you eat and your exercise program, you are practicing the infallible formula for healthy living.

You are not your mistakes. There is no guilt or shame you need to carry. If you knew better you would have done better. No one can put you down but yourself. It is important to understand that irrespective of where you have been or what you have done, you are still life's best gift to itself.

Begin to shine exactly where you are and exactly as you are. Work on being the best YOU that you can possibly be but accept the YOU that exists in the now moment.

All faults that you attach to yourself belong to your Creator as well. All attributes ascribed to your Creator are yours by right of your natural heritage.



VISION

Having a clear vision and purpose for living is the most rewarding experience any one can have. This is essential to the other four natural principles on which our lives run. The clearer our goals or purposes in life, the more satisfying and meaningful our lives will be.

Such activities as eating, sleeping, drinking and carrying out natural reproductive functions demonstrate a Divine order.

PURPOSE is, however, a conscious human enterprise based on appetites, decisions and choices. Purpose is like the steering wheel of our lives and when we act without clear ones, we often have mishaps, accidents or even apparent tragedies.

Your chosen purpose may be to fulfill a personal ambition, raise a family, follow a noble cause, or serve a human interest. Whatsoever your decision may be, it will flow from your beliefs and sense of self. Identity is the creator of purposes. The most important step we can therefore make in life is to have a clear picture of ourselves and our purpose.

VISIONING FOR PROSPERITY

Your inner world is one of thoughts, feelings, images, sounds, dreams and desires. It is through this panoramic landscape that we give birth to our everyday life.

By nature we are creative and so all conditions, environments and experiences in our lives are the direct result of our prevailing mind-set and viewpoints.

Our mind-set depends upon what we habitually focus on. It is no secret therefore, that our health, financial success, love, accomplishments and happiness depend upon the composition of our inner world. The world around us is a reflection of our inner world. In this respect much gathers more and loss leads to greater loss.

Since our 3D reality is only a reflection of the real – the inner world, it is important to spend time cultivating nurturing thoughts, positive feelings and great dreams. It is by being in this Kingdom of the Heavens not by searching for it, that we secure ourselves in the world around us – ‘what you think you are, you become’. You already have everything that you could possibly need NOW for living a prosperous life, but many of us are not aware of this.

All gain is the result of right thinking. All loss is the result of negative thought patterns and shallow breathing practices which lead to doubts, fears, anxiety and eventually loss. We are magnetic energy systems vibrating at either a positive or negative charge. With every breath, thought, feeling and emotion we create a mirror effect in physicality.

Everything your eye can see is made up of energy, which is under your control from your inner vantage point. It is what is in your mind that is always being outpictured. Your inner world causes a change in the energy field around you and it ripples back in reaction.

Do not dwell in the past or live in the future. Your only creative moment is now. If you have a clear vision, fertile imagination and understanding faith, you can create grand results. To change your life, change your inner world. In the book ‘A Happy Pocket Full of Money’ it is said that ‘Life is images of the mind expressed’.

NOTES



SPIRIT OF GENEROSITY

All of life is actively and passionately giving of itself to itself. As we share in this process we open ourselves to receive all the abundance of the universe. This is the essential law behind tithing.

When we tap into nature's process of giving and receiving we discover that that is our true nature as well. In practicing consciously to follow our true nature of giving and receiving, we perfect our own spirit of generosity. Everything we have is the result of a generous outpouring from the universe to us - our spirit, our minds and our bodies.

Hoarding and greed stem from shallow breathing fears of lack and scarcity. They block the natural cornucopia of the universe. Developing a spirit of generosity brings us back in balance with nature.

THE BEST TIME TO START GIVING

- When you are low on finances - give cash or kind
- When you feel unloved - give love
- When you feel unsupported - give support to someone else
- If you desire to be wealthy - cause someone to become wealthy
- If you desire friendship - offer friendship to someone



YOUR PASSION

Find your passion, Use it to serve humanity
With compassion and verve.
Let the light in.
Open your windows to heaven.
Allow abundance to increase,
Be the leaven to lift the weight effortlessly.
You've tried your hands at many things,
It's time to make fantasy reality;
Give your dreams wings
To soar and bring
Creature comforts galore.
For Life feels your passion at its core,
And gives you more,
Until your cup overflows,
And with abundance shows
The generosity of the universe.
As you serve,
So you deserve.

By Dawn Vaz-Green

TRUST

Trust is self-acceptance of the kind which your own spirit secures body, soul and mind. It is embracing our breath as our physical reality. Trust begins with recognizing our breath as the source of our life and choosing to live one conscious deep breath at a time. As a skill however, trust develops first with attention to our feelings and is perfected with practice. It is complete trust in ourselves that leads to self-awareness, which is the sum total of our identity.

SELF-AWARENESS

Self-awareness is all of what we are accepting ourselves as being consciously. It is our identity which helps us to live confidently from within. The goal of our consciousness has been to realize that we are what we have to trust. In all literature and traditions we have been instructed to know ourselves and through this knowledge achieve the basis for living dynamic, creative lives.

Self-awareness starts with paying attention to our physical selves; what we eat, drink, see, taste, smell and are able to feel. Our entire physical world is an ocean of sensations wrapped in the elements of air, fire, water and earth vibrations in the playful dance that we experience as ourselves. Through 'The Practice' we are now able to live on purpose and in the NOW.

Finally, because this is a practice, there is very little room for intellectual speculations and analysis as a substitute for living.

EYE

AM

a physical

SPIRIT

**Breathing,
Pulsating,
and expressing
My world**

PLAYFULLY



BEING

Cherish and value yourself. On becoming conscious of yourself, be willing to let go of attitudes that no longer serve you. Question beliefs, traditions and customs constantly and review your approach to your actions. Be willing to explore new avenues of self expression and recognize that life is in full support of your efforts.

Set your goals and move decisively towards them. Everyday should help you to feel more accomplished. Be willing to put what you have on the line in exchange for what you want. Be a Creator not a procrastinator. Be authentic and original, not a follower or imitator. What is right for the masses might not be right for you.

Know, feel and understand that passionate self acceptance seals your freedom forever. Think, imagine, visualize and energize your entire being with the power of your indwelling spirit and life will honor you with peace and prosperity.

BELONGING

YOU BELONG
TO LIFE,
YOUR CREATOR
AND THE REST
OF THE UNIVERSE.

You are never alone because you are one with ALL THAT IS - SOURCE. It might seem that you are separate but consider this: We are all a part of the same breathing circle. The breath that you inhale belonged to someone else before you and the breath that you exhale will support someone else after you.

We are all connected in the spiritual realm. It is our egos which rigidly keep us physically oriented.

YOU WERE SPIRIT BEFORE YOU BECAME
A PHYSICAL BEING.

You are spirit now in physical form and will be spirit when you leave the physical playing field.

Claim and express your sense of belonging because it will secure you and will also add value and purpose to your life.

BELIEFS

All our experiences can be traced back to their source—our belief system. They are inseparable. Your belief structure is not hidden from you. You can examine them by simply observing your everyday thoughts and feelings. Exchange those that are working against you by replacing them with those that work. This might not be an easy thing, especially if you have held a particular belief for a long time. However, in following the template of The Practice, particularly Conscious Deep Breathing and Positive Self-Talk, results are guaranteed.

Your experiences don't just happen to you. It is not by fate or fortune that you are where you are. Your thoughts determine your experiences. They are sifted through your core beliefs and archived ready for action. You act from the platform of your core beliefs. Your beliefs regulate your moods. As you take charge of your feelings, emotions and expectations, you enrich your life. It is your life and no one can influence you against your beliefs.

LIFE DOESN'T DO YOU, you do your life.

BEHAVIOR

Your behavior will always express your inner feelings and thoughts. This reinforces your beliefs and self image. Inner agendas determine outer actions. Your behavior is the only statement about yourself that the world is constantly viewing. You have a responsibility to yourself to be in harmony with YOU. This sets the tone for successful living.

BEHAVIOR IS MY....

Beliefs flowing out through my actions
Experiences past, triggering my current reactions
Habits which dictate my responses to others
Attitudes coloring myself, my sisters and brothers
Values exposing my basic self-worth to all
Intentions which I can both reverse and recall
Opinions revealing my inner thoughts and feelings
Responses fulfilling or undermining my dealings



BENEFITS

Every living being seeks benefits from life. Benefits such as satisfaction, joy, pleasure and the achievement of desired goals. A sense of belonging, appreciation, fulfillment and acceptance are other benefits that help to fuel our journey.

As you practice conscious deep breathing, positive selftalk and all the life affirming habits in The Practice, you will see and feel the difference you seek. You will become aware of the meaning of your life and how it works. You will feel a new sense of balance and inner security and this will help you in developing a clear purpose and vision for YOU.

Take the time to understand yourself, put in the necessary effort and the changes you desire will come naturally.

You deserve to be your fullest potential. You are who you have to work with. You are the center of your universe. It's all about YOU.



7

PRINCIPLES OF BEING

In much the same way that we create music from musical notes, language from the alphabet and numbers for counting, the seven principles of being work together to create our moods and experiences.

1. Life
2. Intelligence
3. Consciousness
4. Love
5. Truth
6. Feelings
7. Actions

7

FACTORS OF CREATION

1. SPIRIT

2. BREATH

3. MIND

4. BODY

5 FEELINGS

6. INTELLIGENCE and

7. CONSCIOUSNESS

These seven factors make up our BEING.

7

TOOLS OF CREATION

Some of our natural tools which we use to create our experiences are:-

1. Sense of touch
2. Sense of hearing
3. Sense of sight
4. Sense of smell
5. Sense of taste
6. Language
7. Sense of belonging and security



PROUD TO BE ME

Inside and out I feel good being me
From head to toe I am important and free
As light as a feather
As clear as a thought
I am better than any jewel sold or bought

I accept what I am as equal with all
And need no pedestal from which to dangle or fall
Life has made us all so for time and eternity

I unite earth and heaven by accepting me
And fulfill all conditions to be responsible and free
By feeding my body, my mind and my soul
With a proud sense of self
Sufficient and whole

by Desmond Green



A REVERENCE FOR LIFE APPROACH

Reverence For Life is achieving and practicing self-consciousness. Reverence For Life is the world's oldest living social practice. It supports the religious cultures and practices of all people. It is a culture, which recognizes the sanctity of all life and includes everyone irrespective of his or her personal or worldview. It casts no judgment, it throws no blame, and it projects no guilt. Its nature is an OPENESS, which under-girds the evolution of cosmic consciousness through the achievements of self-consciousness.

Reverence For Life is not rooted in dogma. It is a culture based more on practice and observation than on creeds. It is an attitude of honoring life at its deepest levels and in all of its forms. Every aspect of creation has within it its own spark of the Divine Life. Reverence is the acceptance of ourselves as the out picturing of the highest potential of each person's understanding and is therefore of Divine value.

Through reverence we honor ourselves as we understand our interconnectedness with the entire universe and perceive ourselves as being one with the mineral, plant and animal Kingdoms. An attitude of reverence accepts our lives as sacred and accepts every living creature as being equally sacred. The essence of Reverence For Life is outlined in The Practice of conscious deep breathing, positive self-talk, nutritious diet, a regular exercise habit, clear purpose for living, unconditional self-acceptance and a spirit of generosity.

NOTES



IMAGE BASED VS BREATH BASED RELATIOINSHIPS

How many of us have lived for the longest while under the control of our memories and the mental images that dominated our minds. We saw life and developed relationships purely along the lines of what we thought and suspected instead of what we were actually feeling. That is how I too behaved until I was introduced to the practice of breath based relationships.

This new idea opened my eyes to the reality that living in the present is a conscious decision. I was shown how my image based relationships prevented me from getting in touch with myself while keeping me out of touch with others. I was made to see how breathing consciously helped me to face my true feelings as they are happening.

Conscious deep breathing also shattered the host of mental images and screens and chatter which blocked me from hearing other people's points of view. It is truly amazing to experience the differences between these two outlooks and modes of building relationships. What I do know is that conscious deep breathing has certainly given me a new lease on life. I have now started the most wonderful healing process for myself and my family using this method.

Image Based Relationships

All image based relationships are FEAR BASED.

- Keeps you in your head instead of in your heart
 - Ties you to experiences that have passed and prevents you from experiencing the NOW moment which offers a fresh start, a new beginning for a joyful experience and a chance to build bonds of communication.
 - Keeps you from experiencing the Divinity in others
 - Image based relationships are based on what you think you see versus what is REAL
 - Prevents you from loving unconditionally
 - Hampers you from living your own life joyfully while

it ties you emotionally to the other person's appearance, behavior or life style

- Robs you of your power and saps your energy

Breath Based Relationships

All breath based relationships are LIFE AFFIRMING

- Keeps you focused on what is real – the Divine in all of us
- Helps you to be centered in your own reality or breath
- Keeps you feeling from the heart level
- Resolves apparent differences
- Smooths over rough patches
- Keeps you in love with LIFE and LIVING and more importantly, YOURSELF
- Re-energizes you as it feeds you with the breath fuel from the Divine

How it works

A simple 5-minute is all it takes. Find a quiet area, make yourself as comfortable as possible, close your eyes and begin to breathe consciously and deeply. Inhale through your nostrils, hold each breath to a count of five and then exhale through your mouth slowly until you feel relaxed. Repeat this about ten times.

Allow all of the images, memories and thoughts about yourself and your family to flow freely in and out of your consciousness. At this point, breathe the breath of freedom into them, one by one before releasing them to their fortunes. After about five minutes of this deep breathing cleansing exercise, you will feel at peace with yourself and all of the occupants of your mind.

This practice is yours to use at any time against all unsettling and unwanted feelings, images and thoughts that may choose to approach your mental space. All of your family members, thoughts, self-images and feelings can now enter into your personal space by your invitation only.

This method is so simple yet so effective that even while you are experiencing its benefits of inner peace, freedom from fear and other distresses you will hardly believe it.

Now you can also begin to balance all of your intimate family and social relationships. With this very effective Conscious Deep Breathing practice you can bid a permanent goodbye to image based shallow breathing experiences and their physical, mental and emotional diseases of negative relationships.



ATTITUDES THAT WORK

- Feast and Play
- Sing and Dance
- Look and Learn
- Live and Love
- Give and Take
- Pass it on
- Forgive and forget
- Trust yourself
- Take your own advice
- Be your own standard
- Love your own company
- Obey your spirit
- Follow your intuition
- Relish your own insights
- Value yourself
- Harbor neither guilt, shame nor blame
- Love yourself passionately



By DESMOND D GREEN

A TEACHER'S GUIDE TO THE 1st R SKILL-SET

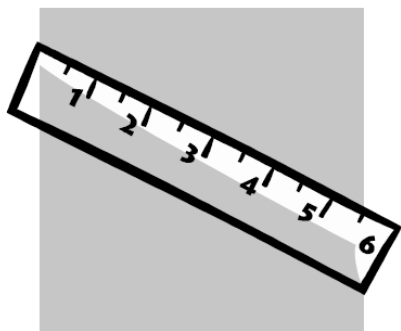
For Primary/Elementary (Age 4 -12)



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Adding **R**everence to the skill set of
Reading, '**R**iting & '**R**ithmetic

EMPOWERING EACH CHILD....
TO MOVE JAMAICA FORWARD





What is the Ist R Guide?

THE Ist R Guide is aimed at children in Primary/Elementary Schools (Age 4 – 12). The Ist R is the addition of Reverence to the existing skill-set of Reading, 'Riting and 'Rithmetic. This model is an educational method for children, based on the theories of child development rooted in a reverence and respect for all life approach.

Components of the Ist R skill-set are:

1. Conscious deep breathing exercises
2. Affirmative language and positive self-talk
3. Developing healthy eating habits
4. Exercise for strengthening bodies and minds
5. Unconditional self-acceptance
6. Cultivate a spirit of generosity and
7. Create and maintain a clear vision of self as being at one with all of life

An Introduction to the 1st R Skill-set

THE VISION

- Classroom environments of nurturing, self discovery and creativity, ultimately leading to the child's complete self acceptance as the norm instead of the exception
- Effective training of trainers who become beacons and transmitters of the 1st R model
- Effective and integrated worldwide accesses to valuable 4th R resources to create a world community of members who actively participate, develop, and excel
- To stimulate and encourage family growth through parenting counseling, cable television workshops and speakers
- Create a culture that sees *'the world as one family'*

THE VALUES

- Integrity, respect and tolerance for all and a commitment to value and protect our natural environment
- Excellence: We are dedicated to ongoing learning for individual and organizational growth. We continuously improve our processes, procedures, and services to exceed the expectations of those we serve.
- Creativity and Flexibility in a creative work environment that supports flexibility, collaboration, team work and openness to new ideas and practices, risk taking, and forward thinking.
- Open Communication – We share information that keeps stakeholders actively involved because we recognize the importance of community and worldwide participation and collaboration.



THE PHILOSOPHY

Every aspect of creation has within it its own spark of the Divine Life awaiting recognition and acceptance at the human level. Reverence for life is the attitude of honoring life at its deepest levels and in all of its forms which is learned through mindful behavior and practices. It casts no judgment, it throws no blame, and it projects no guilt.

Through reverence we honor ourselves as we embrace our interconnectedness with the entire universe and perceive ourselves as being ONE with the mineral, plant and animal kingdoms. An attitude of reverence accepts our lives as sacred and accepts every living creature as being equally sacred.

UNIQUE FEATURES

A grasp of the 1st R of reverence for life allows the child to rapidly assimilate the other 3 R's because he or she will be developing the truest sense of belonging to nature grounded in the given potential of the self.

Because children do live and act upon what they see and learn from their living environment, introducing the 1st R is as natural as breathing.

BENEFITS

The benefits of introducing reverence as an integral piece of the school curriculum, particularly at the early childhood and elementary stages, is that a values based education lasts throughout the life of the child and becomes the foundation of caring individuals and cultures.

The high related costs of not including this vital segment to the education skill-set is witnessed in senseless loss of human lives and lawless societies bearing the scars of crime and violence.

THE PREMISES

- The formula for change is experiential education.
- Life skills are passed on from one generation to another through experience and developed through practice. This is an observable fact among all species.

Reverence for life is a learned skill-set. Its components are:

- (1) Connecting to the source of all life through conscious deep breathing,
- (2) Affirmative language and self-talk
- (3) Healthy eating habits
- (4) Exercise
- (5) Unconditional self-acceptance
- (6) Generosity and
- (7) A clear vision of self as being at one with all life.

- Children are capable of self-directed learning.
- The child at the heart of the learning process is a priceless gem to be cultivated.
- His/her value, whether literate or not, is communicated, inculcated and assimilated through reverence for life practices and nurturing.
- As the child learns to interact with his or her natural environment this becomes the basis for the roll out of reverence for life presentations and avenues of learning.
- The 1st R skill-set is learned effortlessly and joyfully through games, story telling and other fun activities.
- A grasp of the 1st R of reverence for life allows the child to rapidly assimilate the other 3 R's because he or she will be developing the truest sense of belonging to nature grounded in the spiritual potential of the self.
- The child's ability to absorb and process information from birth to age 7 is a well documented phenomenon. At this age they possess limitless motivation to achieve competences in the languages of their environment and the skills needed for its full

understanding.

- Children learn through discovery and interaction with their environment.
- The 1st R model acknowledges that children are the foundation of any society.
- Children do live and act upon what they see and learn from their living environment.



OUTCOMES

- Children who are respectful and courteous
- Developed self-awareness skills to see self in relation to others and the environment
- Children who value themselves and others
- Children who care for themselves and others
- Self directed learners
- Children who have a keen sense of belonging
- Children who take pleasure in learning
- Well adjusted individuals
- Children who are emotionally balanced

Working with the 1st R Skill-set

Components of the 1st R skill-set are:

(I) CONSCIOUS DEEP BREATHING

Conscious Deep Breathing is a technique that is always available to all of us. Deep breathing sends the message to our body that we want to relax. The body uses deep breathing as a signal. These signals are important in times of stress, when experiencing intense feelings, and to quiet the mind. Breathing techniques can be presented as magic tools and magic is usually considered fascinating by children.

We are all born belly breathers. Usually by the time we are six or so, we become shallow chest breathers. The trouble with chest breathing is that our body does not get the full amount of oxygen that is necessary to keep all of our cells operating at optimal levels. When we re-learn to belly breathe, we teach our body to relax, and provide much needed oxygen supply at the same time.

Teaching children how to breathe deeply involves more than just stating the command. When we say to breathe deep, children often raise their shoulders up to their ears, which cause tension in the neck area.

Rather than a shoulder shrug, we want to emphasize the movement of the tummy. When we do deep abdominal breathing, our abdomen actually expands on the in breath and contracts on the out breath. Observation is the first step. Placing a sticker on the tummy usually helps them to focus on belly breathing.

Now to the count of three, take a deep breath and watch the sticker rise up. Now, let the breath out slowly and watch the sticker fall down. Place a hand on the tummy and practice again. Finally, give a stuffed animal a ride on your tummy for further understanding.

Additional Activities:

Choose our favorite items of smell, (e.g. flower, candle, cinnamon container, smelly sticker) and practice taking deep breaths while smelling the sticker. Make fun colorful cards that state: "I have magic breath" and place at strategic points in the classroom.

Conscious deep breathing:

1. Focuses attention and increases concentration
2. Promotes good moods
3. Calms hyperactive children
4. Improves awareness
5. Breathing is one of the most direct ways we have of changing our chemical and biological state to affect our neurology. Within breath is contained life-force (energy).
6. Refuels all the cells of the body

The Spiritual Aspect - We are Divine Breath in flesh. Behind every expression is its breath. The breath behind all manifestation is its essence, which is the Infinite Universal LIFE supporting all life. It is infused in all life and expresses itself through all things, animate and inanimate.

The assimilation and direction of your breath (lifeforce) is increased through your conscious awareness and by your breath focus. Through breathing we also interact and interconnect with our surroundings.

The Physical Aspect - Have you ever had a seriously frightening experience? Did you notice what happened to your breathing pattern at that time? Nine out of ten times you tightened up, went into the sympathetic nervous system, which is "fight or flight." By cutting off the brain's oxygen supply, we are unable to think clearly and we can't function effectively. This is why the first pillar of the 1st R skill-set is deep conscious breathing. Also vital to this project, is the calming effect that it has if used as a fun exercise by a classroom of boisterous children.

The impact that deep conscious breathing has on various physiological systems are many: At the cellular level the body and brain depend on an adequate intake of oxygen for optimum performance. Deep and slow conscious breathing tones the entire central and peripheral nervous system. The quality and efficiency of blood circulation depends on breathing. Through conscious deep breathing we support our overall health, improve the functioning and efficiency of our heart, lungs, and other internal organs and systems.

All physical systems are connected; changes in one system influence other systems. Respiration is the only system that can be easily consciously regulated. Breathing consciously is a gateway to influencing the state of our body: Heart rate, Blood pressure, Stress, Hormones, Digestion, Sleep, Immune functions. We are able to help balance our emotions through conscious deep breathing. Breathing mirrors our emotional state and can be used to shift emotions and energy levels. We are able to transform our stress into usable energy for self-healing and self-development.



(2) POSITIVE SELF TALK

“Sticks and stones will break my bones, but words may wound me forever”

Self Talk is all internal messages that we feed ourselves by way of words, thoughts, emotions, feelings and images that build our unique belief systems which in turn define who we are and how we act at any given time. Our patterns of negative or positive self-talk start in childhood and like seeds planted in the psyche, will eventually determine our character. Most of the time we are in a constant mental dialogue; we feel, we think and we accept things about ourselves every day from our environment, our experiences and our society.

Very frequently these messages we give ourselves are negative and will over time determine how we experience our lives. Messaging creates changes and maintains ALL belief systems through constant repetition.

Behavior Therapy concludes that in young children, the presence or absence of positive self-talk is strongly related to mental well-being. Parents and teachers should teach and encourage children to use positive self-talk as part of their personal self-development.

Well adjusted children are likely to result from such an endeavor.

Let's take a look at how the behavior patterns, habits and beliefs are formed and retained in the mind in order to understand the profound implications of positive self-talk.

Anytime a statement is spoken to or by us, “You are so smart” or “I am smart!” and repeated many times over the subconscious mind accepts the information in its computer bank. Like a familiar song or like learning the alphabet, we need a place to store information and recall it as needed. The conscious mind would be on overload if it had to retain every experience and thought we ever had. The sub-conscious mind is also the part of the mind that is responsible for directing the body's functions.

Unlike the more rigid mind of the adult, children are quite receptive to accepting what they are told and therefore far more impressionable. Acceptance of either positive statements or negative statements about themselves have a profound impact.

The ideas, concepts and statements they make about themselves or the world around them become part of their internal belief system and become the driving force behind many of their behavior patterns and habits. Children who are always told “You are stupid and can’t do anything right” will have difficulty throughout their lives. This will also result in dysfunctional personalities.

I Am What I Think I Am

Teaching children to be aware of their thoughts is one of the most important tools we can teach them. There is so much information and messages that pass through our minds on a daily basis, that it can become confusing for a child. The ways in which a child talks to him/herself reflect his/her self-concept. Children, who constantly complain, telling themselves that they cannot do certain things, are in fact creating a self fulfilling prophecy. The situation is corrected by modeling positive self-talk.

Have them make the affirmation “I am what I think I am” a constant thought for contemplation. By teaching children early to be aware of their mental activity, we are delivering awesome life skills that will empower them to be successful in whatever they choose to achieve.

Create a Positive Atmosphere

Words, colors, music, laughter all have the power to create a positive atmosphere. If the environment is gloomy and depressing, learning won’t be fun.

Balloons, children’s drawings or paintings and pot plants all add to the cheerfulness of a room. Our environment influences our thoughts. If we start to surround the classroom with positive words and pleasant images we influence the feelings, thoughts, actions and reactions of our children.

Affirmative Words To Start

We can start to influence our children’s thinking in a positive way by surrounding them with positive words or images. For younger children we will rely on auditory stimulation and positive images until they are able to read. Start by giving your children some

[

]

simple positive words/images on the blackboard. Think of words that might be relevant to their current experiences.

Incorporate the use of these words into simple conversation. In story time introduce positive words and/or ideas. Depending upon the age of your children, you could make a little game out of how many times we can use the word “awesome” today.

A list of ideas for affirmative words & phrases:

GOOD JOB
GOOD GIRL/BOY
GREAT WORK
NICE TRY
GETTING BETTER
LOOKING GOOD
YOU'RE IMPORTANT
JOY, LOVE, HAPPY, FUN,
LAUGHTER, KINDNESS,
LIGHT, PEACE, PROSPERITY

For older children, when they have writing assignments, let them use their own affirmations as practice. Assign affirmative words for spelling exercises.

Affirmation Use

Above all, it doesn't matter so much that you follow a pre-constructed script, but that the words and style are individualized to your particular class's needs.

After you have successfully practiced with affirmative words, you can begin to discuss positive thinking and the use of affirmations with your children. When designing affirmations, always state them in the positive, present tense; make them relevant to whatever is going on in the child's life at the moment. Give out happy pebbles (ordinary pebbles found in the garden) to be used by the children as reminders. Reminders or “triggers” in the pocket can also work to trigger a thought as well. Whenever they touch the pebble, they repeated, “I am strong”. It is important to teach children that it does not matter what is, at the moment. We are concentrating on creating what we want.

Gentle Reminders Support the Process

As you are in the process of introducing these tools to your class, simple reminders can be helpful. Sing a little jingle or lightly state, “Uh, oh, time to turn off the brain from silly thinking.” Smile and announce the arrival of the “happy thoughts policemen.” Carry some little happy face stickers in your pocket and share them to shift negative thoughts to positive thoughts.

Model using positive self-talk. Do this out-loud for your kids to hear. For example, if a child is misbehaving, you could say, “Jane/John is in charge of her/his feelings and will take a deep breath and come out of the silly zone.”

Give affirming messages. You can say to your children things like, “It’s okay to be upset but you can choose to use your magic breath to feel better.”

Model changing negative self-talk. When you say something negative, change it to something more constructive. For example, instead of, “I can’t believe how foolish you are; say, “We make mistakes, but learning means doing the correct thing next time.”

GUIDED VISUALIZATION

What can kids do when they’re angry, anxious or frustrated? How about the “mad” dance? Make up a little energy dance where they shake their whole body and laugh.

Your Counting & Feeling Beads – A large cloth bag with any kind of beads or peas is an interesting sensory experience. Children can also guess the number of beads or peas. Learning to count can also be fun using your bag of beads. They can make their own bead bags as art projects.

This practical guide walks teachers and parents through the concept of emotional competency, which begins by teaching children to identify and acknowledge their feelings.

(3) HEALTHY NUTRITION

Poor eating habits, especially in young people, result in low academic performances, hyperactivity, irrational behavior and an inability to make beneficial choices for their lives. It has now been proven by many research projects that a child's ability to learn is linked to healthy eating habits.

Potential questions for your class:

- Why are you able to walk, run or play with friends in the playground?
- If strong bones allow you to play and do the things that you like, how do you grow strong bones?
- When you eat dinner at home or at a restaurant, how do you decide what to eat?

All children benefit from healthy eating and physical activity. A balanced diet and being physically active help children: grow, learn, build strong bones and muscles, have energy, maintain a healthy weight, avoid obesity-related diseases like type 2 diabetes, get plenty of nutrients and feel good about themselves.

Parents play a big role in shaping children's eating habits. When parents eat a variety of foods that are low in fat and sugar and high in fiber, children learn to like these foods as well. With many parents working outside the home, teachers can help shape children's eating and activity habits. Encourage your children to eat well-balanced meals and snacks, as well as plenty of active play time.

Just like adults, children need to eat a wide variety of foods for good health. Use the Food Guide Pyramid below as a starting point for teaching children to make healthier meal and snack choices. When you help children build healthy eating habits early, they will approach eating with a positive attitude - that food is something to enjoy, help them grow, and give them energy.

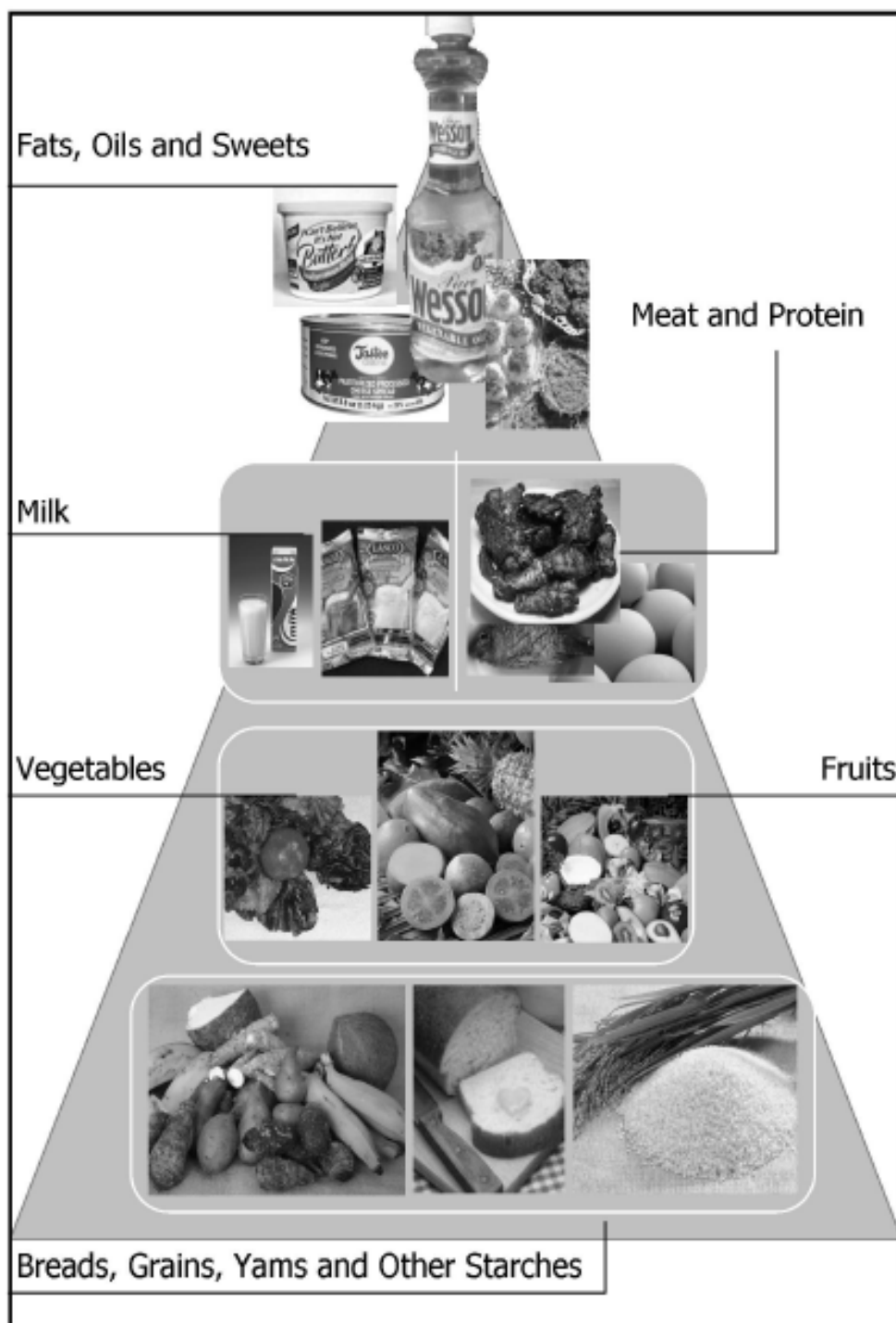
A GUIDE TO HEALTHY FOOD CHOICES

Daily food servings:

- Fat, Oils and Sweets use sparingly
- Milk, Cheese, Yogurt group – 2 to 4 servings
- Meat and Protein group – 2 to 3 servings
- Vegetables – 3 to 5 servings
- Fruits – 2 to 4 servings
- Bread, Grain, Yams and other starches – 6 to 9 servings

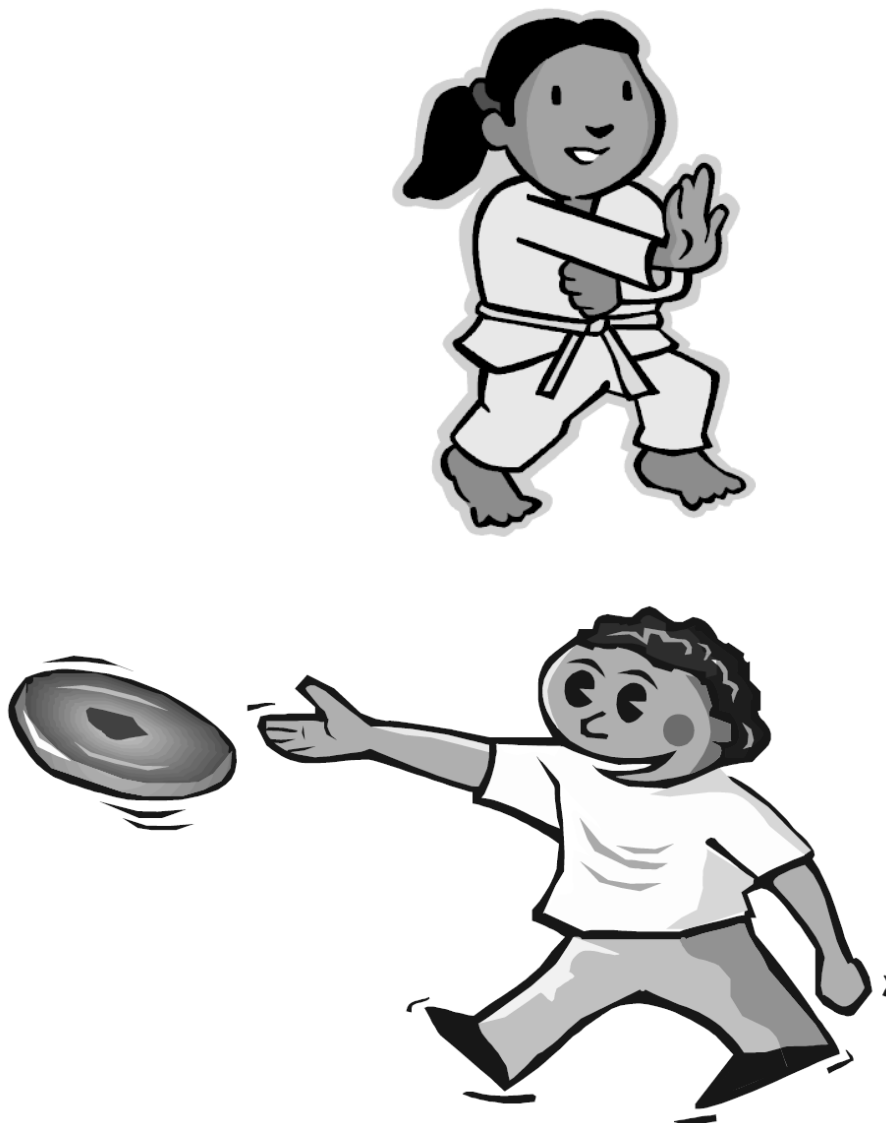


THE HEALTHY FOOD GUIDE PYRAMID



(4) EXERCISE

Exercise reduces depression, anxiety and low self-esteem; improves mental and emotional well-being; builds and maintains healthy muscles, bones, and joints; burns excess energy that comes from anxiety or nervousness; transforms difficult emotions into sources of strength; harmonizes and heals the dysfunctional psyche and positively colors every single aspect of life and living.



(5) UNCONDITIONAL SELF-ACCEPTANCE

Most of us have been programmed since childhood to base our worth on our accomplishments. With this model, if you haven't accomplished much in terms of accolades or advancement, you are not worth much. Yet your true worth is intrinsic to you as a human being and can neither be increased nor diminished. Nurturing relationships with our children communicate to them the sense of belonging which enables them to accept themselves completely. Words of encouragement inspire self-worth whilst criticism promotes low self-image.



(6) SPIRIT OF GENEROSITY

An underlying core value of the 1st R project is developing a spirit of generosity in both young and old. Learning the qualities of noble-mindedness and the prospering power of generosity is essential if we are to rise above the level of selfish appetites. No matter what our station in life or our economic conditions, we all have the capacity for giving. The movie “Pay It Forward” outlined the far reaching impact this can have on a community – if three people each help three other people, the first ripple effect is that nine people are helped. Multiply this by a fully participating community and you can see its huge potential. Multiply this by a country with 2.7 million people and you will feel its spiritual and emotional tsunami effects.



(7) CREATING A CLEAR VISION OF SELF

Who are you? Who do you want to become? For all children, the kind of environment they grow up in will determine their success or failure to become productive citizens. The 1st R model recognizes that each human being is perfect and helps the child to awaken to his/her divinity in order to set their personal identity compass and fulfill their unlimited potential.



TEACHING STRATEGY

Be accepting and empathic:

When a child of any age shares his/her feelings, adults need to accept them as legitimate. Empathize even when a child is upset about things that seem like “small stuff” to you.

Show respect as well as love:

It's easy to become impatient or critical when a child is sharing his or her ideas. Listen carefully, and maintain eye contact while the child is speaking. Respect his or her personal space. We often treat children as though they are people in training instead of whole persons; common courtesy should prevail.

Compliment and encourage your children:

Have a heart that never hardens, a temper that never tires and a touch that never hurts. All children wear the sign, ‘I want to be important NOW.’ Make sure each child gets focused attention every day.

Young Children are highly receptive:

Young children are highly suggestible and always mimic what they hear or see. For the first six years of their lives the right hemisphere of their brains are quite active. This is the part of the mind that is responsible for spatial and creative thinking. Young children are naturally excited learners. Like digital cameras, they are constantly capturing information and implementing the newly found knowledge almost immediately. After a series of repeated demonstrations and instructions, followed by their own experience, they become masters of new behavior.

Positive Affirmations to teach your children:

- I love myself
- I am important
- I love learning new things
- I am creative
- I am unique
- I sleep well at night
- I love healthy foods
- I share my toys
- I love meeting new friends

Affirmations - positive statements serve as important SELF-EMPOWERMENT tools for children and are utilized throughout their lives. Children, who learn to feel good about themselves, cope with life's challenges effectively and communicate their needs more clearly. Through a healthy internal dialogue they ultimately become cheerleaders for their own success and learn to respect and love themselves.

EXERCISES, GAMES & MORE

ROUND BREATHING GAME

Have the children form a circle and begin breathing with no pause between the inhalation and exhalation, it is one continuous flow. Breathe 10 round breaths, clap hands, then have them turn to each other and pretend to blow their magic breath.

Breathe in sunshine and breathe out dark clouds. Sing “I am the sun, you are the sun, we are the sun.”

BREATHALIZED IMAGINATIONS

Have children focus their breath energy on love and peace in their families, in their school, in Jamaica and in the world.

BREATH OUT FEARS – breathe in safety and security

BREATHING in pairs with a friend – have them focus on feelings of joy



SELF TALK EXERCISES

A CELEBRATION OF SELF

Unconditional self-acceptance

I am safe

I am healthy

I am lovable

I love my world

I am important

I am my Creator's shining sun shining brightly for all to see

I trust myself, turn to friend and say 'I trust you'

NOISE CONTROL

Quiet Points (for older children)

Create a points system with each period worth 20 points. If a student disobeys the quiet rule, the points are subtracted in increments. First they are left with 18 points and then 16 points and so on. At the end of the period, record a running total of points on a section of the board. They like to see how many they can collect. They can compete with other classes to see which class collects the most points each week. This should get special mention at school assembly and be prominently displayed on a common notice board. Prizes and recognition will depend on the school.

Getting Students' Attention with Chimes

Since many teachers are having classroom management difficulties, we suggest the use of a chime to get children to settle down. They will love the beautiful sound and it is a way to indirectly teach a little music.

The Talking Stick

When children are interacting in sharing sessions, pass the talking stick from one to the other. Only the person with the talking stick has permission to speak.

Lowering Noise Levels

To remind children of excess noise, raise both your hands in the air and wait for the children to do the same. They will respond until everyone in the class raises both of their hands. This is done with a smile and with a reminder of the appropriate noise level.

Silent Noise

Particularly useful at the start of the school year or on days near special events when students are talking during introductory instructions - tell them they can keep talking, just without sound. This will catch their attention quickly. Then explain that when so many are talking all at once in the room, it takes away teacher's words. Let them try to figure out the directives you are giving them. When only your lips are moving it will get the class quiet so that you can continue with your lessons.

Quieting Rambunctious Students

Quieting a rambunctious group can be a challenge, but try these simple tricks. Teach the children to copycat movement patterns, saying 'do what I do' while moving your arms up and down, pat your head, touch your nose, etc. Initially do one movement, and then switch movements about every 5 seconds. Later, do a pattern of movements. Children need to watch and tend to stop talking as they concentrate on imitating. Praise children for copying quietly. In addition to getting their attention, this gives them a simple movement break, and if you combine activities that cross and uncross the midline it helps their sensory systems and improves their thinking skills.

Another trick, especially for a noisier group, is to clap patterns and have them imitate. Teach the game during group time first and then from anywhere in the room, you can clap a pattern, and the children will begin imitating. Continue the same or varied patterns until everyone is quiet and joins the game. This strategy practices sensory processing as well as auditory attention and memory.

Moving into another room with a class can be hard, but try 'Put a Bubble in Your Mouth' game. They puff up their cheeks and close their lips. If they talk, they have popped their bubble. (Just watch that they don't hold their breath!) When you arrive at your destination, everyone gets to pop their bubbles. Also remind them that bubbles don't make noise when they pop.

Noise Level Music - To get the attention of students, blow a harmonica. When the students hear the harmonica, they know that they are to stop what they are doing, look at you and listen quietly. Have the younger students put their hands on their heads as well, they will enjoy the game.

Reading to Students

Any down-time in the classroom can turn into chaos. Solve this problem by reading to the kids each day when the lesson is completed. Children absolutely love to be read to! While you are reading, the kids can draw or put their heads down. This will be the calmest time in your class. Besides the obvious of sneaking in concepts and historical information, the kids are exposed to literature they would never read themselves. It opens up topics for discussion, promotes listening comprehension, and is a way of modeling a love of reading

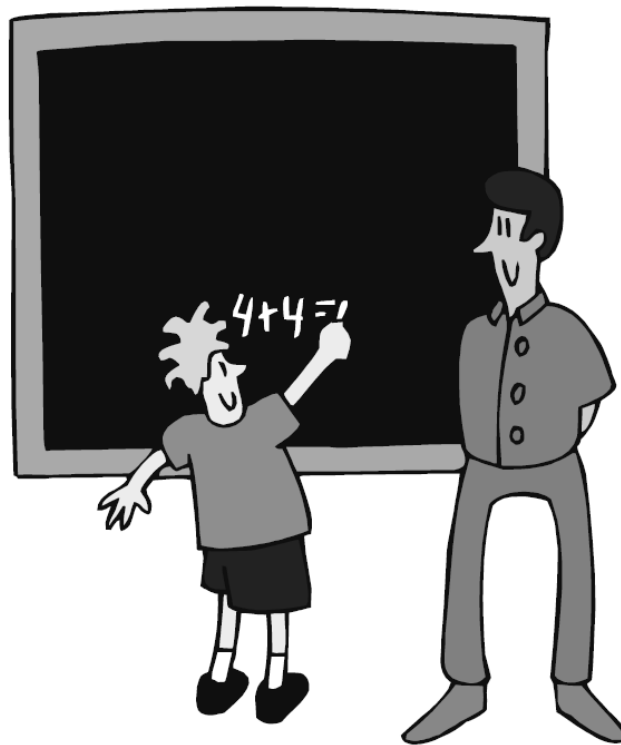
Speaking Out of Turn

One of our favorites is when one student is asked a question and another answers, ask 'how did you make your voice come out of his/her mouth?' It's very effective management technique that points out to the class, in a subtle way, communication tactfulness.

KNOW THE CHILDREN YOU TEACH
BUILD A CLASSROOM COMMUNITY
ESTABLISH STRUCTURE FOR THE CLASSROOM
GUIDE CHILDREN'S LEARNING
ASSESS CHILDREN'S LEARNING
BUILD PARTNERSHIPS WITH FAMILIES

BENCHMARKS

These developmental steps help teachers to determine each child's current development in relation to each objective, and to decide what specific support and kinds of experiences will enable each child to develop and learn the 1st R skills.



SOCIAL/EMOTIONAL DEVELOPMENT & BEHAVIOR - Responsibility for Self and Respect for Others

Benchmarks	A	B	C	Teacher's comments
Is courteous and caring to others				
Is respectful and polite				
Demonstrates ability to make good choices				
Demonstrates self-direction and independence				
Chooses and becomes involved with class activities				
Demonstrates independence in personal care				
Takes responsibility for own well-being				
Uses self-help skills with occasional reminders				
Uses self-help skills and completes chores without reminders				
Understands the importance of self-reliance skills and their role in healthy living				
Demonstrates self-direction and independence				
Interacts well with other children and grown ups				
Demonstrates interest and participates in classroom activities				
Follows classroom routines				
Understands and follows classroom procedures without prompting				
Practices the 7-steps naturally				

COGNITIVE DEVELOPMENT - Learning and Problem Solving

Benchmarks	A	B	C	Teacher's comments
Observes objects and events with curiosity				
Observes attentively and seeks relevant information				
Explores cause and effect				
Shows curiosity and desire to learn				
Enjoys experimenting and problem solving with ideas				
Approaches problems flexibly				
Experiments with materials in new ways				
Finds alternative solutions to problems				
Shows persistence in approaching tasks				
Sees simple tasks through to completion				
Continues to work on task even when encountering difficulties				
Applies knowledge or experience to a new context				
Draws on everyday experiences and applies this knowledge to similar situations				
Demonstrates confidence in growing abilities				

SOCIAL/EMOTIONAL DEVELOPMENT - Sense of Self

Benchmarks	A	B	C	Teacher's comments
Shows ability to adjust to new situations				
Functions with increasing independence in school				
Demonstrates appropriate trust in adults				
Shows confidence in parents and teachers abilities to keep him/her safe and healthy				
Regards parents and teachers as resources and positive role models				
Knows the difference between adults who can help (family members, friends, staff) and those who may not (strangers)				

SOCIAL/EMOTIONAL DEVELOPMENT – Pro-social Behavior

Benchmarks	A	B	C	Teacher's comments
Plays well with other children				
Works/plays cooperatively with one other child				
Successfully enters a group and plays cooperatively				
Maintains an ongoing friendship with at least one other child				
Helps others in need				
Recognizes the feelings of others and responds appropriately				
Is aware of other children's feelings and often responds in a like manner				
Shows increasing awareness that people may have different feelings about the same situation				
Recognizes what another person might need or want				
Understands the importance of self-help skills and their role in healthy living				

EXPRESSION THROUGH ART FORMS AND ACTIVITIES

Benchmarks	A	B	C	Teacher's comments
Shows creativity and imagination in play with materials and props				
Enjoys singing games, dramatizing songs and moving to music				

HEALTH AND NUTRITION

Benchmarks	A	B	C	Teacher's comments
Demonstrates health and personal care habits				
Makes healthy food choices				
Open to trying new foods				
Shows awareness that some foods are better for your body than others				

**Validate Children's Accomplishments and Progress
Ensure that Classrooms Convey the Positive Messages Intended
Teach by Example**



LET THERE BE PEACE ON EARTH AND LET IT BEGIN WITH ME