**#101 - Gentle Selfing**
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***What?***

**1 (a) - Gentle Selfing Our first ‘patient’ is ourselves.**

***Gentle Selfing*** Deepening the inner connection within yourself and your past to allow letting of what no longer serves. Held within a safe space with others to allow your process to establish roots. It is complete in itself - or acts as the gateway into the heart of the Gentling Way teachings. We start with what we carry within, gradually expanding outwards.

Acquainting ourselves with what is stored within and how this can be undone when we allow flows to flow again.

**THREE ASPECTS . .**
Pre course, actual face to face, and Challenge nurturing.

**PRE CLASS - ONLINE** – ***What Causes Health, Soothing*** and ***Peri steaming*** Ideally already covered prior to the course that is led by the teachers – hands on – we can do online – but is likely to be 1:1 – or preferably – a teacher with at last 2 in the ‘class’ so they can touch each other.

**IN CLASS** – clearing with water/plants and intention.
**Opening the space** – also **closing ceremonies**

**Bao Mai** and **ancestral clearing meditations.**

**AFTER CLASS –** 4 week challenge led by the teacher: personal Selfing PLUS week by week – **new habits, declutter, shedding** and **face the future.**

**Selfing - self paced courses preparing to attend the online sessions**

*1 - What Causes Health,*

*2 - Soothing,*

*3 - Peristeaming*

**Online - pages to view**

1 - Life Recipe

2 - Welcome to your lady bits

3  - Your Belly*,* Your Life

eBooks TBA

***Pre requisites:*** None but a desire to change into seeing yourself as the most important person in your own life, and choosing to give to self first.

***Why?***

Whilst the entire Gentling body of work is around letting go – we also need to know what to do whilst it is happening how to assist ourselves and others.

***How and When?***

Mostly offered interactive online – will again be in person, potentially also converted to self-paced online. Its attraction in the relating and seeing who we all share commonalities, and how we deal with similar issues totally differently,

Either a whole weekend (retreat into yourself - gifting presence)

And a set of 4 one hour sessions once a week after as the challenge is on . .**Or as a variation of this.** We will be face to face in each other’s presence – hopefully soon.
In the meantime these are offered on Zoom (it actually really works).

***Covering***

Chest gouging, bash, bash, SLQR, (on self) sacral wakeups, belly round and round – large and small, around the navel, self-hugs and little jiggles, diastasis closers, peristalsis encouragers, soothing upper and lower, closing the belly (keyhole).

PLUS in class . .

**Opening the space** – also **closing ceremonies**

**THREE ASPECTS . .**
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eBooks

1 - Honouring Our Source,

2 - Honouring Our Bleeding,

3 - Menstrual Self Rescue

### DAY 1

### 1st - introducing our voices and womb stories, boundaries

2nd - Changing paradigms

### 3rd - Why do woman bleed?

### 4th – What is stored in there? – Back into healing your own Bao Mai

### DAY 2

### 1st –  How is everyone? Catching up with ourselves – shifts?

### 2nd – Wombs and their stories – including positioning

### 3rd – Energy/ Emotions, connective tissue breakdowns

### 4th – Finishing up and meditation – family business

**2 day practical usually**

**Selfing online** - 4 hours  x 4 over 2 weeks – or 2 full days, or 4 hours over any 4 days

**Midweek catch up** (as this is usually over weekend – is so much easier that way).

**Selfing Challenge** - after care - 4 x one hour weekly tutorials

**#101 (b) - Selfing Challenge**

**AFTER CLASS – 4 week challenge led by the teacher: personal Selfing PLUS week by week – new habits, declutter, shedding no longer serving you,** and **facing the future.**

Welcome to your new life.
Weekly addons

Living As Energy
Energy Changes For a Better Life
Stress/STUCK Liver Qi

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***What could follow on?***
The ***Discovery*** package follows in this series. We need this to be able to assist those who seek help to see the process of their own stories and how they are still contributing to these and are still living in the residue of our pasts. Eventually we move into ***Self Mastery*** (was called ***Healing the Wounded Healer)***.