

MBSR Going Deeper into Healing

A challenging self-help program for emotional healing and personal growth by John Steven Shealy, PhD

How to get the most out of this self-help program.

- Work with the 45-minute Body Scan CD daily for 6 to 8 weeks before using the Deep Healing CD. This will be essential unless your meditation practice is already rock solid. In which case, work with the Body Scan for at least 2 weeks. This will help you reconnect with your body and help you become accustomed to my voice and manner of speech. Both essential before diving into the emotional healing work Deep Healing will involve.
- Work through as many of the reading materials (including the tests) during this “preparation” time as you can. This will help build your confidence in the process as well as give you an intellectual framework to build upon. Begin with the folder entitled, “read me first.”
- Remind yourself often that there is no rush. Give yourself the time you need to feel prepared, safe and confident at every step of the process. And know that you can stop the process anytime, and wait some time (days or months) before returning to this work.
- If possible, engage a psychotherapist before you begin working with the Deep Healing CD. Ideally, one who practices Mindfulness Based Psychotherapy and if not this, at least has a personal meditation practice and an appreciation for the power of mindfulness in the emotional healing process. If this is not possible, a good caring friend who truly listens to you without judgment will be the next best option. A Spiritual connection will also address some of this need, assuming of course, that you find this connection supportive.
- Continue your regular physical exercise and/or hatha yoga program. Attend your regular sitting group and sit a 3 to 10 day meditation retreat if one is available to you. Eat healthy food in moderate amounts. Drink lots of clean water. Get a weekly or monthly massage and/or acupuncture treatments if possible. You’ll want to do all you can to keep the body in good health and as purified as possible. It seems that for many people, this type of emotional work frees up toxins in the body that must make their way out in one way or the other.
- Avoid ALL use of alcohol or other mind/mood altering substances (including food if that has been an issue for you). Smoking should also be stopped and consumption of caffeine severely limited and better yet, stopped (reducing your dosage gradually in order to avoid headaches. These substances disturb the natural balance of the mind and give you yet another obstacle to struggle with. As if all the conditioned emotional/psychological baggage in the mind wasn’t enough already ☺

- Don't lose your sense of humor! Keep perspective on your life. Stay balanced in your self-talk and motivations. Everything isn't all going down the tubes. You're just doing a bit of nasty spring cleaning in the mind and body. Relax already!
- Cultivate equanimity! Strongly encourage yourself to avoid escaping the passing discomforts that will arise as you sit and watch. Don't let yourself escape on the cushion through mental distractions or in your regular life through mind numbing activities.
- Hang in there! This work is challenging but it is also very rewarding. Remember, the cost of freedom is high but what alternative do we have but to pursue it?
- I wish you well on your journey!

To download the CDs and reading materials: [Click Here](#) (and if this hyperlink fails, copy and paste this rather complex link into your browser

<https://skydrive.live.com/?cid=13a963721b904667&sc=documents&Bsrc=EMSHOO&Bpub=SN.Notifications&id=13A963721B904667!105#cid=13A963721B904667&id=13A963721B904667!120&sc=documents>

On this SkyDrive page you will find four “zip” files (zip files are ‘condensed’ to make them smaller and faster to download) titled: “bdyscncd.m4a”, “healingcd.m4a” (NOTE: these are the two CD recordings in ‘m4a’ format. If you prefer ‘mp3’ format (needed for some older mp3 players and cellphones), then you will only download the one zip file titled “CDs-MP3 Format.” It contains both training CDs). Regardless of which CD format you choose, you will also want to download the zip file titled: “readings” (the reading/study materials). You should now have the zip files on your computer. All of these should “unzip” automatically (in most cases) when you double click on them, one at a time. If your computer is not set up to perform this operation, you will need to [click here to download and install a free Stuffit Expander](#).

Should you have any problems with downloading, unzipping or accessing any of the materials, please drop me a note so together we can resolve the difficulty:
[mailto:donations@flowingdharma.org?subject=Help Downloading MBSR Materials](mailto:donations@flowingdharma.org?subject=Help%20Downloading%20MBSR%20Materials)

Enjoy this self-help program. Especially the resulting freedom from these old conditioned habits of mind and freedom to live your life more fully and authentically, true to your highest, brightest self!