

**The Overview**

A Be.Intro Workshop is a great way to start a meditation practice. It gives you tools that you can instantly use to help deal with stress and overwhelm, quieten your mind and feel more focused and purposeful. However, sometimes it’s not enough to know why something will help you and how it works. You’ve had a lifetime of reacting and responding to your life in a certain way. To change that can take time and effort – but it’s worth it.

Be.Course is designed to give you what you need.  Not only will you deepen your practice, you'll explore some fundamental concepts of meditation. This goes beyond just the nuts and bolts.  This is a comprehensive look at how and why we do things the way we do and how to take this into your life. It’s broken down into 6 sessions with a similar format to the Be.Intro Workshop:

*Be.Seeing, Be.Thinking, Be.Feeling, Be.Knowing, Be.Being, Be.Doing*

**Read the week by week breakdowns on the following pages to see how this will supercharge your life and give you the change you’re looking for.**

For some people, doing the whole course isn’t an option or perhaps you want to tailor it to your needs. If that’s you, then you can choose Be.Solo and we can work together to create a bespoke programme that fits what you need in your life.

**What’s included:**

* 6 x 1.5 hour Workshop sessions
* 1 x one to one 30 minute Meditation Mentor call: this can either be during the course or after, depending on your preference/needs
* Course materials and folder
* Audio downloads of all meditations plus in-app access to all meditations
* Be.Snow Globe
* Graduation Certificate (on attendance of all sessions)
* Messaging support throughout the course
* Ongoing access to Community meditations to keep your practice going with continued support



**What’s this session for?**

This session takes your meditation practice further, giving you tools to deal with thoughts, sensations and sounds that crop up while you’re meditating.  This is the foundation for real change in your life.

**Is this you?**

When you practice meditation, you find it difficult to let go of your thoughts. Perhaps you find sounds in the room or physical sensations distract you and it makes you feel like giving up. Maybe you question - am I even doing this right? Or maybe you just know that to make something stick you need to go a bit deeper and have support.

**You will:**

* Explore what ‘awareness’ is (and why it matters)
* Explore what it means to be the witness or observer in your life (being aware of being aware - don’t worry, this will become clear!)
* Learn how to open your awareness in meditation to allow sensations, sounds and thoughts to flow through (instead of being hooked by them)
* Learn practical ways to create space between your Being and Doing

**Practices:**

* Noticing practice (5 mins)
* Seeing practice (includes Noticing and Looking - 14 mins)
* Standing practice (4 mins)



**What’s this session for?**

This is an important week as we begin to explore the ways we can unhook from our thoughts.  Giving you space to see that’s all they are - thoughts. Disrupting the control they have over us and putting ‘You' back in the driving seat of your life

**Is this you?**

Does your mind never stop thinking?  Do you lie awake at night because endless thoughts keep you wired?  Do you find yourself replaying past events or imagining and worrying about what’s coming up? Or perhaps your thoughts get in the way of you being present with the people who matter to you? .

**You will explore:**

* *The Science of Thinking:*  
  We explore 3 key networks in the brain to understand more fully what happens when we practice (and why it matters)
* *Living an Illusion:*  
  We explore how our thoughts create what we believe the world to be and how to take back control
* *Changing your relationship to your thoughts:*

Our practices will focus on changing our relationship with our thoughts - so we can unhook from them in order to be present and take action in our lives

**Practices:**

* Noticing Practice 5 mins
* Seeing practice (incorporates Noticing and Looking) 15 mins
* Leaning In practice (leaning into your thoughts) 10 mins



**What’s this session for?**

This session is an exploration of happiness and how to develop a kinder relationship with yourself.  To allow a deeper appreciation of who you are and what works for you. We will also continue to practice our Open Awareness core practice that forms the foundations of your home practice.

**Is this you?**

Do you have an inner critic that never seems to stop giving you a hard time?  Perhaps even when things go well you find it tells you that you’re not good enough? Or maybe it stops you from even trying to do things because you become convinced it won’t work? Or perhaps it’s just hard to find the joy in your life?

**You will explore:**

* *Happiness:*

What is it really and how do we find it in our lives

* *Feeling what you feel:*

A practice to tune in to what you’re feeling and allow it to be there

* *Loving - Kindness*:

We all live with a harsh Inner Critic. Our meditation practice, by putting us into an observing position, can help us begin to see that.  This is a practice to develop self-compassion (not something we’re used to).  Allowing us to cultivate a kinder relationship with ourselves.

**Practices:**

* Noticing and Seeing Practice (10 mins)
* Feelings Practice (10 mins)
* Loving-Kindness meditation (15 mins)



**What’s this session for?**

This session brings us closer to an awareness of your inner ‘You'. That Being space that’s not connected to Doing. This is where our deeper intuitive self resides, as well as our creativity. Tuning in to this brings a richer and deeper quality of experience to your life.

**Is this you?**

Is your life missing a sense of purpose and passion?  Do you have a nagging sense that, even though things are ok on the surface, there’s something missing?  Perhaps you’ve achieved a lot in your life and it didn’t quite make you as happy as you thought it would? Or maybe you’re working hard towards a goal that doesn’t really feel like it will fulfil you? Or maybe you’re just curious about what you life could be?

**You will explore:**

* *The Science of Knowing:*

What is consciousness and where is it?  
A connection to something bigger (Quantum physics)

* *7 Ways of Knowing*

Opposite states that show us when we’ve shifted from Doing into Knowing

* *The Gateway:*

Discussion of our intuition and deeper sense of who we are

**Practices:**

* Noticing Practice (5 mins)
* Knowing (Open Awareness) Practice (18 mins)



**What’s this session for?**

In this session we explore the difference between mindfulness and meditation to get closer to the experience of just Being.  This session is less theory and more practice to highlight that experience.  Giving you the opportunity to experience connecting to right now and the tools to do that in your daily life.

**Is this you?**

Have you found yourself mindlessly scrolling through your phone without even realising? Driven home and realised you don’t remember the drive?  Perhaps you’re tired of that slight disconnect between what you’re doing and how it feels?  Maybe you want to feel a closer connection to the people around you and the events of your life? To truly BE in your life?

**You will explore:**

* *Being:*

What’s in that middle circle and what does it mean?

* *Mindful versus Meditation:*

One is a formal practice and the other is the rest of your life

* *The journey to self-practice:*

Building more silence into your guidance

**Practices:**

* Noticing Practice (5 mins)
* Being Practice (12 mins)
* The Mindful hand (5 minutes) and meditation of the hand (3 mins)
* Knowing Practice (15 minutes)



**What’s this session for?**

In this final session we pull the strands together.  Allowing you to deepen your understanding of what’s been covered during this journey.  We also experience the ultimate aim of the programme - to bring our Being into our Doing through practice.

**Is this you?**

Do you ever feel like you can’t see the big picture? That bits of the puzzle work for you but getting a sense of how it all works is harder? Perhaps you feel frustrated when you can’t make the progress you’d like.

**You will explore:**

* *Where have we been?*

We’ll talk through all of the main concepts from the course, exploring any insights

* *Bringing Being into Doing*

What is a Doing meditation?

* *This is just the start*

How to keep developing your practice

**Practices:**

* Noticing Practice (5 mins)
* Knowing (Open Awareness) Practice (17 minutes)
* Standing Practice (5 minutes) and Walking Practice (5 minutes)