

‘Spiritual Skills’

The Art of creating a still and peaceful mind

Understanding the source and process of thought so that you can find the place of stillness within you and visit it regularly. It is a familiar place of safety for you.

The Art of being a reflective practitioner - know yourself, know your fears

Take time regularly to reflect on your reactions to events and feelings of the day. Process these experiences to learn about yourself and your responses. Positively frame these experiences in your memory so that they can assist you in the future. Utilise supervision times for this process to get you going.

The Art of keeping a clear perspective

Situations can suck you in and narrow your mind, then pass on and leave you there! Keep stepping back and being the observer of yourself and keep your perspectives clear and broad. Keep all the issues in proportion.

The Art of ‘letting go’

Develop a win-win attitude. Generate ideas and give them to the team. Then let go, let them grow and develop along with all the others, and then select and work with the best that results.

The Art of self-preparation

Prior to an event, stabilise yourself in self-respect and self-esteem and then think of the event and what you will need to make it a success. Develop that feeling inside you very deeply for a few minutes and then move on. In this way you have sown the seed for that quality to emerge at the right time.

The Art of remaining focused and present for the client

Move into that safe space inside you and be silent - put all your personal issues to one side and all your reactions to what they say to one side. Allow their story to create a picture before you without your judgement, but in your unconditional love. Keep even the opinions of others out of the picture, allowing them to complete it.

The Art of sustaining hope

Understand that all action emerges from a thought, that all souls have a positive intention, and that all thought is chosen and can be changed by its creator. It is never too late to change.

The Art of trusting and developing trust

By being totally honest with yourself and by being open and honest with all your communications, trust will develop.

The Art of communicating

Speak from your point of inner space and speak openly and clearly. Perceive others as beings of good intent and listen with full attention and with love.

The art of giving and not feeling drained - staying fit

Learn to connect with a higher power and regenerate your resources in a second.

Source: The Janki Foundation (www.jankifoundation.org)