



peace  
week 1

# Rate Yourself

On a scale of 0-10, how present  
are you right now?

0-1-2-3-4-5-6-7-8-9-10

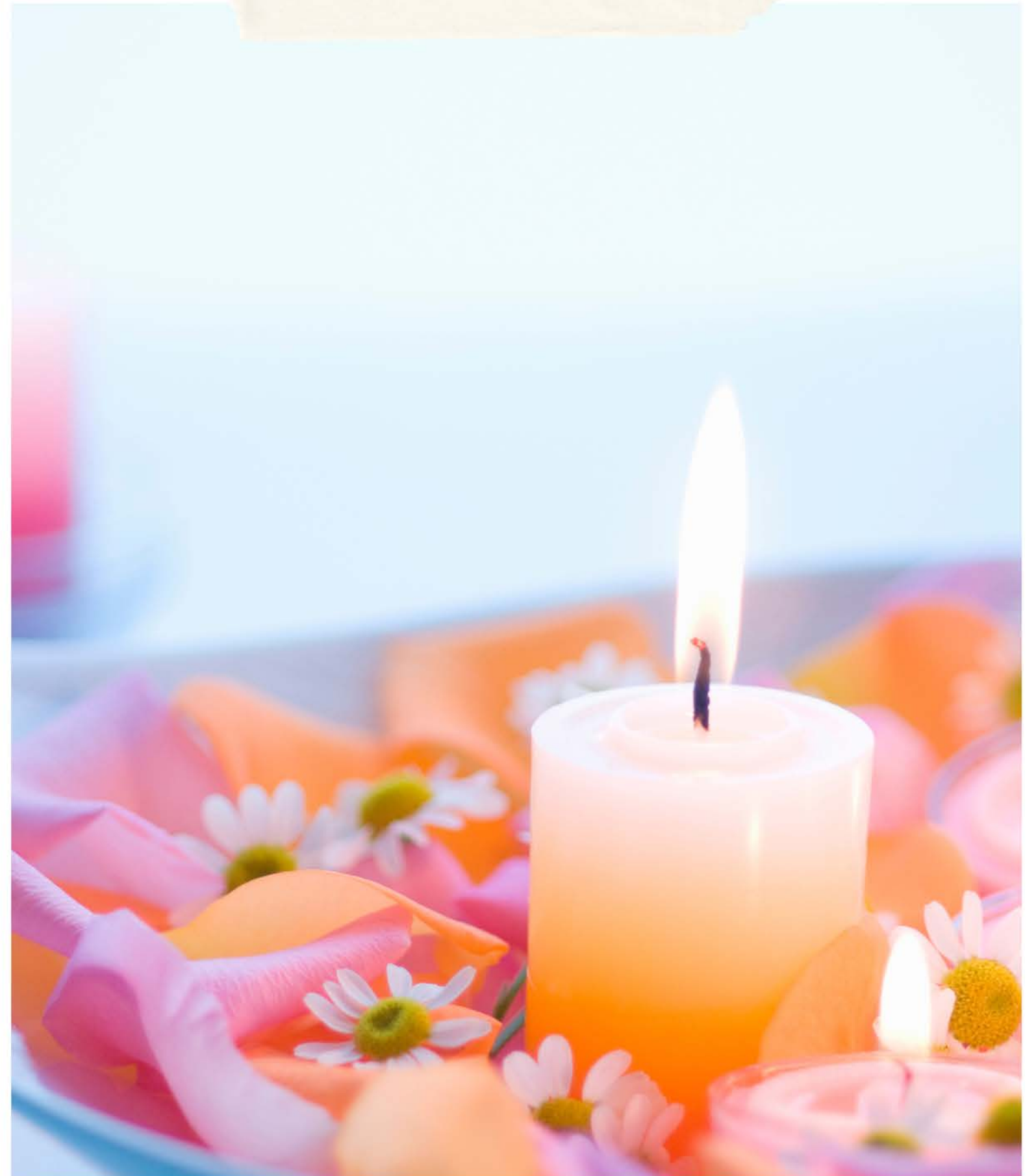
0 = completely checked out, not present

3 = mostly not present, many thoughts  
about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about  
the past, future or distracted by thoughts

10 = completely present





a woman of peace sleeps well at  
night; because a peaceful night is  
her ultimate reward.

— gift gugu mona  
author



# Housekeeping

This book and classes are for education and inspiration.  
This is not therapy and participating does not constitute a  
therapeutic relationship.

Be kind, positive and respectful. Share solution-focused ideas about  
what works for you. Everyone is welcome here.

Classes are recorded and will be on the membership page. Your  
Zoom image does not appear there...if you participate in class, your  
voice/image will appear on the video.

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your personal use.  
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T h e M o d e r n C r e a t i v e W o m a n





# Modern Creative Woman

- We are a fun, supportive learning community.
- We commit to creativity and creative thinking.
- We focus on our values, purpose, and aligned actions.
- We practice knowing ourselves more so we can make our relationships and the world a better place.

The Modern Creative Woman





# Modern Creative Woman Timeline

**MINDSET**  
RELATIONSHIP  
TO YOUR  
THOUGHTS

WEEK  
**01**

**PRESENCE**  
PRESENT  
MOMENT  
AWARENESS

WEEK  
**02**

WEEK  
**03**

**PURPOSE**  
YOUR  
UNIQUE  
VALUES



# Peaceful Presence





**This almost  
sounds too good  
to be true...**





# What if...

1. **Less self-criticism**
2. **Improved wellbeing**
3. **Reduced cellular aging**
4. **Less physical pain**
5. **Greater resilience**
6. **Better relationships**
7. **Improved mental health**



# **Even Better...**

- 1. It is non-invasive.**
- 2. It is not a drug or chemical.**
- 3. It does not require a change in diet or exercise.**
- 4. It has zero negative side effects.**
- 5. It takes less than 5 minutes a day.**
- 6. It is free.**





**The magic is...**





# Loving Kindness Meditation

- **LKM** is a simple meditation.
- Softens your relationship to uncomfortable thoughts and helps us defuse from thoughts.
- Allows new perspectives on our core beliefs and values.
- Helps us see new ways of relating to ourselves and others.
- Antidote to anger, grief, and rage.



# Loving Kindness Meditation

- LKM is an ancient Buddhist practice that cultivates goodwill and universal friendliness toward oneself and others.
- Fruits of LKM include an “open and fearless heart”, enhanced ability to manage conflict, taking things much less personally.





# Variations on Loving Kindness

- There are dozens of variations.
- We will experiment with several over the month.
- Find one that you resonate with or even better, make up your own!
- Don't feel pressure to do this "right" or force yourself to forgive yourself or others.
- How ever you do this will be great!





# Loving Kindness Meditation

1. Notice Yourself.

- **May I be healthy, safe and strong.**

2. Imagine the women here watching live or watching the recording.

- **May you be healthy, safe, and strong.**

3. Imagine the neighborhood, country, continent, the world, all life-forms.

- **May all beings on planet earth be healthy, safe, and strong.**

4. Imagine the earth, space and all life-forms in the cosmos.

- **May all beings throughout all time and space be healthy, safe, and strong.**







What did you notice?

Raise your Zoom hand or put your answer in the chat.



# According to the Buddha

The Buddha gave a talk on the 11 benefits of loving-kindness meditation, some of which are now supported by science.

- You sleep well.
- You awaken refreshed.
- You don't have bad dreams.
- Other people regard you with affection.
- Animals and pets regard you with affection.
- Celestial beings protect you.
- You will be free from injury from fire, weapons, and poison.
- You can concentrate quickly.
- You have a bright complexion.
- You will die peacefully, free of fear and agitation.
- If you fail to attain enlightenment, you will have a pleasant rebirth.



# According to Science

- 1. Reduced self-criticism:** LKM reduces self-criticism, quietens our inner critic, and makes us more self-accepting (Shahar et al., 2015).
- 2. Enhanced wellbeing:** Regular LKM practice increases vagal tone, a physiological marker of subjective wellbeing that improves the quality of life and life satisfaction (Kok et al., 2013).
- 3. Reduced cellular aging:** LKM buffered the telomere shortening associated with cellular aging (Le Nguyen et al., 2019).
- 4. Reduced pain:** LKM for even brief periods reduces pain symptoms (Carson et al., 2005; Tonelli & Wachholtz, 2014)



# According to Science

- 5. Greater resilience:** people with PTSD experience less trauma symptoms and flashbacks (Kearney et al., 2013).
- 6. Improved relationships:** LKM greater stability in social relationships (Don et al., 2022), increases empathy for strangers and increases social connections at work (Hutcherson et al., 2008).
- 7. Improved mental health:** a reduction in rumination and negative mood for people with depression (Hofmann et al., 2015) and a reduced hallucinations and delusions in patients diagnosed with schizophrenia and bipolar disorder (Johnson et al., 2011).



*Wow!*

And there  
is even  
more...





# More Research

- Improved physicians' empathy and communication skills (Chen, Liu, Cao, et al., 2021).
- Works great with art (Mantzios, Tariq, Giannou, et al., 2022).
- Increases present-centered, selfless focus for experienced meditators (Garrison and Scheinost, 2014).





# Research

- Meta-analysis reviewed 237 studies and found significant evidence that LKM reduces anxiety.
- Studies combining loving-kindness meditation and mindfulness meditation outperformed studies adopting loving-kindness meditation alone. (Zheng and Yan, 2023).





# Mindful Moment





# Getting Centered

- Bring your attention and awareness to the breath at your belly.
- Inhale, noticing sensations of breath.
- Exhale, noticing sensations of breath
- Notice your belly rise and fall.





# A Practice of JOY

- Now shift into this practice of joy, by bringing to mind someone who you really believe has your best interests in their heart. Someone who has extended kindness and support to you. This could be someone you know now or someone from the past.
- Choose just one person and bring them to mind as though they were seated right in front of you, smiling at you.



# Smiling

- Imagine them truly wishing for you to be happy, fulfilled, and for you to have a life that is flourishing. Imagine them beaming this towards you in their smile, in their eyes. And with your next breaths, inhale and draw in that intention of goodness.
- Simply through your mind and imagination, you can call upon this valuable resource right here, right now. So for a couple more breaths, really take in this wish of well, happiness, joy from this person who cherishes you.



# Feelings

- Let go of the image of this person, notice if in the body there is any emotional residue...feelings of warmth or goodness.
- Identify what it's like to receive this wish of happiness.
- Then relax into these sensations and feelings for just a couple breaths.



# Love for Others

- With this feeling of support and happiness, extend this boost of joy to others.
- Bring to mind someone in your life who could really use an extra boost. Bring them to mind vividly as though they were right in front of you.



# Flourishing

- And without too many stories, or thoughts, or ideas—just call upon this experience of wishing this person to be truly happy, fulfilled, joyful.
- As you inhale, draw in this intention. And as you exhale, wish this person happiness, fulfillment, flourishing.
- Twice more—inhale, drawing in this intention. And then exhale, sending out love.



# Closing

- Release the image of this person.
- Just notice the sensations in your own body associated with wishing someone else well, generating and extending joy.
- Let's bring this practice to a close with three long inhales and three long exhales.

(Nash, 2019)



A close-up photograph of a pink, textured fabric, possibly a curtain or a piece of clothing, with soft folds and a fine weave. The color is a light, dusty rose.

# Response

Express yourself in writing and/or lines, shapes and colors.

- Giving myself Loving Kindness feel like...
- Giving others Loving Kindness feels like...
- The benefits of Loving Kindness for me/others/all...

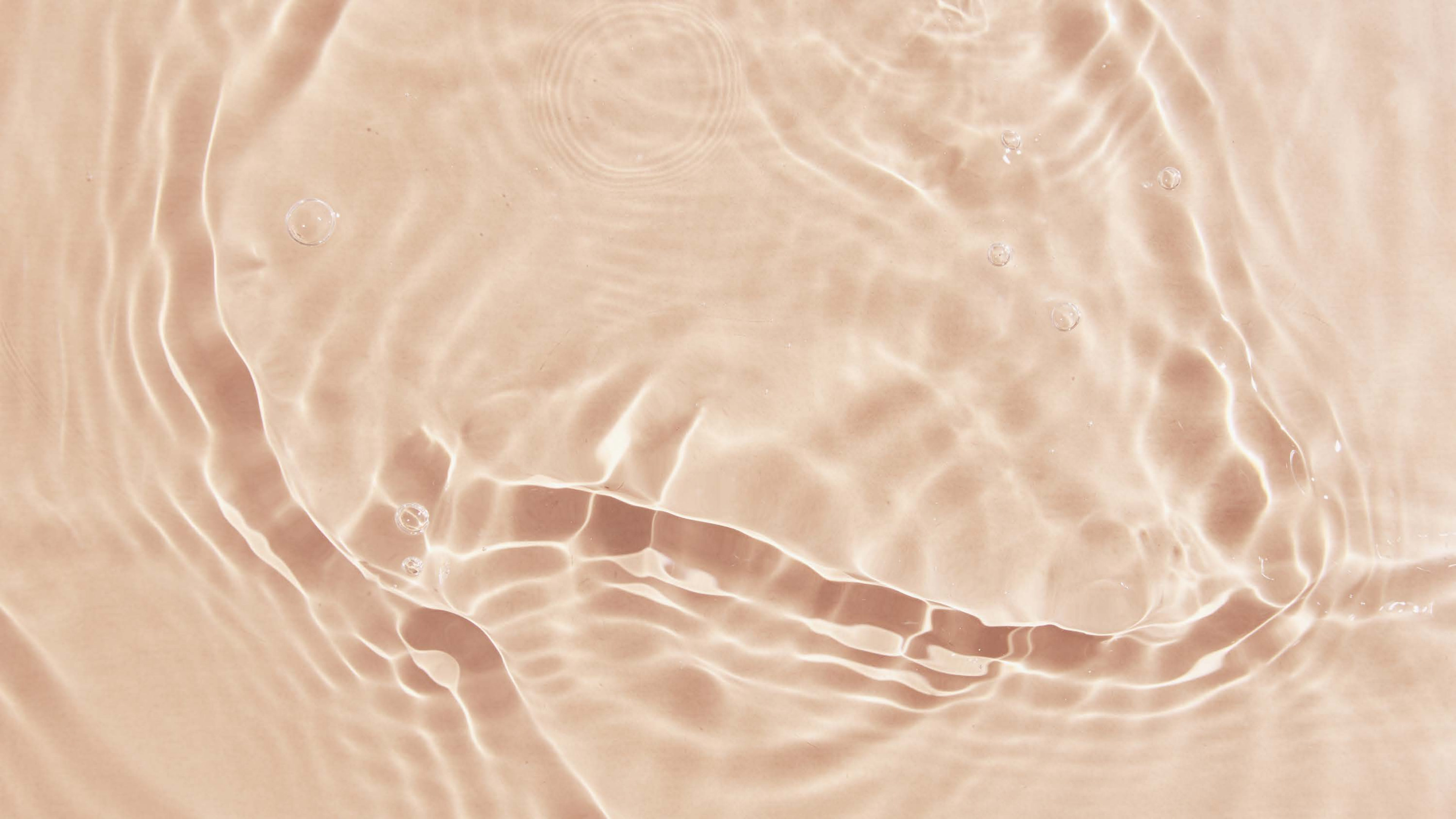




How do you feel after focusing on  
receiving and giving Loving Kindness?

Raise your Zoom hand or put your answer in the chat.







# Affirmation







**I am a Modern  
Creative  
Woman  
who...  
is healthy, safe  
and strong.**



# Your Reflections for the Week







# Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

**Intentions for  
your Presence**

2

**Loving Kindness  
Meditation**

3

**Letting Go  
Bringing In**

4

**Reflection**





# Intentions for Your Presence

- What does a peaceful presence mean to you?
- Describe how it feels when you are at peace with yourself, with others and with the world.
- Consider how acceptance might play a part in your understanding of your peaceful presence.





# Loving Kindness

- Get comfortable and take 5 slow, deep breaths.
- Read the LKM lines out loud once each day.
- The more you read it, the more you will begin to experience loving kindness towards yourself and others.





# Letting Go & Bringing In

**(thoughts, feelings, actions)**

- What will you need to let go of today to create room for inner peace?
- Imagine you are able to let go of these things.
- Now that you have psychological room, what will you need to bring into your life to create inner peace?



# Written Reflection

- This week was all about Loving Kindness and letting go to make space for what you want more of in your life.
- What did you notice?
- What did you learn?





**BREATHE IT ALL IN.  
LOVE IT ALL OUT.**





On a scale of 0 -10, how present are you  
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.



# What To Do Next



## **Review**

Review your orientation manual & workbook.



## **Make the commitment**

Schedule 20 minutes a day & put in your planner.



## **Exercises**

Read and complete the exercises for the week.





# Ready for More?

Friday at noon PST on IG live  
@dramybackos

Book your VIP Creativity day or weekend

Podcast

New trip planned!  
Paris Retreat - September 8-14  
\$1000 Off for MCW members

The Modern Creative Woman





What will you remember about  
today's class?

Put your answer in the chat  
or raise your Zoom hand.





Thank  
you!