

Module 01 Materials



PREPARATION & READING:

Optional Reading List for Module #1

NOURISHING WISDOM
BY MARC DAVID

THE SLOW DOWN DIET
BY MARC DAVID

THE GIFT OF OUR COMPULSIONS
BY MARY O'MALLEY

HEALING MYTHS, HEALING MAGIC
BY DONALD EPSTEIN

Reading

These books will introduce some of the important foundational concepts in the Training. As you spend time with them and mull them over, keep a running journal of questions that come up for you, as well as any “aha” moments that you may have from these readings.

Please view the Reading List page on the Mind Body Eating Coach Certification Training website for a link to purchase the books for this module on Amazon.com.

AMAZON.COM



Journaling

Please take some time to complete the following journaling exercises. As with all journaling assignments, we do not require that you send these in, but we'd love to see your work, so please feel free to email to us. Please remember that so many of the journaling exercises in this training are the very same exercises you can give to your clients as homework assignments to create some reflection time, and further conversation for following client sessions. So it helps to have experienced these exercises and done them on your own:

- What are your professional goals for this Training?
- What are your personal goals for this Training?
- In your own relationship with food, where do you get confused? Frustrated?
- How is your relationship with food a mirror of your relationship with life?
- What would your ideal relationship with food and body look like?
- What do you think is your biggest obstacle to consistent happiness in relationship with eating, and with your body?
- What could help remove such an obstacle?
- If you are already practicing, or have practiced with clients, have you noticed any interesting trends in the kind of clients you have attracted? Any themes or consistent similarities?
- What kind of clients would you like to work with? Describe them.
- Why are you called to do this kind of work in the world?
- How does it speak to you, touch you? Why is it perfect for your soul's growth?
- In what ways would you be a difficult client to work with?
- What, if any, are your fears in regards to this Training we are in together? Your concerns? Your uncomfortable places? What would stop you from participating fully, from sharing yourself, from getting maximum value from this learning experience?
- Here's a powerful journaling exercise that we highly recommend. Write your "Food, Body and Health" autobiography. Make this as extensive as you can. Write down your earliest memories, and the most important memories over the years, of your experiences with dieting, weight, health, body image, illness, and your relationship with food. Include stories of the hard times, the happy times, breakthrough times, challenging times, and any experiences that contributed to shaping your relationships with food, body and health that feel alive and powerful.
- Be as detailed as you can. Once you have completed this exercise, notice your experience of this exercise. Did you learn anything new? Did you have any "aha" moments? Any insights? Any feelings come up for you? Did you notice any connections that you hadn't noticed before?







Exercise Worksheets

These are a compilation of some of the important questions we grappled with, the terms we attempted to more consciously distinguish and define. Consider using these as teaching tools with your own students and/or clients...

What is Health? Make a list of words, phrases, and anything that comes to mind that you believe defines the concept of “health.”

What Heals? Make a list of everything you can think of – persons, places, things, thoughts, feelings, foods, medicines, modalities – that you consider “healing.”

When does Healing Happen? Make a list of the times or circumstances or environments or conditions under which this thing called “healing” can occur.



Exercise Worksheets

What is Disease? See if you can come up with a definition in YOUR own words of what you believe disease really is...

What Diseases Us? List all the factors that you believe, from all that you've learned and all that you've seen, contribute to the disease-forming process. This can include persons, places, things, thoughts, feelings beliefs, foods, substances, energies – anything....

What Nourishes You? Name everything in life that you can think of that makes you feel warm, fuzzy, happy to be alive, that feeds you, sustains you...

What is Nutrition? Create your own definition in your own words of what you believe "nutrition" is....





Counseling Toolkit

This is a list of coaching and counseling tools and insights for you to remember to better your skills as a practitioner. These are summarized from the information presented in Module #1.

- Let Go of Fixing.
- Honor Every Symptom: Welcome it, Listen to its Cosmic Message.
- Let Go of “Neediness for Clients”, for Money.
- See Every Client as a Reflection of YOU.
- Be Committed to Your Client’s “Largest Goal” – Not Their Smaller Ones.
- Don’t be Seduced by “False Positives.”
- Relax Into Uncertainty, Big Time...
- Cheerlead Your Client into “Loving What Is.”
- Decipher Where Your Client Lives in “Stress” – Help Them Relax...
- Become An Extraordinary Listener.
- Invoke the Sacred.
- Re-Language all Diagnoses from Toxic to Positive.
- Fall Into Love With Your Clients.
- Listen to Their Story – Be Curious – “Can You say More About That?”
- When in Doubt, Be Courageous. Risk...
- Elicit THEIR Wisdom: “What Do You think? What Would You Tell You if You Were Me?”
- Create The End Results in the Beginning.
- Use Brief Powerful “Scientific Mind Cookies” – simple convincing science.
- Respect Your Intuition.

We explored a variety of key Learning Dimensions:

- 11 Mind Body Nutrition Dimensions.
- 8 Dynamic Eating Psychology Dimensions.
- 9 Key Soul Lessons.

Discussion: Begin to familiarize yourself with these listening dimensions. The goal is to commit them to memory, somewhere inside you. For now, use them as “checklists.” That is, make sure at some point, you have asked questions and/or listened for these elements, and begin to see their primary importance in working with clients and students. Using these listening dimensions as your overall road map or master checklist allows you to have a very condensed, complete, whole, and powerful framework with which to work with clients, explore with them, experiment with them, and do beautiful work. These listening dimensions are a distillation of the Training...

“Every unwanted eating habit or health symptom has a deeper message. Every disease is a whispering from a higher source, and contains insights that are profoundly important for our growth and evolution. As a practitioner, your task is to see beyond your client’s basic challenges with food and health, and explore the hidden messages within them. The biology of the body is always mirroring the experience of the soul.”

-MARC DAVID

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Suggested & Optional Questions

These questions will help you integrate the material presented in Module #1 and should be completed at the end of the Module. The questions below are optional but we highly recommend that you answer some or all of them.

- What moved you about Module #1? What were your “Aha” moments? What are some of the facts or insights that really stick in your mind and have your memory and attention?
- Get real about “fixing.” Do you try to fix? Do you try to fix clients? Yourself? Friends or loved ones? How’s this working for you? Observe your own life, your own work, and notice how futile “fixing” actually is, and likely has been for you. What are you trying to fix most in life? Do your “fixing strategies” have a particular theme or flavor or method or color or feel? Can you see how fixing, how the belief that we or anyone else is inherently broken, is erroneous, toxic, and a suppressant of our power and dignity and life force?
- Is there one particular “something” you learned or were exposed to in Module #1 that has you inspired to begin a change or a practice or take some tangible step in your own personal journey with food, body, and health? The intention here is to be on task about using your own inspiration to take just one practical step in your own healing/growing path...
- Make a list of your already existing strengths and talents as a healer, teacher, counselor, or coach. Be thorough and generous.
- Make a list of places where you’d like to improve, to “up your game” as a teacher or practitioner.
- In what ways do you hold yourself back from contributing to others, from giving your gifts, from showing up in the world because of your own limiting beliefs about self? Meaning where do you tell yourself such statements as “I weigh too much to counsel or teach others, my diet isn’t perfect enough for me to be in my power, I don’t have enough control over my appetite to help others, my body isn’t OK or healthy enough for me to help other people love and heal their bodies...” Was there anything in Module #1 that you had a reaction to, that “pushed your buttons,” that made you drop into judgment or confusion or fear or defensiveness or intense disagreement? If so, this likely means there’s a bunch of power and energy that wants to be unleashed, expressed, transformed within you. It likely means you have some potent projections or beliefs or energies that are calling for consciousness. It might mean you have something important to say about this topic that wasn’t shared or well communicated that others may need to hear. What do you think? How is life asking you to grow and integrate around such reactions?
- How do you listen? Really, how are you as a listener? Do you give people time, attention, space, love, awareness, consciousness? Do you listen to others often? Enough? How would the world describe you as a listener? Where can you improve and grow here? In other words, if Listening were a God, what would it ask of you? Are you Listened to? Who do you feel most heard by? Do you feel that you have enough listening by others in your life? If not, how can you elicit more listening?
- What, if any, are the questions that are lingering for you after Module #1, simple or deeper questions that were inspired by or born from our time together? Or, questions that you already came in with that are still alive for you, that have power, questions that you really want answered...?
- Now that you’ve experienced the first module, do you have any insights in terms of what you can do to make this Training most worthwhile for you? To extract maximum value from it? To get more than your money’s worth?

