



INTEGRATIVE
BEING

Week Eight

Soulfulness: Integrating Awareness,
Values and Vision to continue our
Transformation Journey with
Momentum and Joy.

An 8-Week Journey to Elevate
Health & Wellness
with Dr. Beatriz

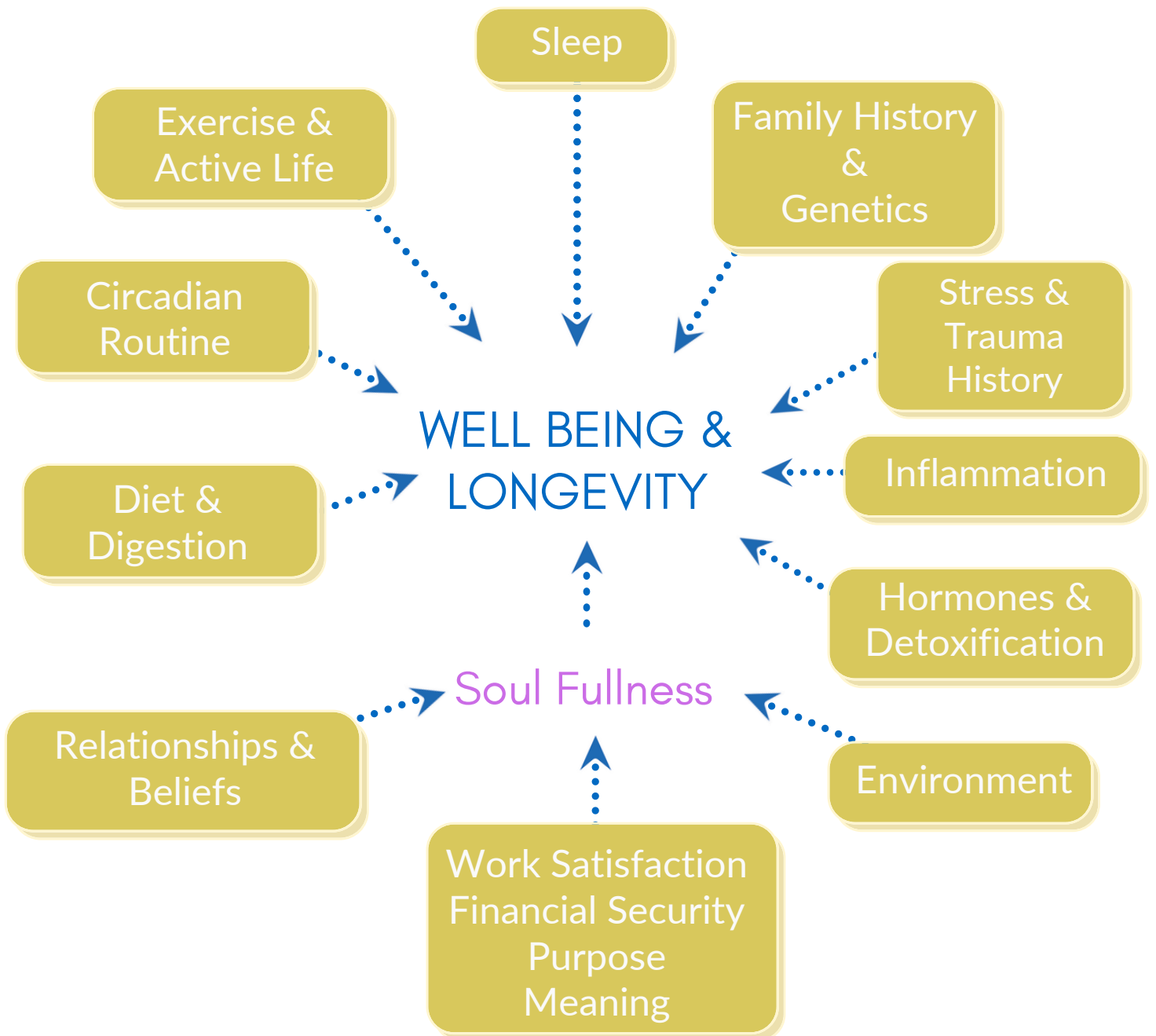
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Integrating Awareness, Values and
Vision to Continue Transformation with
Momentum and Joy



Isolation, 16X20" 2020, Acrylic, Beatriz R. Olson

Components of vibrant Health and Lifespan



Learning Objectives

- Review and anchor our learning on this journey and celebrate the gains.
- Self-care as a pathway to vibrant health & longevity and what to do when we get distracted from our goal.
- Develop the tools necessary for maintaining our personal power and momentum.
- Identify an even larger vision to sustain our yearning and motivation to be healthier.
- Tending our soul's needs with intentionality that connects us with our power, resilience and confidence to live with wellness in all domains of life.
- To realize that living beautifully means caring for the soul.
- By learning from those who live long and healthy lives, we can recognize what really matters in life.



Putting our learning together

So far in this course:

- 1.** We have learned that creating an environment for us to thrive makes the conditions right for growth and transformation. We envisioned a healthier Us - beyond what we could have imagined before. We connected to our needs and values and learned that motivation and consistent small actions work together to help us achieve our vision and goals.
- 2.** We learned that our selves, our beliefs, values and mindsets come from older and current personal experience, the environment, the people that we interact with and our culture. We discussed how new awareness and skill allows us to give language to old beliefs and stories, shifting them into new understanding and possibilities.
- 3.** We now understand how our stress and reward systems are dual aspects of ancestral hard-wiring for human survival. This is perhaps why it is so difficult to make shifts or change habits. Conscious awareness and understanding of these systems matter as well as embracing both sides with compassion and patience.

4. We learned how closely intertwined and essential the Mind- Body connection is. We also know how easy it is to have Mind- Body disconnection in everyday life, and the damaging effects that this has on our health and wellness. Every week we have practiced grounding our selves using my short guided meditations to rapidly connect our mind and body. This is the way to create peace within so we can respond wisely rather than react thoughtlessly to what is happening around us. When we re-establish our Mind-Body connection we have the power to interact with our spirit, our creativity, and higher possibility. This is a reliable way to have a deeper connection to the essence of who we are, our wholeness.



5. We learned that emotions lead to actions, some of which are good and some that we no longer want or need to soothe us. In fact, the latter ones were established to help us at some point, but at this time have become unwanted habits. When we bring curiosity to our emotions and allow ourselves to sit with them and to feel them with compassion, this awareness gives language and deepens understanding of our selves. It is in this space of self-empathy and compassion that we bring disconnected parts of ourselves into our wholeness. From there we are able to create the space to make better choices that are aligned with our current mature identity, values and desires.



7. We took a journey into why we need to eat and breathe. It's all about helping our mitochondria make energy for every aspect of our lives. We've learned to understand the power of the foods we eat to affect our metabolism, our microbiome, our mood, and wellness.

8. We learned how our body is ancestrally developed to adapt to illnesses and weight changes and thus protect our survival in varied environments where food scarcity was a real part of life. Currently food excess is the norm, but our body's biology continues to function in its ancestral way. Having awareness of this can help guide the behavioral, lifestyle and food choices we make to create our best health and prevent illness. Similarly, we learned about the adaptations that the mind makes and the body holds as a result of stress, traumatic events, and deep suffering. Understanding the pathways created in these complex times can help us unravel the path and lessen inner suffering by using mindfulness, yoga, EMDR, tapping, and other techniques.



9. We developed awareness of how circadian rhythms set metabolic health, how social circles and food industries persuade and interact with us. As we are making changes, we can filter this messaging with wisdom and understanding and most importantly, remain connected to our greater goal of a healthy lifespan.



The Soul Connects It All

What is the soul? What do we mean by soulfulness? We all have our own definitions. What are yours?

In this final workbook we have integrated all the lessons of our journey. The final task is to learn how to keep the momentum of our transformation going sustainably, with positivity, curiosity, loving kindness, and empowered self care. This is what I call the work of the soul, which is The connector of our essence and wholeness to the outside world and to spirit within.

The soul is perhaps the most important driving force of aliveness and wellness. It takes a lot of depth and courage to have a discussion of the soul. This is why I saved it for last. I chose first to introduce you to the marvels of the mind and the miraculous body so you could be ready to enter the gates of the house of the spirit and the soul. I believe they are two separate entities that are also deeply intertwined.



What is the Soul?

My Definitions of the Soul (alma) and Spirit (espiritu):

I view the soul as the interface between the universal driving energy of spirit that is live within us and the more mundane aspects of the mind-body life.

Spirit for me, as I discussed in book 2, is ever present energy and awareness, non-judgmental or self-related, perhaps transferred energy from the Big Bang through our ancestors and parent's DNA to us. I believe spirit energy is with us when we are born and leaves untouched when we die. Energy cannot be create or destroyed. It simply is.

The soul for me is different. It is relational and attached to us, others, our surroundings, and our environment. The soul is uniquely personal to us, it is nurtured and informed by the quality of our maturation process. The soul holds our wounded-ness, losses and grief, our healings and our joys, our personal and family mythology. It is possible to become soulful as we age. It is also possible to be intellectually brilliant and have an undeveloped soul. I believe our soul's presence ends when we die, but the impact of our soul's work may reverberate for centuries. The soul may go to heaven.

The Soul has been my Companion & Guide

When I was young doctor, I learned three very important lessons from the great Jungian psychologist Thomas Moore in his book *Care of the Soul*. One had to do with my personal experience, the other two informed how I would be as a doctor for the rest of my life.

I was initiated into the ways of the soul when I experienced my first depression shortly after my first patient died the first month of my internship. A lot of firsts all at once. At that time I was so ready to be a doctor, yet I was totally unprepared to embrace death as part of my vocation, or to know that grief is necessary to live well after loss.



The Soul has been my Companion & Guide

In his book, Moore describes that depression may be a cry of the soul and an invitation to enter its space for reflection or change. There, we may find and distill our essential nature, or that which matters from a murky abyss. So depression, used correctly, can be a pathway to finding the wisdom and wholeness within us. Our true essence.

Then and many times since I've come to understand that it is necessary and a human rite of passage to have the lived experience of suffering, pain, and grief after loss. This connects us to the ways of our soul and opens our hearts with compassion for others and ourselves. The soul can hold the paradox of the existence of both the good and the shadow sides within us, our inner family system and our outer family. Our capacity to witness this beauty, with all its messiness and imperfection, helps us embrace our wholeness.



The Soul as the Guide to True North

The second concept I learned is that all my intellectual knowledge, board certifications, and evidence-based applications of treatments *help* but do not *heal* patients unless I take the time to understand that it is the patient with the illness rather than the illness that needs to be addressed.

All patients have their personal beliefs and stories about their health and how they get sick. Exploring what meaning a patient is making of their illness and helping them to reframe it can activate their body's innate healing system, and can improve the outcome. The current healthcare system does not allow for this degree of intimacy with our patients.



The Soul as the Guide to True North

The last concept is about the ritual and sanctity of work.

My work is to be a doctor, healer, and teacher. Doing work with dignity, presence, and intentionality to serve others creates a state of personal satisfaction and meaning, abundance and generosity, even in the greatest spaces of lack, devastation and disempowerment, regardless of the job we hold.

This is my antidote to maintaining dignity and job satisfaction, avoiding dissatisfaction and burnout. This is part of nurturing the soul. I view my work as my soulful expression of self. I try to do my best because in serving others I am caring for my soul

Reflections On Grief

Oh Grief
Unwanted teacher
How you pierce my heart!
How could the ache last so long?
How inconsolable you are!
Is there no end to the well of tears you demand?
Are there no words to make sense of the loss?
That void left behind?
How dark is the abyss inside?

That sacred space is no more
Only the soul knows.

Beatriz Olson, 2022

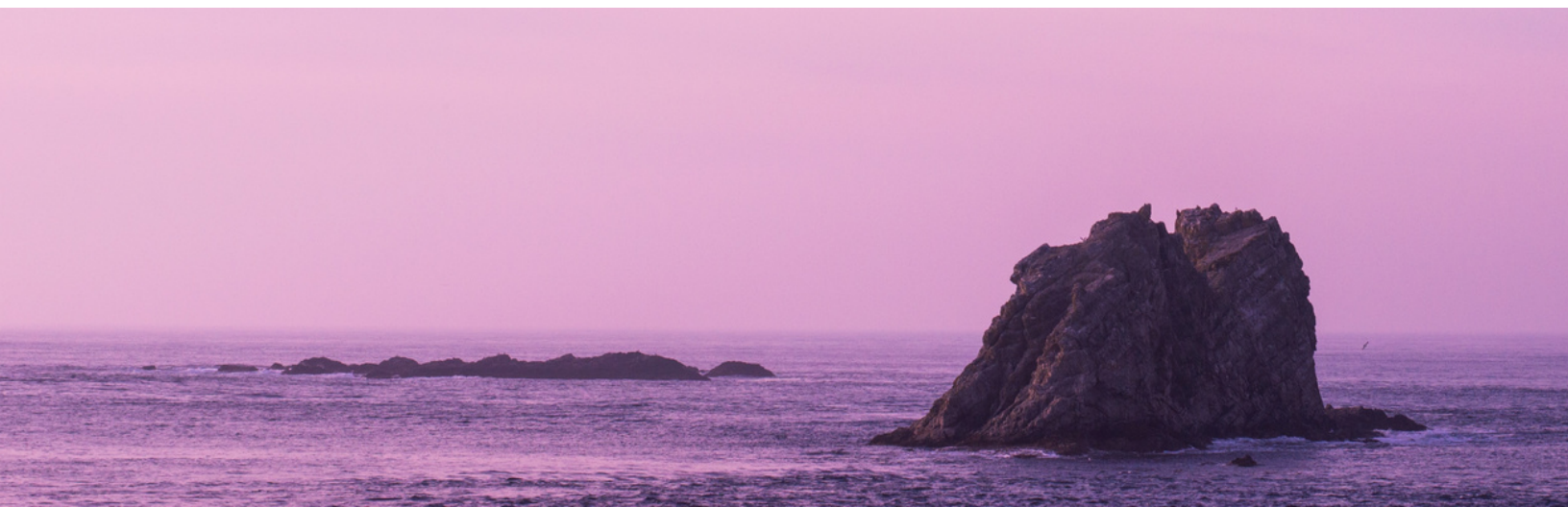


Mother's Grief 24X24" 2020, Acrylic Beatriz R. Olson

Qualities of the Soul & Access to Grace

Qualities of the Soul are sourced from an inner-space we hold that has been informed by our experiences and developed values.

The Soul can be felt thru our actions, words and presence as we interact with others: emotional depth (not technical or intellectual), presence, acceptance of what is, curiosity, desire for meaning in connection to others, ritual and our work, generosity, love, vulnerability and power, fantasy and alchemy, creativity, capacity to embrace, savor and be inspired by all sensory experience, music, art, beauty, another. Within the soul it is possible to hold the paradoxes of our lives, such as our light and shadow sides, in a place that they all co-exist with understanding, dignity and acceptance.



Grace

Grace is perhaps the highest manifestation of Soul and Spirit unity or alignment expressed in a present moment/experience. Grace is that space where the tangible and the etherial coexist. Grace is the space when surrender becomes profound peace, acceptance, light and love. Grace is the beauty, light and hope of dawn reflected on the dew drop. I believe that Grace happens when the *Soul and Spirit make love*.



Grace

I have been the recipient of moments of Grace a number of times in my life. In one of these times, I was very ill and febrile. I had a bacterial infection after a major surgery. I could not breathe well. That night I became aware of death and surrendered to its presence. In the twilight of that night I was embraced and held in a space of love, compassion, expansion and potentiality. There was a lightness of being. My breath was suddenly easeful and experienced throughout my body, including my toes, through a network of alveoli that up to that point I knew to exist only in the lungs. This was the embrace of the great mother and father combined supporting the hope of healing in a profound way. I hope you have had or will have an experience of grace

I believe awareness of the Soul and intentionally nurturing it allows us to be able to live a more beautiful, purposeful, and inspired life. It is within the space of the soul that we find hope, resilience and sustainable inspiration to keep going in life.



Tools for Resilience, Empowerment and continued Growth on your Journey

Given all we have learned so far in this journey we are now ready to re-create an even greater vision of what our health can be with the new tools we have acquired and all the new awareness we have discovered.

Can we embrace and enjoy new behaviors and habits that we want to be part of our lives? What steps can we take consistently that are doable to keep us going and growing with more pleasure, confidence and joy?

Developing the capacity and confidence to auto-correct the direction of our journey

What to do when you are off track?

We all have setbacks and should expect them. Recognize that change that matters takes time and consistency to attain. Transformation is an active back and forth process. It is best to stay present in the process of the journey, rather focusing only on the end goal. Consider that every day is a gift and opportunity to grow and move toward to the next horizon. None of us are perfect and trying to make fast and flawless change is lunacy.



Developing the Capacity and Confidence to auto-correct the direction of our journey

This is how I support my patients and how you can support yourself and others.

- 1.** Be lovingly curious and empathetic about what led to the setback. View yourself as a child of yours who is looking for your guidance and support. Consider setbacks as opportunities to grow. Set backs are not character failures. What can be learned from this particular setback? What were the circumstances or triggers? What or who took away your resolve? What part of this can you take responsibility for? How would you like to do it the next time so the outcome is more aligned to your values?
- 2.** Avoid making shame-based meaning. Focus on the situation, not your worth and value as these are not negotiable or conditional. Actively choose not to allow negativity, devaluing thoughts or old perfectionist demands and judgements to hijack and stop you in your progress.
- 3.** Hold on, get grounded. Reconnect to your soul's essence, access and feel those parts of you that have shown so much courage, grit and resilience to overcome challenges.

This is how I support my patients and how you can support yourself and others.

4. Trust in your inner wisdom, your body, and growing confidence that you can return to the journey of creating wellness in whatever domain of your life you chose to focus on.

5. Connect to the great growth and progress that has been achieved. Re-establish clarity of the greater goal and vision.

6. You and I are imperfect, everyone is imperfect. That is normal and perfectly OK 😊

This loving kindness approach and inner resourcing process is what keep us move forward. Practicing it over and over is the key to successful and sustainable transformation and growth.



More Tools for Resilience, Empowerment and Continued Growth.

Choosing to Create Boundaries: Things, People and Places.

Be honest about what you need to be successful at making the shifts you want in any dimension of your life. Are boundaries needed? Perhaps it is essential for your wellness to create some separation from things, people and places. Your boundaries may be different than those made by others. No one is entitled to judge anyone else's choices when the objective is to have wellness and emotional peace.



More Tools for Resilience, Empowerment and Continued Growth.

Choosing to Create Boundaries: Things, People and Places.

Some of us need stronger boundaries than others to keep us well. For example, if once you start doing something you do or crave and despite all your efforts and skill-set, you cannot stop doing this, then the concept of moderation with that object of desire does not work for you. This is perfectly OK and normal for you.



More Tools for Resilience, Empowerment and Continued Growth.

Here is where it's best to have no tolerance and avoid entirely the object of desire. That means that if you can't stop scrolling through your cell phone when other responsibilities are required of you then, you want to put your cell phone away during those hours. If you don't know when to stop working then you need to establish a fixed time of the day when you must move away from your work station (even if it is in your home) and put the computer on sleep mode until the next day.

This also means that if cookies/chips or alcohol are your downfall it's best that you choose to not buy them or keep them in the house or indulge in them altogether. It may also be helpful to avoid being with people that indulge in habits or behaviors you are trying to avoid.

It is good to have a support buddy. Someone who is on a similar path to you, a community, or a family member who supports you without judgement is really helpful for keeping you on track.

Boundaries

Thoughtful boundaries help us be unstoppable in achieving our health goals.

Healthy boundaries include: creating self-time, delegating, saying no, scheduling and respecting regular appointments with yourself and boundaries for yourself.

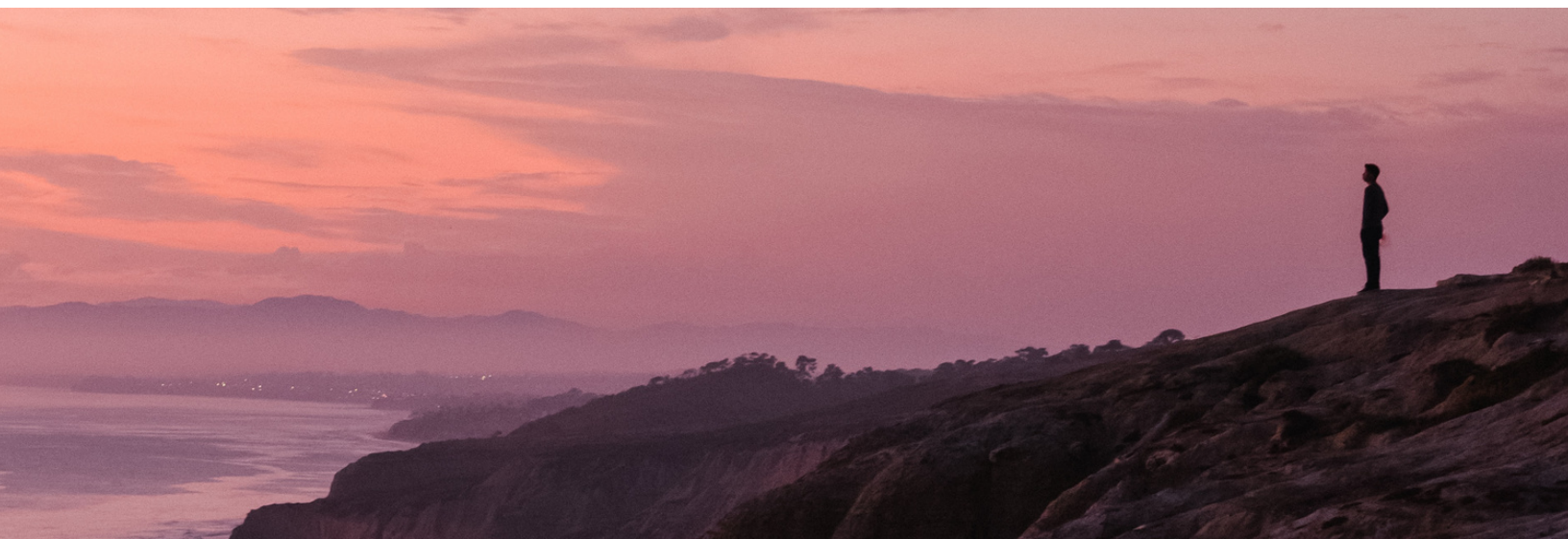
Appointments and commitments with yourself for self-care are not negotiable. These are as important as if you were meeting and talking to someone that will save your life.



More Tools for Resilience, Empowerment and Continued Growth.

More on boundaries for people or spaces that trigger our emotions into a state of negativity and non-possibility.

There are people who don't see you, don't hear you, people who de-value and judge you, people who diminish you and obstruct your progress. With those people, we need little or no tolerance. There is nothing you can do to change how they interact with you. Stop seeking their approval, love and acceptance. They don't have it in them and it's not going to happen. This is about their capacity, or lack, to give and to love, not about your worthiness. Do not fear loss of their love, because it was not there in the first place, therefore you can now chose with comfort to not have their toxic energy in your space. You are enough and worthy of love and you do not need them anymore.



More Tools for Resilience, Empowerment and Continued Growth.

Some places you go to or **things you do** with friends and family may trigger old behaviors and emotions. Consider creating new shared experiences at different places. Try going for long walks, bowling, rollerblading, Zumba, or a dance class with friends. Make dates for coffee and brunch rather than dinner. Meet at the movies after you all dine at your own homes. *You* can plan and create *your* experience from now on.



Tools for Resilience, Empowerment and continued Growth in your journey

Routines

Returning to routines helps us get back to the healthy track. There are numerous benefits to sleeping and waking up at the same time every day, keeping yourself well hydrated, buying veggies and getting into the habit of making healthy foods.



Tools for Resilience, Empowerment and continued Growth in your journey

Support

We are not alone. We all have growth to be experienced, old stories to evolve from, and journeys to take. Having a supportive friend and community that is on the same path, or family member that supports you unconditionally is extremely helpful to your continued growth.



Tools to nurture your Soul & empower your growth

Practicing Gratitude:

To be able to identify what is good, beautiful, and inspiring in life is the highest expression of our abundance. We are expansive and open enough to receive what the universe is giving us. This is a sign and message to others and ourselves that we are prosperous at the energetic level. This is an action that nurtures the Soul.



Tools for Resilience, Empowerment and continued Growth in your journey

Generosity

Similarly giving heartfully and supporting others in their journey, is soul-fulfilling. Finding what is good in others and seeing them with positive regard, reflecting back to them what you see in them that is good is an extreme expression of abundance. These actions anchor your being, and are a manifestation of the presence, light and gifts in this world.



Learning from Blue Zone Societies teaches us how to live well and longer*

Members of **Blue Zone** societies live past age 85 without chronic diseases.

Examples of these communities are found in:

- Ikaria, Greece
- Loma Linda, California
- Sardinia, Italy
- Okinawa, Japan
- Nicoya, Costa Rica



Learning from Blue Zone Societies teaches us how to live well and longer*

Common and soulful characteristics of the people who live in Blue Zones include:

- Eating less overall (compared to their Western counterparts)
- 95% of daily food intake coming from vegetables, fruits, grains, and legumes
- Healthy fat and fish
- Active throughout life
- Positive attitude about aging
- Strong social networks
- Attitude of positivity/resilience

*Highlights from Dan Buettner's book, "The Blue Zones: 9 lessons for living longer from the people who've lived the longest."



Positivity and Resilience create Well-Being and Longevity

- Meta-analysis of 35 studies showed that positive psychological well-being was associated with reduced mortality (increased longevity)
- Positive affect (e.g., emotional well-being, positive mood, joy, happiness, vigor, energy) and positive trait-like dispositions (e.g., life satisfaction, hopefulness, optimism, sense of humor) were associated with reduced mortality
- Positive psychological well-being was significantly associated with reduced cardiovascular mortality in healthy population studies, and with reduced death rates in patients with renal failure and with human immunodeficiency virus-infection. (Chida 2008)
- Resilience (ability to effectively, actively, and flexibly cope with internal and external sources of stress) and strong social ties appear to be key determinants of the high mental health of Sardinian Blue zone older adults (Chiarafastame 2018)

More thoughts on Connecting to what Matters:

- How do we want the years that we have left to be like regarding the quality of our lives?
- “The top 5 regrets of the dying” a book by Bronnie Ware, found people most regret the following:
 - not having had courage to take risks
 - not being true to themselves, not being more self compassionate
 - not having the courage to express their feelings
 - not having prioritized loving relationships over work
 - not allowing themselves to be happier and enjoy life more fully

My thoughts on this is that developing and nurturing our Soul by embracing our authenticity and wholeness is the antidote to having any regret when we die.



More thoughts on Connecting to what Matters:

Work: Does it have a meaningful purpose for yourself and others? Is the work aligned with your personal values? Are your experiences positive? Do you feel valued? Are you living to work? Are you working to live? Do you work joyfully? Are there different ways to find more meaning and joy in your work?





Resilience, 4X6", 2015, mixed media on wood, Beatriz R Olson

Reflections

- 1.** Use the awareness you have gained to explore the mysteries of Spirit and Soul in your life. What are your definitions of these? How does soulfulness in you or others manifest or affect your life?
- 2.** Use the guidance in this book to work through and practice addressing your setbacks with these concepts and developing new awareness and pathways forward.
- 3.** Use a recent event to practice the techniques you have learned by taking this 8-week course to elevate the state of your health and wellness. For example, accessing your resilience and resources during difficult times.
- 4.** Identify individuals, places and people that may require you to establish greater boundaries.
- 5.** List examples where you have already done this in your life.
- 6.** List times where you were resilient and overcame difficulties.
- 7.** Practice trusting that you are worthy, you are enough, and that you can grow to be the healthiest and most empowered you.



Reflection and new thoughts

Key Questions for the end of this course and for the week:

- 1- What did you discover?
- 2 - What surprised you?
- 3 - How did your relationship with yourself change?
- 4 - What was the most meaningful part of the journey for you?
- 5 - Would you recommend this journey to others? If yes, why? If no, why not?





Gratitude and Love
For The Integrative Being Team.
Our talents combined created Grace.



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Rita Lombardi, LMT
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May this journey open your path
to wellness in all domains
of your life.

I thank you for your
participation and presence with
me during our journey together.

Be well.

Dr. Beatriz Olson