

Seeds of Coherence: beginning the shift from reacting to responding

The seeds of coherence program provides practical tools and guidance to navigate the incoherence we encounter every day. Incoherence describes something that lacks clarity, order and cohesion. The thoughts, words or actions don't make sense. It is the chaos and confusion we often face and in this state we are frustrated, stressed, anxious and reactive. Incoherence is inefficient, unsustainable and unhealthy. This program of guidance builds the capacity and capability for both individuals and teams to better self regulate thoughts, emotions, words and behaviours, in a way that shifts us from automatically reacting, to consciously responding.

The program explores five topics, which can be delivered on a weekly, fortnightly or monthly rhythm.

The format is one short paper per module, alongside a 1 hour session to work through content and practice, either delivered in person or online. The five modules are:

1. Understanding Incoherence

How does one observe incoherence when in it?

When so many aspects of life don't make sense, this can feel normal. Instead of identifying this as incoherent, we say things like; it's ridiculous, a joke, or whatever the expletive of the day is to describe this experience. But this is also often accompanied by an overwhelming sense of confusion, frustration or anxiety, often without knowing why. Through observing the incoherence *out there* we can begin to better understand this and begin to take personal responsibility for the role our thoughts, emotions, words and actions can play in adding to the chaos. This module lays a foundation of how to observe incoherence, and how to begin to interact (or not interact) with it.

2. Exploring our Inner World

How important are our thoughts and feelings?

What we think and how we feel are both inner qualities. They are individual, unique and they are mine. Or are they? In this module we will explore the concept of a finished thought and a belief horizon, alongside looking at baseline feeling patterns and how to cultivate more healthy and regenerative feelings. It is only when we can bring a greater level of awareness to what we think and feel, that we can begin to discern whether the thoughts and feelings are mine, or just unconscious habits, memories and programs from my past that no longer align with who I am becoming.

3. The Bridge of Awareness

What is it that joins our inner and outer worlds?

What we think and what we say is an example of how our inner and outer worlds are connected. But what is it that forms this bridge? This module will introduce and explore the concept of *willing*. We shall consider the seven stages of *willing*, whilst also looking at how we can bring a greater level of consciousness to this. Through practical exercises we are able to bring a greater level of awareness to this part of us. We can then start to apply more discernment, to both our inner and outer worlds, as we begin to consider more deeply not just what we are doing, but why we are doing it.



4. Reviving our Outer World

With so many empty words, and mechanical actions, how do we revive the way we speak and act? What we say and how we act is what forms our outer world, and this outer world is an expression of what we think and feel. How much of what we say and do is unconscious? We can often speak without thinking, react instead of respond, and rarely do we find the time to deeply reflect on the consequences of our words and actions. When we can bring more harmony to what we think and feel, we can begin to consider more deeply our words and actions, whereby we are able to more consciously choose not only what we say and do, but what are the future consequences of this.

5. Building Towards Coherence

How can I best meet the incoherence?

Incoherence isn't something that we fix, it is something that we meet. As the wave of incoherence continues, it is critical that we have tools to better navigate this in a way that reduces the impact on our health and the health of others. When we react, the situation is often worsened, not only for ourselves, but all involved. We are wanting to shift from reacting, to being able to respond in a more deliberate and coherent manner. We use practical tools to develop the capability and capacity to prepare for, recover from, and adapt to the incoherence.

What can be gained through the program:

Through exploring and understanding the four key aspects of incoherence, we can use practical tools to build the capacity and capability to meet these different aspects.

1. creating the necessary conditions for coherence – building a new foundation
2. strengthening the bridge of awareness – bringing more consciousness to what we say and do
3. cultivating a healthy inner world – bringing harmony to thinking and feeling
4. building bodily coherence – utilising HeartMath tools and techniques

Incoherence is unproductive, unhealthy and unsustainable with lost time, money and energy dealing with confusion, misunderstandings and errors. Utilising this fourfold approach will provide the necessary foundations to begin the shift from automatically reacting to consciously responding. When we are able to make this shift, we are in control. We are able to better self regulate our thoughts, emotions, words and behaviours. This is a much healthier and efficient way to be, as we no longer waste time and energy reacting to whatever the world throws at us. Instead we choose how we can respond in a calm and composed manner so we do not add to the incoherence. For individuals, having calm, composed and coherent responses makes for a much healthier, happier and productive you.

